

State Championship – Meet Information

Roster – Bray, McNeil, P Smith, DeSandre, Nebiker, R Frandsen, Wheeler, W Jarnagin (alt), McElhanon (alt)

Costs – Athletes will need to bring money for dinner Friday and lunch Saturday. The school is paying for the hotel rooms, and the booster club is covering the van rental.

Spaghetti Dinner (Thursday, Nov. 1) Coach Dehnke's house, 1106 Hardwyck Pass, Snellville, GA 30078

4:45 haircuts (optional)
6:00-7:30 dinner

Hotel – Courtyard Carrollton, 180 Barnes Avenue, Carrollton, GA 30117 (678.664.5200)

Itinerary

Friday, November 2

2:20 Leave BHS – field house
4:00 Jog course at Carrollton
5:30 Dinner – directly from course
8:00 Team meeting
10:00 Lights out

Saturday, November 3

6:30 Leave hotel for course
8:00 AAAAAAA Boys State Championship Race
8:45 AAAAAAA Girls State Championship Race
10:00 Leave Carrollton for BHS (lunch stop on the way home)
2:30 Arrive back at BHS (field house)

Location for the course in Carrollton - Carrollton Elementary School, 401 Ben Scott Blvd., Carrollton, GA 30117. Follow this link for directions from BHS: <http://mapq.st/1iBZR3A>

Course map -

https://www.ghsa.net/sites/default/files/documents/track/cross_country_map2016jpgSmall.pdf

Reminders about races

- racing 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)
- cool-down together (1-2 miles easy jogging, stretch)

Be sure to...

HYDRATE properly – drink a variety of water and sports drinks starting Wednesday

EAT CARBS on Wednesday and Thursday night and get a good night of sleep

PACK CAREFULLY – make sure you have your uniform, racing shoes, warmup layers, etc.

Contact Coach Dehnke with questions...ben_dehnke@gwinnett.k12.ga.us or call/text 404.358.6071