

TRAINING/MEET SCHEDULE

2011

**** This is the anticipated schedule but is subject to change. ****

| <u>DAY</u> | <u>DATE</u> | <u>TIME</u> | <u>LOCATION</u> |
|------------|-------------|-------------|--|
| M | 8.22 | 400 PM | HMBHS |
| T | 8.23 | 600AM | 20 minutes: easy OYO |
| T | 8.23 | 330 PM | Purisima Creek |
| W | 8.24 | PM | FIRST DAY OF SCHOOL: No team practice: 45 – 60 minutes OYO |
| TH | 8.25 | 600AM | 20 minutes: easy OYO |
| TH | 8.25 | 400 PM | Montara Lighthouse pkg. lot |
| F | 8.26 | 400 PM | HMBHS: COURSE CLEAN UP # 1 |
| S | 8.27 | | 60 – 80 minute run with teammates/friends |
| M | 8/29 | 400 PM | HMBHS |
| T | 8/30 | 600 AM | 20 minutes: easy OYO |
| T | 8/30 | 330 PM | Purisima Creek |
| W | 8/31 | 400 PM | HMBHS |
| W | 8/31 | 630 PM | PARENT INFO NIGHT HMBHS |
| TH | 9/1 | 600 AM | 20 minutes: easy OYO |
| TH | 9/1 | 400 PM | Montara Lighthouse parking lot |
| F | 9/2 | 400 PM | HMBHS COURSE CLEAN UP # 2 |
| M | 9/5 | 400 PM | HMBHS |
| T | 9/6 | 600 AM | 20 minutes: easy OYO |
| T | 9/6 | 330 PM | Purisima Creek |
| W | 9/7 | 415 PM | MLH |
| TH | 9/8 | 600 AM | 20 minutes: easy OYO |
| TH | 9/8 | 400 PM | Venice Beach |
| TH | 9/8 | 600 PM | TEAM NIGHT: RRS SAN CARLOS |
| F | 9/9 | 400 PM | HMBHS COURSE CLEAN UP # 3 |
| M | 9/12 | 400 PM | HMBHS |
| T | 9/13 | 200 PM | HMB: PAL # 1 |
| W | 9/14 | 400 PM | Montara Lighthouse |
| TH | 9/15 | 600 AM | 20 minutes: easy OYO |
| TH | 9/15 | 400 PM | No team practice: 45 – 60 minutes OYO |
| F | 9/16 | 400 PM | HMBHS |
| S | 9/17 | 900 AM | LOWELL INVITATIONAL @ GOLDEN GATE PARK |
| M | 9/19 | 400 PM | HMBHS |
| T | 9/20 | 600 AM | 20 minutes: easy OYO |
| T | 9/20 | 330 PM | Purisima Creek |
| W | 9/21 | 415 PM | Montara Lighthouse |
| TH | 9/22 | 600 AM | 20 minutes: easy OYO |
| TH | 9/22 | 400 PM | Venice Beach |
| F | 9/23 | 400 PM | HMBHS |
| S | 9/24 | 900 AM | STANFORD INVITATIONAL @ STANFORD UNIVERSITY |
| S | 9/24 | 900 AM | RAM INVITATIONAL @ WESTMOOR HIGH SCHOOL |
| ----- | | | |
| M | 9/26 | 400 PM | HMBHS |
| T | 9/27 | 600 AM | 20 minutes: easy OYO |
| T | 9/27 | 330 PM | Purisima Creek |
| W | 9/28 | 400 PM | MLH |
| TH | 9/29 | 600 AM | 20 minutes: easy OYO |
| TH | 9/29 | 400 PM | HMBHS |
| F | 9/30 | 300 PM | HMBHS: COURSE SET-UP |
| S | 10/1 | 800 AM | ARTICHOKE INVITATIONAL @ HMB |

