**Spanish Fork High School California Trip Details**

**Champs (Foot Locker) West U.S. Regional Cross Country Championships**

**Wednesday November 29, 2023 - Saturday December 2, 2023**

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.

Race Info: <https://footlockercc.com/west/>

**Cost: $670**

 Transportation: $220

 Disneyland: $200

 Hotel: $220

 Meet registration: $30

 Meals: Breakfast Provided in hotel – responsible to bring money for all other meals

**Registration**

Coach Cable will register you for the races. .

**Meals**

Continental Breakfast each morning in the hotel is provided. You are responsible for all other meals

Wednesday Dinner (on the road)

Thursday Lunch (Disneyland)

Thursday Dinner (Disneyland)

Friday Lunch (at the beach)

Friday Dinner (near hotel)

Saturday Lunch (on the road)

Saturday Dinner (on the road)

**Itinerary**

**Wednesday November 29, 2023**

**Travel from Utah to California**

**Bus #1**

12:00pm Pick Up Spanish Fork HS 99 North 300 West Spanish Fork Utah 84660

**Bus #2**

12:00pm Pick Up Salem HS 150 Skyhawk Blvd Same Utah 84653

Dinner and bathroom stops as needed on the road to West Covina California

10:30pm Arrive and Checkin at Hotel: Holiday Inn 3223 East Garvey Avenue West Covina Ca 91791

**Thursday November 30, 2023**

**Disneyland Trip 8am-10pm Both Bus #1 and Bus #2**

8:45am Leave Hotel for Disneyland

10pm Bus pickup to return back to hotel

10:45pm Arrive back at hotel

**Friday December 1, 2023**

**Beach and Course Preview 9am – 5pm**

8:30am Leave Hotel for Balboa Beach 701 East Oceanfront Newport Beach Ca 92661

2pm Leave Beach to Mt San Antonio College and Packet Pickup/Course preview

3pm Arrive at Mt Sac College 1100 N Grand Ave Walnut Ca, 91789

4pm Return to Hotel

6pm Dinner on your own

8pm Team Meeting in the lobby

9:30pm Lights out

**Saturday December 2, 2023**

**Races and Travel back to Utah**

6:00am Breakfast at hotel

6:10am Leave for races (note must be packed up and checked out of hotel with luggage on the bus)

7:05am Freshman Boys Race

7:25am Freshman Girls Race

7:45am Sophomore Boys Race

8:05am Sophomore Girls Race

8:25am Junior Boys Race

8:45am Junior Girls Race

9:05am Senior Boys Race

9:25am Senior Girls Race

9:45am Open Race

10:20am Championship Girls Race

10:50am Championship Boys Race

11:30am Departure for Utah (Bathroom and meal stops as needed)

Arrive Home between midnight and 1am

**Hotel:** Holiday Inn 3223 E Garvey Ave N West Covina Ca 626-967-5800

**Travel**

We will ride to and from California in a charter bus along with Salem Hills High Schools. The charter bus will have a DVD player and on board restroom. Feel free to bring a movie to share as long as it is G or PG. The same bus will take us to Disneyland, to the beach and to and from the race course.

**Packing List**

Please pack everything into a single suit case/duffle bag. You may bring an extra carry on for items you want to keep with you on the bus. Pillows and blankets are allowed on the bus.

Clothes for three days.

Day One: Disneyland

Day Two: Beach – swim suit, beach towel, shorts

Course jog/walk through – Running clothes

Day Three: Race Day – running clothes Comfortable clothes to change into to travel home

Money for souvenirs – both at Disneyland and if you want items from the race

Running clothes – Check the Walnut California weather to check on race day conditions

All personal medicines and hygiene items

Nebo Field trip permission slip (turned into Coach Romney)