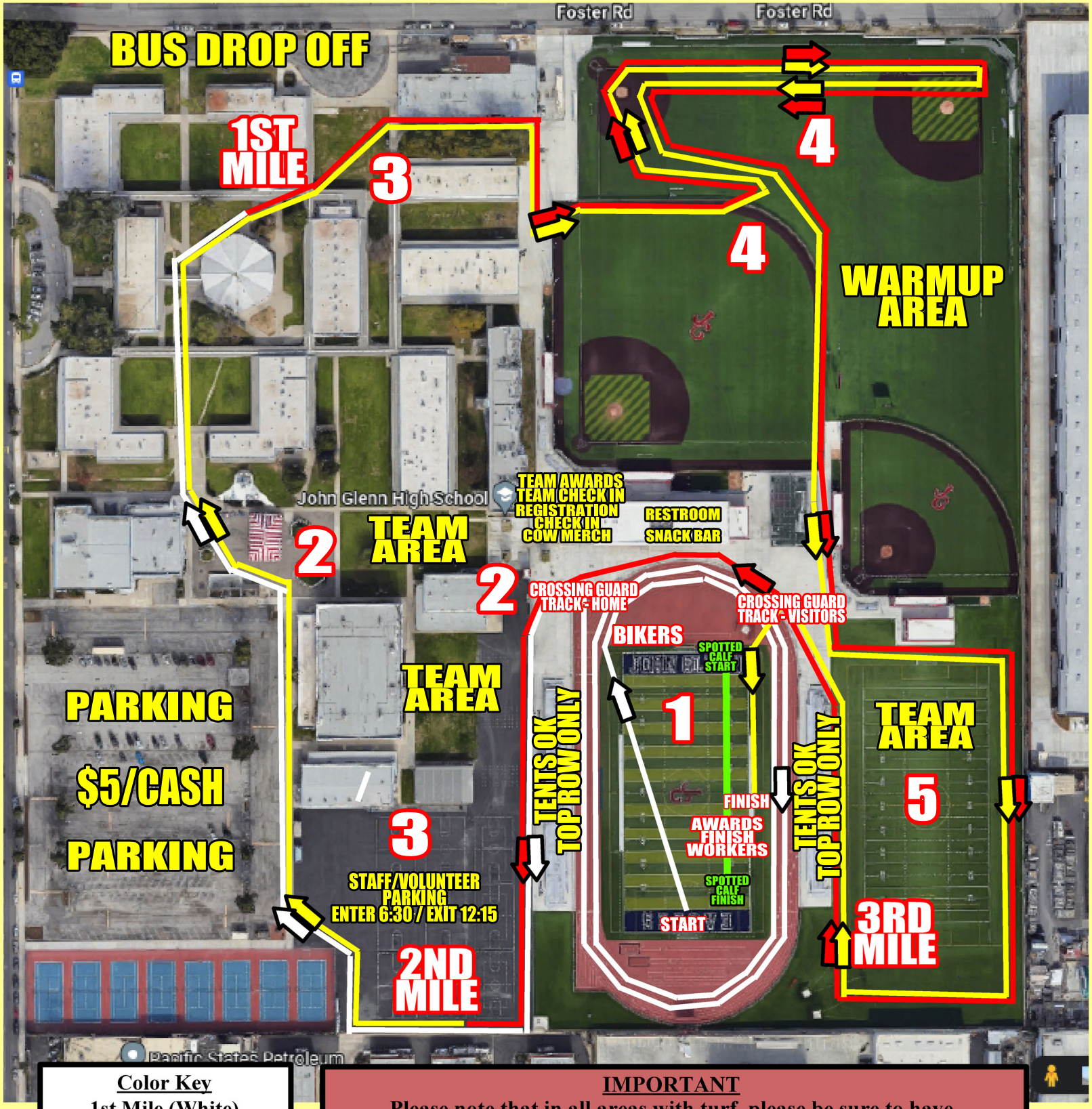
THE GREAT COW RUN

GLENN HS

13520 Shoemaker Ave
Norwalk, CA 90650



Color Key
1st Mile (White)
2nd Mile (Red)
3rd Mile (Yellow)

IMPORTANT
Please note that in all areas with turf, please be sure to have cardboard / tarp underneath the base of the canopy/tables touching the turf! Please try to keep food and drinks (water OK) off the turf!

WORKERS TIMELINES & ASSIGNMENTS

TENT – AARON JORDAN/CAPTAINS
GROUP #1 – ADACHI TO CORRIGAN & VELLPRADIT TO ZUMALE (AKSHARA)
GROUP #2 – CORTEZ TO GILLISPIE (JOHN)
GROUP #3 – GIORDANO TO LEE (BEN)
GROUP #4 – LICUDINE-MANAIG TO POON (CHLOE/SHANNON)
GROUP #5 – QUON TO VALENCIA (JOEY)
FLOATERS – PRESTON, MARLON, BRYN, JESSICA PECK
UNASSIGNED/INJURED [REPORT TO FINISH]

Spread out along the course and make sure that the athletes are running between the flags/cones. Also, keep an eye out for illegal contact or athletes who are injured or sick. If you notice anything, please try to remember the individual or get their bib number, school and text 562-397-0867 (include your location). Please pay careful attention to the race and the course. You may use a chair as long as you're paying attention to the course and the race that is ongoing. Umbrellas are also encouraged.

Athletes should pay attention to the time, as you will need to begin warming up one hour before your race. Please report back to your post ASAP, as we need to monitor the course. Before and after that time period, you will be working! Immediately after the last race, we will pick up all markings and other items used for the meet and leave them behind Mr. Watanabe's van.

Captains are in charge of making sure the group warms up on time and properly. Please see Coach Watanabe if you are unsure of what to do.

Meet next to the start/finish line at 6:45am. Setup crew should arrive at 5:30am. Cleanup crew will work until about 12:30pm. Thank you so very much!

Captains

Boys Freshmen (8:00; WU 7:00) – Allan
Girls Freshmen (8:30; WU 7:30) – Nandini
Boys Varsity (9:00; WU 8:00) – Kekoa/Elliott
(Marlon, Mattson, Elliott, Kekoa, Preston, Ben, Howard)
Girls Varsity (9:30; WU 8:30) – Anna
(Dani, Anna, Akshara, Zilian, Shannon …)
Boys Sophomore (10:00; WU 9:00) – Michael Dang
Girls Sophomore (10:30; WU 9:30) – Aashna
Boys Jr. Varsity (11:00; WU 10:00) – Samuel
Girls Jr. Varsity (11:30; WU 10:30) – Robin