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| M | 10/3 | 400 PM | HMBHS |
| T | 10/4 | 600 AM | 20 minutes: easy OYO |
| T | 10/4 | 315 PM | Purisima Creek |
| W | 10/5 | 415 PM | MLH |
| TH | 10/6 | 400 PM | VB |
| F | 10/7 | 345 PM | HMBHS |
| M | 10/10 | 400 PM | HMBHS |
| T | 10/11 | 200 PM | PAL # 2 @ Crystal Springs |
| W | 10/12 | 415 PM | MLH |
| TH | 10/13 | 400 PM | HMBHS |
| F | 10/14 | 300 PM (noon) | Monterey Bay Invite @ Toro Park, Salinas |
| S | 10/15 | OYO | 45 - 60 minute run with teammates/friends |
| S | 10/16 | rotating shifts | Pumpkin Festival Lion's Club booth fundraiser |
| M | 10/17 | 400 PM | HMBHS |
| T | 10/18 | 600 AM | 20 minutes: easy OYO |
| T | 10/18 | 330 PM | Purisima Creek |
| W | 10/19 | 415 PM | MLH |
| TH | 10/20 | 300 PM | Depart HMBHS for Mt. SAC |
| F | 10/21 | | Mt. SAC Invitational |
| S | 10/22 | all day | Disneyland |
| S | 10/23 | all day | Return to HMB |
| M | 10/24 | ----- | No team practice: 45 – 60 minutes OYO |
| T | 10/25 | 330 PM | MLH |
| W | 10/26 | 415 PM | HMBHS |
| TH | 10/27 | 200 PM | Center Meet @ Crystal Springs |
| F | 10/28 | 345 PM | Purisima Creek |
| M | 10/31 | 400 PM | HMBHS |
| T | 11/1 | 330 PM | MLH |
| W | 11/2 | 415 PM | HMBHS |
| TH | 11/3 | 400 PM | PAL CHAMPIONSHIPS @ Crystal Springs |
| F | 11/4 | 330 PM | Purisima Creek |
| M | 11/7 | 400 PM | HMBHS |
| T | 11/8 | 330 PM | Purisima Creek |
| W | 11/9 | 415 PM | MLH |
| TH | 11/10 | 400 PM | HMBHS |
| F | 11/11 | ----- | No team practice: 30 minutes SHAKE OUT RUN |
| S | 11/12 | TBD | CCS CHAMPIONSHIPS @ Crystal Springs |
| M | 11/14 | 330 PM | Purisima Creek |
| T | 11/15 | 430 PM | HMBHS |
| W | 11/16 | 400 PM | MLH |
| TH | 11/17 | 400 PM | Venice Beach |
| F | 11/18 | 330 PM | MLH |
| M | 11/21 | 400 PM | HMBHS |
| T | 11/22 | 400 PM | MLH |
| W | 11/23 | 415 PM | HMBHS |
| TH | 11/24 | | HAPPY THANKSGIVING! DON'T OVERDO IT UNTIL AFTER SATURDAY'S MEET |
| F | 11/26 | 1000 AM | HMBHS: Depart for Fresno |
| S | 11/27 | TBD | CIF CHAMPIONSHIPS @ Woodward Park, Fresno |

Half Moon Bay High School Cross Country

2011 Meet Schedule

As meet times change from week to week, details for each invitational will be provided as the season progresses. Most invites begin around 9:00am, but some have schedules that allow us to arrive later, or leave earlier. We generally know the meet schedule about a week prior to the meet, so there will be a little advance notice.

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|------------|--------------|---|--|
| F | 8/26 | HMB Course Clean-up | HMBHS (all members and families needed) |
| W | 8.31 | Parent night | HMBHS School room (TBA) @ 6:00 PM |
| Th. | 9/8 | Team night | RRS in San Carlos near REI 5:30 – CLOSING |
| F | 9/9 | HMB Course Clean-up | HMBHS (all members and families needed) |
| T | 9/13 | PAL League Meet 1* | HMBHS @ 3:15 pm |
| S | 9/17 | Lowell Invitational | Golden Gate Park |
| S | 9/24 | Stanford Invitational (Varsity) | Stanford Golf Course |
| S | 9/24 | RAM Invitational (F/S & JV) | Westmoor High, Daly City |
| F | 9/30 | Artichoke set-up | Bleachers @ 3:00 pm - 7:00pm ish |
| S | 10/1 | Artichoke Invitational | Half Moon Bay |
| T | 10/11 | PAL League Meet 2* | Crystal Springs @ 3:15 pm |
| F | 10/14 | Monterey Bay Invitational | Toro Park, Salinas |
| S | 10/16 | Pumpkin Festival Service project | Lion's Club booth |
| Th. | 10/20 | Depart for Mt. SAC after school | |
| F | 10/21 | Mt. SAC Invite | Walnut, California |
| S | 10/22 | Disneyland | Anaheim |
| S | 10/23 | Return from Mt. SAC | |
| Th. | 10/27 | Center Meet | Crystal Springs |
| Th. | 11/3 | PAL Championship Finals | Crystal Springs @ 1:00 pm |
| S | 11/12 | CCS Championships | Crystal Springs |
| Th. | 11/24 | Thanksgiving Day | |
| S | 11/26 | STATE MEET | Woodward Park, Fresno |
| TBA | | End of the Season Team Party | TBA |

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