

GUNDERSON INVITATIONAL

GEORGIA INTERNATIONAL HORSE PARK ✦ CONYERS
SATURDAY, SEPTEMBER 26TH

DIRECTIONS: I-20 TO EXIT 82 (HIGHWAY 138), GO NORTH 4 MILES, RIGHT ONTO CENTENNIAL OLYMPIC PARKWAY, GO 2 MILES, THE COURSE IS ON THE RIGHT.

THE BUS WILL LEAVE FROM NATATORIUM AT 9:15 AM AND WILL RETURN AT 2:30PM.

RACE SCHEDULE:

11:20 AM – BOYS VARSITY

12:40 PM – BOYS JV

THE BAG ➔ *YOUR CROSS COUNTRY BAG SHOULD CONTAIN THE FOLLOWING:*

- ◆ AN EXTRA SET OF CLOTHING: SOCKS, UNDERWEAR, T-SHIRT, SHORTS, ETC.
- ◆ SHORT-SLEEVE AND LONG-SLEEVE CC T-SHIRT
- ◆ WARM-UPS
- ◆ A WATER BOTTLE
- ◆ AN EXTRA SET OF SHOES
- ◆ SOME MONEY – JUST IN CASE!
- ◆ RAIN GEAR

****ANY MEDICAL SUPPLIES – DIABETICS, ATHLETES WITH ASTHMA, ETC.*

WESLEYAN MEN'S CROSS COUNTRY

NOTE: ONCE A RACE IS FINISHED...ALL RUNNERS NEED TO IMMEDIATELY GROUP TOGETHER IN ORDER TO DO THE 3-MILE COOL DOWN. IT IS NECESSARY THAT YOU DO THE ENTIRE COOL DOWN IN ORDER TO COMPLETE THE CORRECT MILEAGE.

10:15 AM ARRIVE AT MEET; UNLOAD BUSES; COACHES PICK UP RACE PACKETS; RUNNERS SET UP TENTS/TARPS

10:30 AM VARSITY BOYS (TOP TEN) BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.

CANNON, TRADD
GRITTERS, AUSTIN
MARSH, TIMOTHY
MOHME, DOUG

MORRIS, JAKE
PRETTYMAN, BROOKS
RAMSEY, BRANDON
SCHANEN, AUSTIN

SUTTON, DREW
WILLIAMS, TAKIM
ALT: PARRISH, PRESTON

11:05 AM VARSITY BOYS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS

11:20 AM VARSITY BOYS RACE BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

11:50 AM JUNIOR VARSITY BOYS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.

12:25 PM JUNIOR VARSITY BOYS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS

12:40 PM JUNIOR VARSITY BOYS RACE BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

