

WESLEYAN



XC

Men's Cross Country 2009 Season Schedule

All runners need to ride with the team to every meet except the Westminster meets and the Marist meet. Parents may take runners home after a meet but all runners need to sign out before leaving. Students may not leave with other parents unless they have a signed note. Students may never ride with other students.

NO RUNNER WILL MISS WESLEYAN'S CROSS COUNTRY EXPERIENCE BECAUSE OF A FINANCIAL ISSUE. SEE COACH KENNERLY PRIVATELY IF YOU HAVE ANY CONCERNS ABOUT EXPENSES.

Please see the Wesleyan website for the most up-to-date directions, forms, and information.

NOTE: We will always stay and attend all awards ceremonies as a team. You may not leave until the awards ceremony is over.

Westminster

At Westminster Schools
Saturday, August 22nd

Buses will leave from Natatorium at 6:15AM and will return at 10:45AM.

Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit. Also, possibly eat a small bowl of cereal if you would like it. We will return back to school immediately after the meet.

Race Schedule:

Varsity Race * 8:00 AM
Junior Varsity Race * 9:30 AM
Awards * 11:00 AM

Walton Stage Races

At River Green Park in Duluth, Georgia

Saturday, August 29th

NOTE: Runners may ride to this meet with their parents or drive themselves with their parent's permission.

Buses will leave from Natatorium at 6:45AM and will return at 11:00AM.

Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit. Also, possibly eat a small bowl of cereal if you would like it. **Make sure you hydrate!**

Bring money for lunch. *We will stop for lunch when leaving the final race on our way back to school.*

Races:

These races are done in "stages." there are 5 races -- 2 miles each all #1 runners from all teams run in one race (boys and girls), then all #2 runners from all teams run in another race....then all #3 runners from all teams run in the next race....etc... Whatever place your 5 runners finish in each race, that is your total score.

Times: 8:00 a.m. Junior Varsity (Boys/Girls)

Stage 1 8:00

Stage 2 8:15

Stage 3 8:30

Stage 4 8:45

Stage 5 9:00 (Fastest Stage)

Times: 9:15 a.m. Varsity Races (Boys/Girls)

Stage 1 9:15

Stage 2 9:30

Stage 3 9:45

Stage 4 10:00

Stage 5 10:15 (Fastest Stage)

The Berry Invitational

At Berry College
Saturday, September 5th

Bus leaves from Natatorium at 7:00AM and returns at 3:30PM.

Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit. Also, possibly eat a small bowl of cereal if you would like it. **Make sure you hydrate!**

Bring money for lunch. We will stop for lunch when leaving the final race on our way back to school

Races:

4A/5A Boys 10:15 AM

Junior Varsity Boys 11:45 AM



Marist School

Marist Double Dip Invitational

At Marist School
Saturday, September 12th

NOTE: Runners may ride to this meet with their parents or drive themselves with their parent's permission.

Buses will leave from Natatorium at 6:30AM and will return at 11:45 AM. Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit. Also, possibly eat a small bowl of cereal if you would like it.

Race Schedule:

Varsity Boys Race * 8:00AM
Junior Varsity Boys Race * 9:00AM
Open Boys Race * 10:05AM
Awards * 11:00AM

Gwinnett County Invitational

At River Green Park, Duluth

Saturday, September 19th

NOTE: Runners may ride to this meet with their parents or drive themselves with their parent's permission.

Buses will leave from Natatorium at **7:00AM** and will return at **12:30PM**. Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit.

Also, possibly eat a small bowl of cereal if you would like it.

We will return back to school immediately after the meet.

Race Schedule:

Varsity Boys Race * 8:30AM

Open Boys Race * 10:00AM

Gunderson Invitational

At Georgia International Horse Park in Conyers, GA

Saturday, September 26th

Bus leaves from Natatorium at TBA.

Race Schedule:

TBA



Wesleyan Invitational Home Meet

At Wesleyan School
Tuesday, September 29th

Race Schedule:

Boys Varsity Race * 5:00 PM
Boys Junior Varsity Race * 5:30 PM

Athens Academy

At Athens Academy in Athens, Georgia
Wednesday, October 14th

Buses will leave from Natatorium at 2:30 PM and
will return at 8:00 PM. We will eat dinner on the way back to school.

Race Schedule:

Varsity Boys Race (All guys!) * 4:45 PM



Wesleyan Invitational

Home Meet

At Wesleyan School
Saturday, October 17th

Race Schedule:

Boys Varsity Race (Top 10 Runners) * 9:00

JV Boys Race * 9:30



Carrollton Last Chance Invitational

At Carrollton Elementary School

Saturday, October 24th

TBA

Race Schedule:

TBA



Georgia Region 7-A Meet

At Wesleyan
Thursday, October 29th

You should eat a normal lunch. Try to eat a lunch that contains the various food groups - but does not have a lot of fat or grease in it. You may want to bring a snack to eat around 2:00 PM if you need it.

Race Schedule:

Boys Varsity Region Race * 4:45 PM
Boys' and Girls' JV Race * 5:15 PM



GHSA State Cross Country Meet

At Carrollton Elementary School
Saturday, November 7th

Buses for top 10 runners will leave after school on Friday.

*All remaining members of the team should arrive at the meet by 2:00PM.
You should leave for the meet at 12:30 AM AT THE LATEST.*

Race Schedule:

Varsity Boys' Race * 2:30 PM
Varsity Girls' Race * 3:00 PM



Dream Mile

At Wesleyan Track

Monday, November 9th at 4:10PM



Uniform Turn-In

At Davidson Natatorium

Tuesday, November 10th at 3:40PM

WESLEYAN



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Banquet
At DuBose Dining Hall