

Area 4-AAAAAAA Championships – Saturday, October 20, 2018

Course: Georgia International Horse Park, Conyers

The 5k course will be the same as that used for the Gwinnett County Championships.

**There will be no buses for this meet.

Directions: Georgia International Horse Park, 1996 Centennial Olympic Parkway, Conyers, GA 30013
(**Non-interstate route**) GA 20 East to right on Rosebud. Continue on to Miller's Bottom Road (formerly Rosebud). Turn right on GA 138 West to left on to Costley Mill Rd. Take a right on Gees Mill road then your 1st left to stay on Gees Mill Road. Follow signs to race.

*Click this link for MapQuest directions (from BHS): <http://www.mapquest.com/#d8879bf0e24fd469d9e277db>

COURSE MAP: <http://www.usatf.org/routes/view.asp?rID=495330>

Schedule:

8:30 AM **Varsity Boys** (#1-7 in rankings: Bray, McNeil, P Smith, DeSandre, Nebiker, R Frandsen, Wheeler)
9:00 AM Varsity Girls

9:30 AM **Champ JV Boys** (#8-22 in rankings: W Jarnagin, McElhanon, Culbertson, M Hopf, Mikell, Shust, Crosby, Zhang, Goebel, Wi Hanley, Vigaradt, C Smith, Roberts, Weitzel, C Jarnagin)

10:00 AM Champ JV Girls

10:30 AM **Open JV Boys** (everyone not racing in the varsity or champ JV races)

11:00 AM Open JV Girls

11:30 AM Awards Ceremony

**Boys in the varsity race should arrive by 7:15 AM; boys in the Ch. JV race should arrive by 8:15 AM; boys in the Open JV race should arrive by 9:15 AM – ALL athletes in ALL races get race numbers and chips.

Awards: Trophies to the top 3 teams in the varsity races. Individual awards will be given to the top 25 in the varsity races and top 25 in the JV races, with the top 10 receiving them at the awards ceremony. Trophies to the top 2 Champ JV Teams.

Facilities: There will be no changing rooms. Port-a-johns will be available.

Admission: \$5 for adults, \$3 for children, children under age 5 are free

T-Shirts will be sold at the meet.

Reminders for athletes and parents:

- Trash – please help pick up around team areas...trash must be bagged.
- NO DOGS WILL BE ALLOWED AT THE COURSE!

Reminders about races:

- wear training shoes and warm clothes over uniform
- shoes double-knotted, no jewelry, shirts tucked in
- begin warm-up one hour prior to your race with teammates (1-2 miles easy jogging)
- get to the starting line 10 minutes prior to your race for strides
- cool-down together (1 mile easy jogging)

Questions: email Coach Dehnke (ben_dehnke@gwinnett.k12.ga.us) or call/text (emergency) 404.358.6071.