



2024 Woodbridge Invitational Itinerary

Friday – 9/20/24:

5:00 am – Depart from Home, Meet at Salt Lake Airport (Delta)
5:30 – Arrive and Check-in – Salt Lake Airport
7:20 – Depart for ONT (SW Air #3655)
11:20 – Arrive in Ontario, CA
11:45 – Rental Van Pickup
12:30 pm - Lunch at location with various options
2:00 – Hotel Check-in at Hampton Inn
3:30 – Beach & shake out run (Huntington Beach)
5:30 – Dinner at location with multiple options
7:30 – Woodbridge Invite – Check out booths, purchase T-shirts, watch races, packet pick up, etc.
10:30 - Showered, in bed, lights out



Saturday – 9/21/24:

8:30 am – Wake-up call and breakfast in lobby
9:00 am – Short shake out run as needed
11:00 – Team Meeting/Activity as Needed
3:00 pm – Lunch & head to the course - uniforms on & ready to go!
4:30 – Arrive at course for warm-up & prep
7:22 – Varsity Boys A Race Team Competes at Woodbridge!
8:10 – Varsity Girls A Race Athlete Competes at Woodbridge!
9:14 – Varsity Boys Rated Team Competes at Woodbridge!
9:34 – Varsity Girls Sweepstakes Team competes at Woodbridge!
9:54 – Varsity Boys Sweepstakes Team Competes at Woodbridge!
11:45 – Dinner at location with multiple options
1:00 am - Showered, in bed, lights out

Sunday – 9/22/24:

8:30 am - Wake-up call and breakfast in lobby
11:00 – Checkout
11:15 – Depart for Ontario Airport
12:30 pm – Lunch at Airport
2:35 – Return Flight to SLC Airport – (SW Flight #2106)
8:50 – Arrive at SLC Airport for pick up (parents must pick their athletes up or find them a carpool home from the airport, no transportation provided).

Hotel Info:

Homewood Suite Anaheim Main Gate
12005 Harbor Blvd
Garden Grove, CA 92840

Course Info:

Great Park Sports Complex
8000 Great Park Blvd
Irvine, CA 92618

Contact Info:

Head Coach - Doug Soles
951-326-6992
doug.soles@jordandistrict.org

2024 Trip Breakdown:

This trip takes us to one of the best courses in the country, Woodbridge! This course has a very similar feel to our state meet course, so it will prep us for speed and a fast finish! Be ready for a good fast course, with a crazy first mile and the fastest times of your life! You have been selected to represent us against some of the best teams in the nation! We go to see how we stack up against many ranked teams, and how we can mentally and physically prepare for the rigors of travel for NXR and NXN. Run for your teammates and compete your best!

What to Pack

1. Uniforms, Team T-Shirt, Team Warm-ups
2. Socks & Underclothes
3. Sweats, Jeans, Warm-up Wear
4. Workout outfits
5. Shorts & T-shirts
6. Sweatshirts, Light Jackets
7. Pajamas
8. Shoes – Training and Racing Flats (you can't wear spikes at this meet)
9. About \$50+ of spending money if possible (T-shirt, Souvenirs, etc.)
10. Toothbrush, Toothpaste, Hairbrush, Hairspray, deodorant, etc.
11. iPad, iPhone, chargers & headphones
12. It is will be between 65-85 Degrees while we are there and sunny. Bring appropriate clothing.

Meet Bathrooms:

1. There are 4 permanent indoor bathrooms locations (Terrace Lawn Art buildings, Information Center Building, between fields 5 & 6 and between fields 12 & 9
2. There will be some 40 portable toilets on the Time-Line Road by the starting line.

Food and Drinks:

1. Food trucks will be set up by the Merry-Go-Round (across from the Balloon)
2. A quick snack bar for the purchase of drinks and snacks will be set up on the Time-Line road between fields 5 & 6.

