

Meet Information: Great American XC Festival
Cary, NC – Wake Med Soccer Park
September 30-October 1

Transportation

We will be taking a chartered bus for this trip. The cost of this motor coach will be included in the charges for athletes making the trip.

Roster We will be taking the top 24 boys who can go on the trip.

Hotel Hampton Inn Raleigh/Cary, 201 Ashville Avenue, Cary, NC 27518, (919)859-5559

Costs \$95 for booster club members, \$115 for non-booster club members. This includes the cost of the motor coach rental and hotel room (athletes will be responsible for the cost of lunch and dinner Friday night and lunch and dinner on Saturday).

*All money is due to Coach Dehnke (boys) or Coach Carter (girls) by Wednesday, September 28 (Checks payable to “Brookwood Cross Country” for boys, “Brookwood Girls Cross Country” for girls).

**All athletes will be given a blue slip that must be signed by teachers, notifying them of their permission to miss classes on Friday, September 30. Athletes MUST turn this in before we leave for the trip.

Itinerary

Friday:

7:00 AM Leave from Grace Church parking lot (lunch stop on the way, wear running clothes on bus)

2:30 PM Arrive at Wake Med Complex, jog course

5:00 PM Dinner

10:00 PM Lights out

Saturday: (race assignments will be determined the week of the race)

11:00 AM Boys Race of Champions: Manzoor, Bullock, Smith, Ridley, Hanagriff

12:10 PM Boys JV I: Tharakan, Weitzel, Hopf, McNeil, Edinger, Roberts, Barringer

12:55 PM Boys JV II: Helak, Frandsen, Jones, Fowler, Balderas, Campbell, Thorburn

1:40 PM Boys JV III: Moran, Jarnagin, Shelton, Kelly, Williams

2:30 PM Depart for home (with dinner stop)

9:30 PM Arrive back at Grace Church parking lot – (parents, please be on time for pick-up!)

Remember to pack...

- Racing shoes and spikes
- Uniforms (Asics black/white for Invitational and JV races, Nike cardinal/white for ROC)
- Money for meals (dinner on Friday, Saturday) and meet shirt (optional)
- Snacks for the bus rides

Directions to WakeMed Soccer Park:

Take I-85 North through South Carolina and into North Carolina. Merge onto I-40 E toward Raleigh. From I-40 E (Chapel Hill/Durham), take the Cary 54 Exit (Exit 290) off of I-40. Turn right on top of the exit ramp (towards Cary). Turn left onto SE Maynard Road. Take a left onto Chatham Street and Wake Med Soccer Park is ½ mile on the right.

Course Map: <http://www.nationalscholastic.org/files/5KCourseMap-GreatAmerican.pdf>

For more information on the meet, visit <http://www.nationalscholastic.org/greatamerican/>

Questions? Contact Coach Dehnke – ben_dehnke@gwinnett.k12.ga.us, 404.358.6071