

Saucony Battle of Atlanta – Meet Information

Date: Saturday, August 25, 2018

Location: Nash Farms Battlefield (100 Babbs Mill Rd., Hampton, GA 30228)

Admission: \$5 per spectator (age 12 and older)

**There will be two buses available for this meet. The buses leaves at 5:45 AM sharp from the field house. Athletes may sign up for the bus, or they may ride with parents. If not riding the bus, athletes need to plan to arrive no later than 1 hour and 30 minutes prior to the assigned race to get a bib number and chip.

Parents who are driving – leave PLENTY of time to arrive. There will be a lot of traffic on the way into the Nash Farms area. Expect delays.

Distance of races is 5k – here is a link to the course map:

<https://www.coachspinks.com/nash-farms-5k-battle-of-atlanta-map>

5:45 AM Leave BHS (bus lane – front of school) for Nash Farms Battlefield

7:30 AM **Boys Varsity** (#1-8 in rankings: McNeil, Bray, P Smith, DeSandre, M Hopf, R Frandsen, Nebiker, W Jarnagin)

8:00 AM Girls Varsity

8:35 AM Girls JV

9:10 AM **Boys JV** (all other Brookwood boys eligible to race)

10:00 AM **Varsity and JV Awards**

10:15 AM MS Boys Race

10:30 AM MS Girls Race

11:00 AM Leave Nash Farms Battlefield (lunch stop on way home – bring \$ if riding bus home)

1:00 PM Arrive at Brookwood HS – bus lane – front of school

Awards: top 20 individuals in each race, top 3 varsity and JV teams.

All races will be chip-timed. Coaches will hand these out at the Brookwood tent area, so arrive early if you aren't riding the bus!

*All athletes in the JV race will wear the black and white Asics uniforms. Varsity athletes will wear the school-owned Nike uniforms for this meet.

Reminders about races:

- wear training shoes, t-shirt and shorts over uniform upon arrival for warm-up and drills
- stay OUT OF THE SUN as much as possible while waiting for races to begin
- shoes: double-knotted; no jewelry, shirts tucked in, no under garments
- begin warm-up 45-60 min. prior to your race with teammates (1-2 miles easy jogging, drills)
- get to the starting line 10 minutes prior to your race for strides, team huddle
- meet with coaches after your race as a group back at our team camp
- cool-down together (1-2 miles easy jogging, stretch) and stay for awards if possible