

# Gwinnett County Invitational

*River Green Park ✦ Duluth*

*Saturday, September 19<sup>th</sup>*

*You may drive yourself to the meet as long as you have a parent's permission. Please have them write a note if you are going to drive yourself.*

A bus will leave from Natatorium at 7:00AM and will return at 11:30PM.

## **RACE SCHEDULE:**

*All varsity runners need to arrive at the meet at 7:20AM.*

*All junior varsity runners need to meet at 8:15AM*

**8:30 AM - Varsity Boys**

**10:00 AM – Junior Varsity Boys**

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***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.**

- 7:15 AM** Arrive at meet; Unload Buses; Coaches Pick up Race Packets; Runners set up tents/tarps
- 7:40 AM** Varsity Boys (top ten) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
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|---------------------|-------------------|-----------------------------|
| Cannon, Tradd       | Marsh, Timothy    | Sutton, Drew                |
| Duvall, Christopher | Mohme, Doug       | Williams, Takim             |
| Gossett, Bradley    | Prettyman, Brooks | <i>Alt: Schanen, Austin</i> |
| Gritters, Austin    | Ramsey, Brandon   |                             |
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- 8:15 AM** Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints
- 8:30 AM** **Varsity Boys Race Begins! Everyone else spread out and cheer!**
- 9:15 AM** Junior Varsity Boys begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
- 9:45 AM** Junior Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints
- 10:00 AM** **Junior Varsity Boys Race Begins! Everyone else spread out and cheer!**

