

Marist School

Marist Double Dip Invitational

At Marist School / Saturday, September 12th

Arrival times: All bus riders: 6:30AM at the natatorium

Varsity Runners: Arrive at Marist by 6:50AM

JV and Open Runners: Arrive at Marist by 7:50AM

You must sign up for the minibus with Mr. Kennerly if you are interested in riding.

YOU SHOULD EAT A NORMAL BREAKFAST. EAT A BAGEL, CEREAL, FRUIT, ETC.

We will return back to school immediately after the meet.

Race Schedule:

Varsity Boys Race * 8:00AM

Junior Varsity Boys Race * 9:00AM

Open Boys Race * 10:05AM

Awards * 11:00AM

Marist School

Take I-285 West to the Ashford-Dunwoody Rd. exit and turn left on Ashford-Dunwoody Rd. until you see Marist on the right.

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

- ◆ 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

Note: Once a race is finished...all runners need to IMMEDIATELY group together in order to do the 2-mile cool down. It is necessary that you do the entire cool down in order to complete the correct mileage.

6:30 AM Arrive at Marist; Unload Buses; Coaches Pick up Race Packets; Runners set up tents/tarps

7:10 AM Varsity Boys (top seven) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

Tradd Cannon	Doug Mohme	Alternate: Takim Williams
Bradley Gossett	Brooks Prettyman	
Austin Gritters	Brandon Ramsey	
Timothy Marsh	Drew Sutton	

7:45AM Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints

8:00 AM **Varsity Boys Race Begins! Everyone else spread out and cheer!**

8:10 AM Junior Varsity Boys (top seven) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

Sam Brehmer	Drew Middleton	Colin Stone
Austin Busch	Jake Morris	Takim Williams
Sam Carver	Preston Parrish	Alternate: Aaron Patrick
Mitchell Gentry	Austin Schanen	
Geoffrey Ives	Nick Schroer	

8:45 AM Junior Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints

9:00 AM **Junior Varsity Boys Race Begins! Everyone else spread out and cheer!**

9:20 AM Boys Open Race begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.

9:50 AM Boys Open Runners, Captains and Coaches go to starting line for talk, prayer, and sprints

10:05 AM **Boys Open Race Begins! Everyone else spread out and cheer!**

Marist Course Map Overview



Marist XC Course Start to 800m



Marist XC Course 1600-3000m



Marist XC Course 3000-3900m



Marist XC Course 3900-5000m

