

Gwinnett County Cross Country Meet
Saturday, September 12, 2020
Georgia International Horse Park (Conyers, GA)

SCHEDULE

8:00 AM **Boys Varsity Gold** (#1-10 in rankings)

W. Bray, Ja. Harper, Wheeler, McAllister, Harley, Roberts, M. Bray, Jo. Harper, Adhanom, Presley

8:20 AM Girls Varsity Gold

8:40 AM **Boys Championship JV Gold** (#11-21 in rankings)

Doyle, Dehnke, Houston, Garcia, Spake, Fowler, Thomas, M. Frandsen, Wang, Stephens

9:00 AM Girls Championship JV Gold

9:30 AM **Boys Open JV** (unlimited number of entries)

ALL Brookwood boys not in the 8:00 or 8:40 races

TEAM AWARDS (ceremony after completion of last race):

- 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 pandemic.
- Athletes need to be at our team site no later than 1 hour and 15 minutes prior to the start of the race. Each athlete must be screened, and we need time to give out 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. Work the water table

AMENITIES AND CONCESSIONS

- Porta Johns will be provided at the site.
- Concessions will be available. Credit cards only.
- Meet t-shirts will be sold at the meet.

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

****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 (~1 mile easy jogging, activation 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 (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