

Stage Races – Meet Information

Date: Saturday, August 18, 2018

Location: Chattahoochee Pointe Park in Suwanee (5790 Chattahoochee Pointe Dr., Suwanee, GA 30024)

NOTE: Parking is EXTREMELY limited – parents should make every effort to carpool to the meet if attending.

Admission: \$10 per car (load them up – carpool if possible!)

**All athletes should ride the bus to this meet. The bus leaves at 6:15 AM from the field house.

Distance of races is 3200m (flat course, fast surface)

6:15 A.M. Bus leaves BHS (field house) for Chattahoochee Pointe Park

Stage 1 7:45 A.M. **all 9th graders** running at this meet

Stage 2 8:05 A.M. **all 10th graders** running at this meet

Stage 3 8:25 A.M. **all 11th graders** running at this meet who are not in Stage 5

Stage 4 8:40 A.M. **all 12th graders** running at this meet

Stage 5 8:55 A.M. Select juniors only: **Semret, Porcelli, Pruitt**

9:30 A.M. Leave Chattahoochee Pointe Park

10:15 A.M. Arrive at Brookwood HS – field house

****Athletes will need to be responsible about getting to the start on time – warm up in groups and report to the start line just after the start of the previous race. Coaches will be busy and may not be able to walk groups over to the start!**

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

*Top 5 individuals in each stage receive awards (Top 5 Boys, Top 5 Girls) – medals given in the chute
Top 3 teams receive awards in each division*

*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