

Tentative Itinerary Mt. SAC

Friday, 10/24/14

5:15 am Gather at Northgate High School
5:30 am Depart
8:00 am Rest stop en route
11:00 am Lunch stop at Travelers of America (right before the Grapevine on Hwy 5)
2:00 pm Approximate arrival at Mt. San Antonio College Jog Course
4:00 pm Depart for Hotel
Park Inn Radisson Suites Covina
1211 East Garvey St, Covina, Ca 91724
6:00 Dinner at hotel

Saturday, 10/25/14

6:00am Depart for races
Mt. San Antonio College
1100 Grand Ave, Walnut CA.
7:00 - 11:00 Races
11:30 our races end
noonish pack up and depart for home

Notes:

1. The cost of the trip is \$150 per runner. Checks made out to Northgate Boosters.
2. The cost covers the bus and the rooms and the team dinner. The hotel provides the breakfast. Meals on the road are the responsibility of the runners. Please make your own arrangements for lodging:
Park Inn Radisson Suites Covina
1211 East Garvey St, Covina, Ca 91724
626-915-3441
3. Pack lightly -- street clothes, race clothes, sweatshirt, bathing suit, homework, water bottle, toilet paper, spare cash.
4. Scholarships are available to any athlete for whom the trip cost may be a hardship. This is through our Bronco Booster Cross Country account. We've fundraised to cover anyone that requires assistance. Please contact Coach Brewer personally.

Northgate Cross Country Roster - Mt. Sac - 10/24 & 10/25

Mitch Anderson B Frosh 9
Sanjay Baas B Frosh 9
Connor Day B Frosh 9
Luke Ditzel B Frosh 9
Jack Doggett B Frosh 9
Trevor Evans B Frosh 9
Michael Jewett B Frosh 9
Akira LeVa B Frosh 9
Michael Lizzarago B Frosh 9
Shane Wilk B Frosh 9

Carson Dowhan BJV 10
Jimmy Morrissey BJV 10
Kailash Baas BJV 11
Alex Pinto BJV 11
Kyle Reavis BJV 11
Kevin Shipp BJV 11
Chris O'Connor Coates BJV 12
Adrian Valderrama BJV 12

Wyatt Abranches BV
Jared Bricklin BV
Isaac Schick BV
Laurence Seabrook BV
Michael Wheeler BV
Peter Master BV

Isobel Antolin GJV 9
Ria Barrios GJV 10
Annika Olson GJV 9
Allyson Tayao GJV 9
Sarah Son GJV 9
Selena Tung GJV 9

Kelsey Blough GV
Jessie Boucher GV
Megan Coyle GV
Peggy Lau GV
Anna Meehan GV
Aino Tanaka GV

Head Coach Peter Brewer
Asst. Coach Ruth Seabrook