

Athens Academy

Thursday, October 15th

Bus leaves from Hoover at **2:30 PM SHARP** and returns at **8:00PM**.

You will miss your last class of the day. YOU NEED TO IMMEDIATELY GO TO THE BUS FROM CLASS – YOU WILL CHANGE ON THE BUS. Bring MONEY for DINNER.

Race: Varsity (All Runners) 4:50 PM

THE BAG ☞ *You should begin putting a bag together that you will bring to each practice and meet. The bag should contain the following:*

- ◆ WARM-UPS!!
- ◆ An extra set of clothing: Socks, Underwear, T-Shirt, Shorts, Socks, etc.
- ◆ Racing Flats
- ◆ A water bottle
- ◆ An extra set of shoes
- ◆ Some money – for snacks during the day and for lunch!
- ◆ Rain Gear

******Any medical supplies – diabetics, athletes with asthma, etc.***

Wesleyan Men's Cross Country At Athens Academy

Note: Once a race is finished...all runners need to IMMEDIATELY group together in order to do the *cool down (State team: 4 miles/Region team: 1 mile)*. It is necessary that you do the entire cool down in order to complete the correct mileage.

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| 2:30 PM | Meet at natatorium; Load Buses, Leave for Athens Academy |
| 3:45 PM | Arrive at Athens Academy; Unload Buses; Coaches Pick up Race Packets; Runners set up tents/tarps |
| 4:00 PM | Varsity Boys (the entire team) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well. |
| 4:35 PM | Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints |
| 4:50 PM | Varsity Boys Race Begins! |

Immediately after race – do the 3-mile cool down!