

# REVISED

The logo for Marist School, featuring the word "Marist" in blue on a yellow background and "School" in yellow on a blue background, all enclosed in a blue rectangular border.

## Marist Double Dip Invitational

At Marist School / Saturday, September 13<sup>th</sup>

*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.

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

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**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.

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

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**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 800-1600m



# Marist XC Course 1600-3000m



# Marist XC Course 3000-3900m



# Marist XC Course 3900-5000m

