**Spanish Fork High School California Trip**

**Foot Locker Western U.S. Regional Cross Country Championships**

**Walnut, California Wednesday November 30 – Saturday December 3, 2015**

This is the regional cross-country meet for the western United States. It is an exciting

meet that allows the student/athlete to not only compete for their high school, but also for the

State of Utah. They have grade division races as well as an elite race for both boys and girls.

The top eight finishers in the elite races qualify for an all expense paid trip to the National Cross

Country Championships in San Diego, California on December 10th.

Competing in this Regional meet gives our athletes National exposure, which in turn

opens more doors for them at the collegiate level. It also builds confidence in the athletes as they compete at this higher level of competition against athletes from the other western states.

**Chaperones** Coaches and our Spouses to about every 8 athletes.

**Cost** to the Athlete/Student:

$19.17 Entrance Fee (includes tshirt and race entry) <http://www.footlockercc.com/west/> Note: You need to register for this separately with the deadline for early bird registration being November 16th. Do not pay this money to Finance office. Please register for the proper race. We want all our boys to register for the race #2 for their grade level.

Important info as you register:

High School: Spanish Fork

Coaches Name: Darin Cable

Coaches email: darin.cable@nebo.edu

Deadlines and fees

On-line Registration Policies  
• On-line registration fee is $19.17 for those who register by November 12th.  
• On-line registration fee is $40.00 for those who register between November 13th and November 27th.

$15 Race Day Jersey

$300 Transportation & Hotels

$120 Disneyland – Park Hopper

Total Cost:

$435 Payable to the Finance Office

$19.17 payable on line as you register

Cost does not include meals with the exception of the hotel breakfasts which are included. You will need to bring money for 3 dinners and 3 lunches in addition to snacks.

**Important Dates**

October 25th $50 non-refundable deposit is due to Trip Organizer (Coach Cable pays this for our team)

November 2nd Parent Permission Slip Due to Coaches

November 7th Room Assignments Finalized (4 per a room) and Race Shirt Sizes due

November 7th Balance of money due to Finance Office

November 12th Deadline for Online registration for the race <http://www.footlockercc.com/west/>

November 30th 2pm Leave for California

December 3rd Around 1:00am Arrive back from California

All money currently in your name at the finance office will automatically be credited towards your California trip. This includes fundraiser money and/or money you have paid above what the costs are for expenses you have incurred. Coach Cable will work with the finance office next week to get to each of you an accounting of your current balance.

**Travel** Charter Bus With VCR and or DVD (If you decide to bring a movie to share, please make sure that it is G or PG only. Please no R nor PG13).

**Hotels** Exact hotel will be committed once we have our initial deposits turned in on October 25th. Phil Olsen is making the hotel, bus and Disneyland arrangements for 25 or so high schools in Utah. This allows us to get better discount pricing. He has booked the Hampton Inn, Best Western, Fairfield and Holiday Inn in West Covina. These are quite near Mt San Antonio College which is the location for the races.

**Itinerary**

**Wednesday November 30, 2016**

Departure: 2pm

Dinner and bathroom stops as needed

Check into the Hotels in West Covina

**Thursday December 1, 2015**

Breakfast

Disneyland Trip 8am-9pm

Students must be in rooms and Quiet by 10:30pm.

**Friday December 4, 2015**

Breakfast

Course Walk through and packet pickup

Lunch

Trip to the Beach

Dinner – Coach Cables in laws

Students must be in rooms and Quiet by 9:30pm.

**Saturday December 5, 2015**

Breakfast

Races and Awards

7:30am Freshman Boys Race

7:37am Freshman Girls Race

7:52am Sophomore Boy Race #1

7:59am Sophomore Girls

8:14am Sophomore Boy Race #2

8:24am Junior Girls Race

8:39am Junior Boy Race #1

8:46am Senior Girls Race

9:01am Junior Boys Race #2

9:16am Senior Boys Race

9:50am Seeded Girls Race

10:30am Seeded Boys Race

11:00am Return to hotel for 30 minute shower/change/checkout

12 noon Departure for Utah (Bathroom and meal stops as needed)

**Coaches Contact Info**

Darin Cable [darin.cable@nebo.edu](mailto:darin.cable@nebo.edu) 801-319-4268

Madison Hanson 801-669-6597

# **Parental/Guardian Permission for Son/Daughter in the 2015 Footlocker U.S. West Region Cross Country Championships and Emergency Medical Treatment**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent/legal guardian) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

give full permission for any emergency medical treatment necessary for the safety and welfare of my child while attending, participating, and traveling to and from the Footlocker U.S. West Region Cross Country Championships in Walnut, California December 2 – December 5, 2015.

Parent/guardian signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_

Insurance Information \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are there any dietary, medical concerns or allergies (medications, etc.) That we should be aware of? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Your Phone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Relative/Neighbor Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I the student/athlete agree to follow all rules expected of me while traveling and participating in this event.

Student/athlete Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_