

## Covered Bridge Run – Meet Information

Date: Saturday, September 7, 2019

Location: Garrard Landing Park (8000 Holcomb Bridge Road, Roswell, GA)

Admission: \$5 per person or \$10 per family

\*\*There will be one bus for this meet. Riding the bus to the meet is OPTIONAL. We will do bus signups during practice the week of the meet.

Parking: Two options for parking for this meet...

(1) To park in the park, arrive before 7:30! After 7:30 AM, parking is off site.

(2) Free parking and shuttle service to Garrard Landing Park – located at 2600 Holcomb Bridge Road, 2 miles west in the old Target shopping center.

If taking option 2 – leave yourself PLENTY of time!

Distance of all races is 5k:

6:00 AM Leave BHS (bus lane, front of school) for Garrard Landing Park

**7:50 AM** **Boys Varsity** (top-12 JR/SRs not at Carrollton: Mikell, Bacon, Wang, Weitzel, J. Goebel, C. Jarnagin, Zhang, Buttica, Llerena, Kim, Bradley, Brown)

8:15 AM Girls Varsity

**8:50 AM** **Boys JV** (ALL other Brookwood boys)

9:25 AM Girls Championship

10:00 AM Leave Garrard Landing Park

11:45 PM Arrive at Brookwood HS – bus lane, front of school

Course Map: <http://www.ptgrouponline.com/Meets/2018/HS/CoveredBridgeCourse2018%20-%20HS.pdf>

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

Uniforms: For the varsity race, all athletes should wear the maroon Nike uniform. For the JV race, athletes may wear either the Asics black/white uniform or the Nike maroon uniform.

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

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### 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 mile 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