

Carrollton Orthopedic Invitational – Meet Information

Date: Saturday, September 8, 2018

Location: Carrollton Elementary School (401 Ben Scott Blvd., Carrollton, GA 30117)

Admission: \$3 per person

**There will be one bus for this meet. I would like all of our guys to ride the bus TO the meet, though they may return home with parents.

Distance of races is 5k:

6:00 AM Leave BHS (bus lane, front of school) for Carrollton Elementary School

9:00 AM **Boys Championship** (#1-7: Bray, McNeil, P Smith, DeSandre, R Frandsen, Nebiker, W Jarnagin)

9:30 AM Girls Championship

10:00 AM Boys 1A-2A-3A Varsity

10:30 AM Girls 1A-2A-3A Varsity

11:00 AM **Boys 6A-7A** (#8-14: McElhanon, Wheeler, M Hopf, Mikell, Wi Hanley, Culbertson, Weitzel)

12:00 PM **Champ. JV Boys** (#15-21: Crosby, Landrum, Shust, Zhang, Roberts, Vigardt, C Smith)

12:45 PM Leave Carrollton (lunch stop on way home – bring \$ if riding bus home)

3:45 PM Arrive at Brookwood HS – bus lane, front of school

Awards: top 10 individuals in each race, top 3 championship and varsity teams.

Uniforms: Championship and Varsity 6A-7A athletes will wear Nike uniforms. Champ. JV athletes will wear Asics black and white.

All races will be chip-timed. Coaches will hand these out at the Brookwood tent area.

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