

Hoya 2-mile Invitational – Meet Information

Date: Saturday, August 18, 2018

Location: Allatoona Creek Park in Acworth (5690 Old Stilesboro Rd, Acworth, Ga)

Admission: \$5 per car

****All athletes should ride the bus to this meet. The bus leaves at 6:00 AM from the field house.**

Distance of races is 2 miles

6:00 AM	<u>Leave BHS (field house) for Allatoona Creek Park</u>
7:45 AM	Boys Open (no Brookwood athletes)
8:15 AM	Girls JV
8:40 AM	Boys JV (#28-41 in time trial: Ludwiczak, Wa Hanley, Abraham, Franco, Harper, N Hopf, Yaador, Upton, Kim, Thorburn, Buttica, Hedrich, Harsh, Bradley)
9:05 AM	Girls Varsity
9:30 AM	Boys Varsity (#1-27 in time trial: McNeil, Bray, P Smith, DeSandre, M Hopf, R Frandsen, Nebiker, W Jarnagin, Wi Hanley, Vigar, Landrum, Roberts, McElhanon, Wheeler, Crosby, Mikell, Zhang, Shust, Weitzel, C Smith, Melton, C Jarnagin, Culbertson, Wang, Goebel, Brown)
10:30 AM	<u>Leave Chattahoochee Pointe Park (lunch stop on way home – bring \$ if riding bus home)</u>
12:30 PM	<u>Arrive at Brookwood HS – field house</u>

All athletes will be chip-timed. Coaches will hand these out at the Brookwood tent area, so arrive early!

No individual or team awards at this meet.

*All athletes will wear the black and white Asics uniforms.

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 Coach Dehnke after your race as a group back at our team camp
- cool-down together (1-2 miles easy jogging, stretch) and stay for awards