

New Balance & Fleet Feet Coach Wood Invitational

Saturday, October 13, 2018

McIntosh Nature Preserve

Transportation: We will be taking buses to this meet. Athletes are encouraged to ride the bus, but may go with parents. Athletes need to arrive no later than 1:15 prior to their assigned race. This meet is approximately 1 ½ hours drive from BHS, so leave early!

Overnight Trip: The top 44 ranked boys (after Darlington) will be going overnight for this meet. Everyone else will ride the Saturday morning bus.

Cost: For the top 44 going on the overnight trip, the cost of the trip will cover the hotel room as well as dinner Friday night. **Cost for booster club members: \$48. Cost for non-booster club members: \$68.**

Hotel: Holiday Inn Express & Suites, 1545 U.S. Hwy 27, Carrollton, GA 30117

Itinerary:

Friday

- 2:30 PM Bus leaves from front of school for course (top 44 athletes who can go)
- 4:00 PM Preview of course – jog, strides, check start/finish areas
- 6:00 PM Dinner at hotel (Olive Garden catering)
- 10:00 PM Lights out, rooms quiet, athletes asleep

Saturday

- 6:30 AM Overnight guys leave hotel for the course
- 7:00 AM Bus leaves Brookwood HS (front of school) for guys not on overnight trip
- 8:00 AM Championship Varsity Boys (#1-9 in rankings, listed by rank order)**
Bray, McNeil, P Smith, DeSandre, Nebiker, R Frandsen, W Jarnagin, Wheeler, McElhanon
- 8:30 AM Championship Varsity Girls
- 9:00 AM JV Championship Boys (#10-25 in rankings, listed by rank order)**
M Hopf, Culbertson, Mikell, Weitzel, Crosby, Shust, Wi Hanley, Roberts, Goebel, C Smith, Vigardt, C Jarnagin, Brown, Semret, Harper
- 9:30 AM JV Championship Girls
- 10:00 AM JV Blue Boys (unlimited entries)**
All Brookwood boys NOT racing at 8:30 or 9:30
- 10:30 AM JV Blue Girls (unlimited entries)
- 11:30 AM Awards Ceremony
- 12:00 PM Leave course for home (one bus returning to Brookwood HS) – we will stop for lunch; bring some \$

Admission: \$5 for each individual entering the meet. Also, \$5 per car (state park admission fee).

Awards: Top 25 in each race will receive medals (11th-25th once results are posted, 1st-10th at the awards ceremony); Top 3 teams will receive a trophy

Location Details: 1046 W McIntosh Circle, Whitesburg, GA 30185

McIntosh Nature Reserve Park is located 35 miles southwest of Atlanta along the Chattahoochee River and can be reached by U.S. Alternative 27 from Carrollton or Newnan and Georgia Highway 5 from Douglasville. Direct access to the park is provided by a county-maintained road that connects with Georgia Highway 5 at 2 miles west of Whitesburg.

For directions from Brookwood HS: <https://goo.gl/maps/VNFKjSAfCau>

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

Be sure to...

*HYDRATE properly – drink a variety of water and sports drinks starting Thursday
EAT CARBS on Thursday night and get lots of sleep!*

Contact Coach Dehnke with questions...ben_dehnke@gwinnett.k12.ga.us or 404.358.6071

