

Hoya 2-mile Invitational – Meet Information

Date: Saturday, August 17, 2019

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

Admission: \$5 per car

All athletes should ride the buses to this meet. Buses leave at 5:30 AM from **the front of school in the bus lane. Athletes may ride home with parents after completing their race and cool-down.

Distance of all races is 2 miles

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| 5:30 AM | Leave BHS (front of school – bus lane) for Allatoona Creek Park |
| 7:20 AM | Boys Open (#40+ in time trial: Copeland, Carter, Campos-Zarate, L. Dann, Bishop, Nichols, B. Frandsen, Ma, Busby, Parks, Syed, Ito, Sterling, Miller, P. Dann, S. Goebel, Bean, Marion, Salinas, Salas, Wallace) (Also: everyone not listed in a later race) |
| 7:35 AM | Girls Open |
| 8:05 AM | Girls JV |
| 8:30 AM | Boys JV (#29-39 in time trial: Brown, Buttica, Presley, Houston, Melton, Ca. Smith, Jo. Harper, Lacock, Spake, Harley, Pruitt) (Also: Bacon, Semret, Garcia, Fowler, Porcelli) |
| 8:50 AM | Girls Varsity |
| 9:10 AM | Boys Varsity (#1-28 in time trial: W. Bray, McNeil, Wheeler, Harper, Vigar, McElhanon, W. Jarnagin, Culbertson, Roberts, Nebiker, Shust, Smith, Stephens, Mikell, Giguere, Crosby, Weitzel, Doyle, Wang, C. Jarnagin, M. Bray, Adhanom, Hedrich, Deckers, Kim, J. Goebel, M. Frandsen, E. Bradley) |
| 10:15 AM | Leave Chattahoochee Pointe Park (possible lunch stop on way home – bring \$ if riding bus home) |
| 12:30 PM | Arrive at Brookwood HS – front of school – bus lanes |

*Athletes who did not compete in our time trial will also be assigned to races by the coaching staff.

All athletes will be chip-timed. Coaches will hand these out at the Brookwood tent area before each race.

Medals will be given to the top 5 finishers in the Open and JV races, to the top 10 in the Varsity race.

*All athletes will wear either the new Nike maroon uniforms or the black and white Asics uniforms from prior years.

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