

Gwinnett County Cross Country Meet

Saturday, September 15, 2018

Georgia International Horse Park (Conyers, GA)

SCHEDULE

8:30 a.m. - Varsity Girls (Top 25 Medals)

9:00 a.m. - Varsity Boys (Top 25 Medals)

Bray, McNeil, P. Smith, Desandre, Nebiker, R. Frandsen, W. Jarnagin, McElhanon, Wheeler

9:30 a.m. – Championship JV Girls (Top 25 Medals)

10:00 a.m. – Championship JV Boys (Top 25 Medals)

M. Hopf, Mikell, Culbertson, Weitzel, Zhang, Crosby, Wi. Hanley, Shust, Roberts, Vigardt, C. Smith, Goebel, Abraham, C. Jarnagin, Brown

10:30 a.m. – 3200m middle school boys and girls

11:00 a.m. – Open JV Girls (Top 15 Medals)

11:30 a.m. – Open JV Boys (Top 15 Medals)

***All athletes not in the Varsity or Championship JV races*

AWARDS (ceremony after completion of last race):

- Medals will be awarded to top finishers as noted in the Schedule above
- Top 4 Teams will receive trophies in the Varsity Races
- Top 3 Teams will receive trophies in the Championship JV races

TRANSPORTATION:

- NO BUSES FOR THIS MEET: Athletes will need to arrange their own transportation because of the wide range of race times. Please speak to a coach if you need help getting to or from the meet.
- Athletes need to be at our team site no later than 1 hour and 15 minutes prior to the start of the race. This meet will have race chips and numbers that need to be handed out and attached well in advance. Be early!

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.

Or click this link for directions (from BHS):

<https://goo.gl/maps/S2A4Yk7M8nv>

COURSE MAP:

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

VOLUNTEERS NEEDED 3 adult volunteers from each school are needed to:

1. Work the chute area for the Varsity and J.V. Divisions 1-3 events.
2. Hand out medals
3. Help runners having difficulty in the chute

...over for more information...

AMENITIES AND CONCESSIONS

- Porta Johns will be provided at the site.
- Concessions will be available
- Nike t-shirts (sponsored by Fleet Feet) will be sold at the meet

ADMISSION FEE: \$5.00 for adults, \$3.00 for students, children 5 and under are free

The admission money and meet entry fees go towards:

- Port A Johns
- Awards
- Plaques for the Runners of the Week
- Setting up the courses (paint, marking the course, stakes, flags)
- County Website (\$300 annual fee for the website)
- Security at County Meet
- Entry and Results for the County Meet (technical support)
- Envelopes/Pins/Numbers/Index Cards
- Cups, Garbage bags
- County Banquet to be held in December
- Medical Personnel
- Timing chips

****ABSOLUTELY NO PETS ALLOWED****

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