



NYC, Manhattan Invite – Cross Country Travel Itinerary Oct 7-9

Friday Oct 7, 2022

- 4:45am** For those traveling with the coaches.
Meet at JAX, bring ID. Jet Blue flight
- 8:30am** Land at LGA and take subway into the city.
- 10:30am** Meet at **Central Park Hotel** –
[870 7th Ave, New York, NY 10019](#)
We will go for a walk in Central Park and have lunch.
- 1:00 pm** Subway #1 to the Van Cortland Park stop (it's the last stop -- 242nd Street) . . .
**Run the course, get the lay of the land, etc.
- 5:45 pm** Team dinner, restaurant TBD
- 9:00 pm** In room, lights out by 10:00pm

Depart: **Friday, October 7, 2022**

FLIGHT	ROUTE	DEPART	ARRIVE
1840 <small>(320)</small>	JAX → LGA	6:00 AM	8:12 AM

Saturday Oct 8, 2022 – Meet INFO

- 7:30am** Wake, light jog, breakfast
- 9:00am** Athletes in JV race take Subway #1 to the Van Cortland Park stop (242nd Street). There are four JV races between 11:35 am and 12:47 pm – our specific time will be confirmed by middle of race week.
- TBD** light lunch for varsity athletes in varsity race.
- TBD** Athletes in varsity races take Subway #1 to the Van Cortland Park stop (242nd Street). There are eight varsity races between 1:11 and 3:59pm. Our specific time will be confirmed by middle of race week. **After all races, cool down, hopefully awards, etc all runners will take Subway # 1 back to the hotel – shower, change
- 6:00pm** Walk the 12 blocks to Times Square. Free Time to eat dinner and stroll around Times Square (in Groups with coaches/parents) for about 2 to 3 hours . . .
- 9:00pm** Meet up and walk back in a group to the hotel, getting back around
- 10:00pm** In room, lights out by 10:30pm

Sunday Oct 9, 2022

- 7:00am** Early morning long run in Central Park
- 9:00am** Quick breakfast near hotel/or in room . . . shower, change,
- 10:00am** Check out of hotel and put bags in storage at hotel . . . free time.
Athletes and parents city site seeing World Trade Cntr, museums, Little Italy, Chinatown, Empire State, Rockefeller Center, and, of course, shopping in Soho! -- We have enough coaches and parents to where we can break into many groups.
- 6:00 pm** Meet back at hotel to pick up bags and head to airport

Return: **Sunday, October 9, 2022**

FLIGHT	ROUTE	DEPART	ARRIVE
1839 <small>(320)</small>	LGA → JAX	9:45 PM	11:59 PM



NYC, Manhattan Invite – Cross Country Travel Itinerary Oct 7-9

Packing List

- Casual clothes (jeans better than skirts)
- Racing spikes, training shoes, walk around shoes
- 2 x training clothes (Friday and Sunday)
- 1 x race kit (Saturday)
- Sweaters, light jackets (temps 50-60°)
- Light snacks and any special dietary needs or routines

Masks and vaccines: Venues in NYC are not requiring either.

Still, if you have them, bring them. Better Safe than sorry. A phone photo of vax card will suffice.

Money

- Subway (\$30)
- Meals 3x B, L, D (No expensive places planned, but it's NYC, so approx., \$50/day).
- Spending for souvenirs, museums, Empire State, etc. \$\$\$

Team Travel Expectations and Procedures

- Supervision: Outside of the hotel, always have an adult with you. Parent or coach.
- Contraband: If you can't bring it to school, you can't bring it on the trip.

Luggage and TSA

- Fit all your items into 1 backpack and 1 other piece about the size of a medium cooler.
- Depending on your reservation you may be able to carry on you second bag or you may have to check it.
- No drinks in your carry on, but you should bring an empty water bottle that you can fill on the other side of security.

jetBlue

Book ▾

Manage Trips

Check In

Travel Info ▾

DF

1,344 pts

Carry-on bags

Our carry-on bag policy has recently changed, so please review the following carefully:

All fares include 1 personal item that fits under the seat in front of you. This could be a purse, daypack, laptop bag or approved pet carrier. Personal items cannot exceed 17" L (43.2 cm) x 13" W (33 cm) x 8" H (20.32 cm).

In addition, all Blue, Blue Plus, Blue Extra and Mint fares include a carry-on bag that fits in the overhead bin. Including wheels and handles, carry-on bags must not exceed 22" L (55.88 cm) x 14" W (35.56 cm) x 9" H (22.86 cm). Customers who purchased a Blue, Blue Extra or Mint fare on domestic flights within the U.S. (or who purchase an Even More® Space seat—for all legs, if connecting) have our word that your carry-on bag will make it on board, as long as it meets all the requirements. For other routes, overhead bin space is first-come, first-served, based on availability. Those in later boarding groups may be required to gate-check their carry-on bags.

Blue Basic fares do not allow a carry-on bag. Any carry-on bag brought to the gate (aside from a personal item that fits under the seat in front of you) will incur a fee and need to be checked. The fee is \$65 (if it would be your 1st or 2nd checked bag) or \$180 (if it's your 3rd).