



# 2023 Woodbridge Invitational Itinerary

## **Friday – 9/15/23:**

5:40 am – Depart from Home, Meet at Salt Lake Airport (Delta)  
6:10 – Arrive and Check-in – Salt Lake Airport  
8:10 – Depart for LAX (Delta Flight 1481) (\$\$\$ for checked bag if needed)  
9:15 – Arrive in Los Angeles, CA (LAX)  
10:00 – Rental Car Pickup  
11:00 - Lunch at location with various options  
1:30 pm – Hotel Check-in at Hampton Inn  
3:30 – Beach & shake out run (Newport 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.  
10:00 - Showered, in bed, lights out



## **Saturday – 9/16/23:**

8:30 am – Wake-up call and breakfast in lobby  
9:00 am – Short shake out run as needed  
11:00 – Team Activity  
3:00 pm – Lunch & head to the course - uniforms on & ready to go!  
4:30 pm – Arrive at course for warm-up & prep  
8:54 – Varsity Girls Rated Team 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 – 9/17/23:**

8:30 am - Wake-up call and breakfast in lobby  
9:15 – Checkout  
9:30 – Depart for LAX  
12:00 pm – Lunch at Airport  
1:35 – Return Flight to SLC Airport – Delta Flight 1647 (\$\$\$ for checked bag if needed)  
4:32 – 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:**

Hampton Inn & Suites Anaheim Garden Grove  
11747 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](mailto:doug.soles@jordandistrict.org)



### **2023 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. Uniform, 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 65-80 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.

