

WESLEYAN XC



STATE MEET ITINERARY 2009

FRIDAY

*LEAVE AFTER SCHOOL. WE WILL MEET IMMEDIATELY AT 3:00PM
OUTSIDE CLEGHORN/GILLFILLAN.*

3:00 PM LOAD MINIBUSES (YOU CAN CHANGE ON THE ROAD.)

4:30 PM PRACTICE – RUN COURSE

* RETURN TO HOTEL. CHECK IN AND CHANGE FOR DINNER

TBA DINNER

TBA IN ROOMS AND ASLEEP

SATURDAY

8:00 AM WAKE UP

8:15 AM EAT BREAKFAST IN LOBBY – BRING YOUR BAG!

8:40 AM LEAVE HAMPTON INN

9:20 AM MOVIE: A CHRISTMAS CAROL

11:30 AM LUNCH AT MARKET DELI – FOOD COURT

12:15 PM LEAVE MALL

1:00 PM ARRIVE AT COURSE

1:40 PM WARM UP AND STRETCHING

2:15 PM ON START LINE

2:30 PM RACE

****NOTE: THE SCHOOL PAYS FOR YOUR HOTEL ROOM; IT DOES NOT
PAY FOR YOUR MEALS THIS YEAR.**

IMPORTANT INFORMATION

WHAT TO BRING:

- ✓ YOUR UNIFORM, RUNNING SHOES, RACING FLATS, & WATER BOTTLE
- ✓ HAT, GLOVES, LONG-SLEEVE WHITE SHIRT, EXTRA SOCKS, A PAIR OF LONG SOCKS TO WEAR ON HANDS AS GLOVES
- ✓ YOUR LONG-SLEEVE CC T-SHIRT, CC WARM-UP, SHORT-SLEEVE CC T-SHIRT, STATE TEAM SWEATSHIRT, AND STATE TEAM HAT
- ✓ CASUAL, COMFORTABLE CLOTHES FOR FRIDAY NIGHT
- ✓ TOILETRIES
- ✓ \$\$ FOR DINNER PLUS A LITTLE EXTRA (STATE T-SHIRTS OR WHATEVER)
- ✓ HEALTHY SNACKS

ACCOMMODATIONS:

HAMPTON INN BREMEN-I-20 (CARROLLTON AREA)

28 PRICE CREEK ROAD, BREMEN, GEORGIA, USA 30110
TEL: +1-770-537-9001 FAX: +1-770-537-5012

ROOMS:

ROOM 1

BRADLEY GOSSETT
MITCHELL GENTRY

ROOM 2

CHRIS DUVALL
DREW SUTTON

ROOM 3

BRANDON RAMSEY
PRESTON PARRISH

ROOM 4

DOUG MOHME
AUSTIN GRITTERS

ROOM 5

TIMOTHY MARSH
TAKIM WILLIAMS

ROOM 6

AUSTIN SCHANEN
TRADD CANNON
TRAVIS BUNN

ROOM 7

BROOKS PRETTYMAN
SAM BREHMER
AUSTIN BUSCH
DREW MIDDLETON

ROOM 8

TAYLOR GRICE
JAKE MORRIS
SAM CARVER

ROOM 9 & 10

COACHES ROOM