

Windsor High  
CROSS COUNTY 2024  
MEET ITINERARY  
(rev 240829)



## RANCHO COTATE INVITE

Friday, August 30, 2024  
5450 Snyder Ln, Rohnert Park, CA  
(track stadium off Snyder Lane across from Camino Corto)

Results from Last Year:

<https://redwoodempirerunning.com/2023-boys-rancho-invitational/>  
<https://redwoodempirerunning.com/2023-girls-rancho-invitational/>

### IMPORTANT INFO FOR ATHLETES/PARENTS!

- **ARRIVAL:** Early release at 1:30pm for those racing. All competing athletes need to be at Rancho Cotate HS football/track stadium at least 1 hour before the start of their first event! Meet up at team tent. The first race starts at 4:00 pm! If in doubt, plan to arrive at 3:00 pm.
- **TRANSPORTATION:** Assumption – each athlete is arranging their own transit to the meet, but if YOU CAN'T GET A RIDE, let Coach Ruben know.
- **WE ARE A TEAM - Please support your teammates and plan to stay through the Boy's Varsity race!**
- **RACE ROSTER:** Check the team website [windsorhighrunning.com/xc](http://windsorhighrunning.com/xc) to see which race you're in!

### Checklist:

- Uniform – team-issue racing top, your own black running shorts, Windsor Cross Country warmup shirt, running shoes and socks (if you have a running watch, you should wear it!)
- Water bottle and a light snack (fig newtons, granola bar or energy bar, for example)
- Warm jacket or sweatshirt (will get quite cool by 5pm)
- **AWARDS:** Top seven runners in each division.
- **PARKING!** There is ample free parking in the lot off Snyder Lane, circled below.

3:15pm Jog through Course

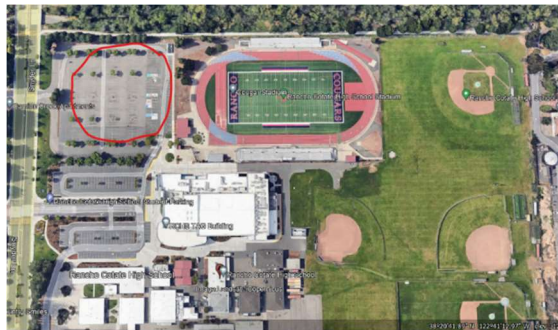
4:00pm Freshman Boys

4:30pm JV Girls

5:00pm JV Boys

5:30pm Varsity Girls

6:00pm Varsity Boys



Any questions, contact WHS Coach Ruben DiRado or Jamie Williams on *Remind* ...Keep checking on our Team Website for updates [windsorhighrunning.com/xc](http://windsorhighrunning.com/xc)

**GO JAGUARS!!**