

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 Gossett, Bradley Gritters, Austin Marsh, Timothy	Mohme, Doug Prettyman, Brooks Ramsey, Brandon Schanen, Austin	Sutton, Drew Williams, Takim <i>Alt: Morris, Jake</i>
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!	

