

**14<sup>th</sup> Annual Darlington Cross Country Festival**  
**Saturday, September 29, 2018**

**Meet Site:** The Darlington School, 1014 Cave Springs Road, Rome, GA 30161  
\*The meet is actually at the Huffman Athletic Center, at the corner of Darlington Drive and Cave Springs Road – about ½ mile from the main campus

**Transportation:** We will have two buses traveling to this meet – we strongly encourage kids to ride one of the buses to the meet, as this is a long drive!  
...One bus leaves at 6:00 AM – all athletes in the 9:20 race and the 10:25 race MUST be on this bus, some from the Open race (at 10:55) are welcome to ride on this bus as well.  
...The second bus will leave at 7:45. Athletes in the open race may sign up for this bus.  
...One bus will return to Brookwood after the meet. Athletes may ride home with their parents.  
...Athletes riding with parents to the meet should arrive no later than 1:15 before their race. Please note that **it takes roughly 1:35 to get to this meet** – leave early please! Open race guys riding with parents would need to leave home by about 8:00 AM.

**Meet Schedule:**

6:00 AM First Bus leaves Brookwood HS (front of school) – for athletes in 9:20 and 10:25 races, primarily  
7:45 AM Second bus leaves BHS (front of school) – for athletes in the 10:55 race only  
8:45 AM JV Girls  
**9:20 AM JV Boys (limited to 20 athletes: #8-27 in rankings)**  
*Wheeler, McElhanon, M Hopf, Culbertson, Mikell, Weitzel, Crosby, Zhang, Shust, Wi Hanley, Roberts, Goebel, Vigaradt, C Smith, C Jarnagin, Brown, Ludwiczak, Wang, Harper, Semret, Franco*  
9:50 AM Varsity Girls  
**10:25 AM Varsity Boys (#1-7 in rankings)**  
*Bray, McNeil, P Smith, DeSandre, Nebiker, R Frandsen, W Jarnagin*  
**10:55 AM JV Boys and Girls “Open” (#28-99 in rankings) NO CHIPS OR BIB NUMBERSS FOR THIS RACE**  
*All athletes NOT in the 9:20 or 10:25 races.*  
1:45 PM Return to Brookwood HS (will make lunch stop on the way – bring some \$\$)

**Awards:** Team – top 3 teams in the varsity race will receive awards  
Individual – top 20 in all races will receive medals

**Directions:**

FROM BROOKOOD: Take I-85 South to I-285 West to I-75 North (toward Marietta). Stay on I-75 North for ~30 miles to Exit 290 (GA-20 toward Rome). Turn left onto GA-20 West and travel about 2 miles. Turn left onto Hwy 411/US-411. After less than 1/2 a mile, merge right onto US-41 North/Joe Frank Harris Pkwy. Travel a little less than 3 miles and merge onto Highway 411 (toward Rome). Stay on Hwy 411/US 411 for a little less than 20 miles. Then, take the Darlington Dr/Old Lindale Road ramp (you may need to stay to the right off of the exit ramp). Take a quick left onto Cedar Avenue, then a quick right onto Darlington Drive. The parking lot for the Huffman Athletic Center (Darlington School) will be about 1/2 mile down on the right (before reaching Cave Springs Road).

**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...**

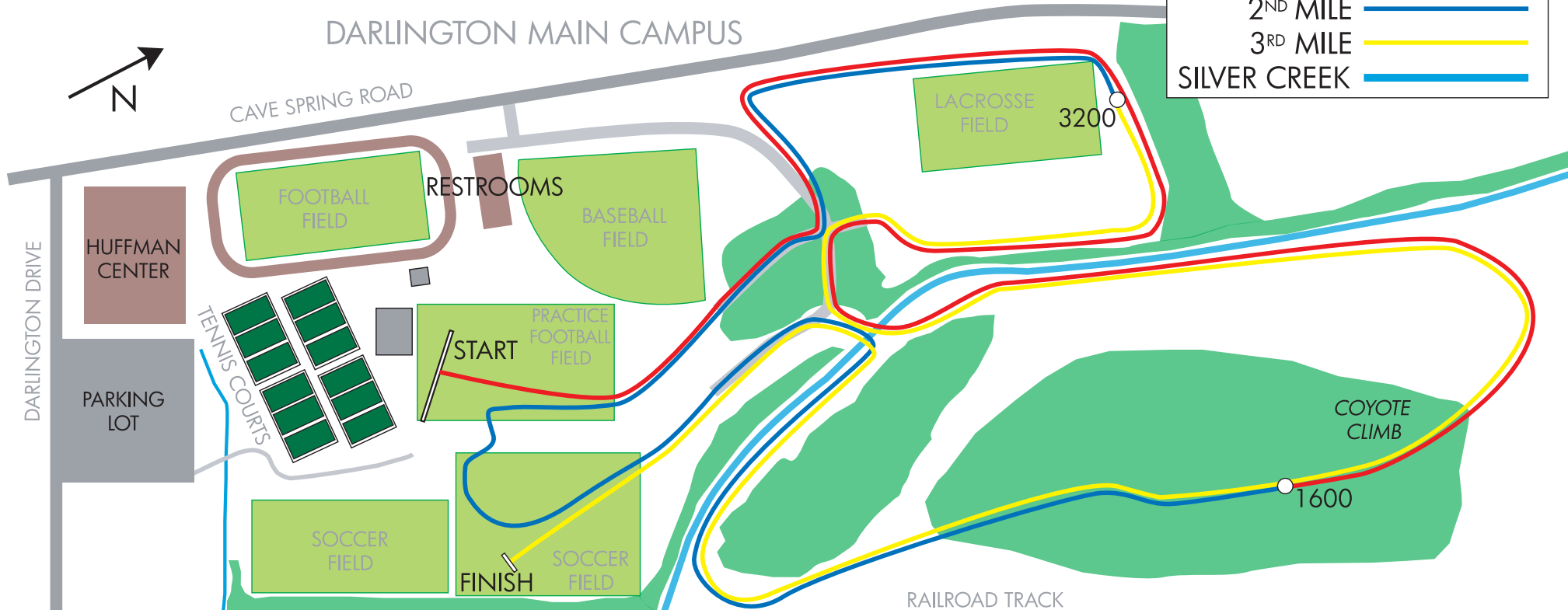
*HYDRATE properly – drink a variety of water and sports drinks starting Thursday*  
*EAT CARBS on Thursday night and get lots of sleep!*

Contact Coach Dehnke with questions...[ben\\_dehnke@gwinnett.k12.ga.us](mailto:ben_dehnke@gwinnett.k12.ga.us) or 404.358.6071

*"Let us run with endurance the race that is set before us..."*

DARLINGTON MAIN CAMPUS

1 <sup>ST</sup> MILE	
2 <sup>ND</sup> MILE	
3 <sup>RD</sup> MILE	
SILVER CREEK	



# 2014 **DARLINGTON CROSS COUNTRY** 5K COURSE