

# WALTON STAGE RACES

AT RIVER GREEN PARK, DULUTH, GEORGIA  
SATURDAY, AUGUST 29<sup>TH</sup>

BUS LEAVES FROM NATATORIUM AT 6:30AM. IF YOU ARE DRIVING YOURSELF MAKE SURE YOU ARRIVE AT THE COURSE AT 6:45AM AT THE LATEST.

THE BUS 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!

## 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 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.

### AWARDS:

- ◆ MEDALS TO THE TOP 5 INDIVIDUALS IN EACH STAGE RACE
- ◆ TOP (2) J.V. TEAMS WILL RECEIVE AWARDS
- ◆ TOP (4) VARSITY TEAMS WILL RECEIVE AWARDS

## STAGE GROUPS & WARM-UP TIMES

### 7:15 AM – JV STAGE 1

- \*\* 1. PRESTON PARRISH  
AND TAYLOR GRICE
- 1. MITCHELL GENTRY
- 1. DREW MIDDLETON
- 1. MITCH TUCKER
- 1. COLE WARREN

### 7:30 AM – JV STAGE 2

- \*\* 2. TRAVIS BUNN
- 2. JAKE MORRIS
- 2. ROBERT KUNCE
- 2. RYAN MCCLANAHAN
- 2. NATHAN GRICE
- 2. JACK EIDSON

### 7:45 AM – JV STAGE 3

- \*\* 3. AUSTIN BUSCH
- 3. SAM CARVER
- 3. JEREMY DALE
- 3. GARRETT BUSCH
- 3. GRAYSON TURNBULL
- 3. GEOFFREY IVES

### 8:00AM – JV STAGE 4

- \*\* 4. SAM BREHMER
- 4. AUSTIN SCHANEN
- 4. IAN WOODS
- 4. DAVIS BROOKS
- 4. TURNER ABLES
- 4. BEN THOMPSON

### 8:15 AM – JV STAGE 5

- \*\* 5. HUNTER HARTWELL
- 5. COLIN STONE
- 5. NICK SCHROER
- 5. EVAN ANDERSON
- 5. BOBBY STRUBLE
- 5. AARON PATRICK

### 8:30 AM – VARSITY STAGE 1

- 1. DOUG MOHME
- 1. TAKIM WILLIAMS

### 8:45 AM – VARSITY STAGE 2

- 2. BRANDON RAMSEY
- 2. TRADD CANNON

### 9:00 AM – VARSITY STAGE 3

- 3. BRADLEY GOSSETT
- 3. BROOKS PRETTYMAN

### 9:15 AM – VARSITY STAGE 4

- 4. AUSTIN GRITTERS
- 4. TIMOTHY MARSH

### 9:30 AM – VARSITY STAGE 5

- 5. CHRISTOPHER DUVALL
- 5. DREW SUTTON

**\*\* DENOTES STAGE LEADER – MAKE SURE YOU HAVE ALL YOUR GUYS WARMING UP TOGETHER AND AT THE LINE ON TIME**

# WESLEYAN MEN'S CROSS COUNTRY

## WALTON STAGE RACES

**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.**

6:00 AM BUSES LEAVE FOR GAINESVILLE COLLEGE  
7:00 AM ARRIVE AT GAINESVILLE COLLEGE; UNLOAD BUSES; COACHES PICK UP RACE PACKETS; RUNNERS SET UP TENTS/TARPS

7:15 AM JUNIOR VARSITY #1 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.  
7:45 AM JUNIOR VARSITY #1 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS  
8:00 AM JUNIOR VARSITY RUNNER #1 – STAGE 1 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

7:30 AM JUNIOR VARSITY #2 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.  
8:00 AM JUNIOR VARSITY #2 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS  
8:15 AM JUNIOR VARSITY RUNNER #2 – STAGE 2 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

7:45 AM JUNIOR VARSITY #3 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.  
8:15 AM JUNIOR VARSITY #3 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS  
8:30 AM JUNIOR VARSITY RUNNER #3 – STAGE 3 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

8:00 AM JUNIOR VARSITY #4 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.  
8:30 AM JUNIOR VARSITY #4 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS  
8:45 AM JUNIOR VARSITY RUNNER #4 – STAGE 4 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

8:15 AM JUNIOR VARSITY #5 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.

8:45 AM	JUNIOR VARSITY #5 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
9:00 AM	<b>JUNIOR VARSITY RUNNER #5 – STAGE 5 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

8:30 AM	VARSDITY #1 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.
9:00 AM	VARSDITY #1 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
9:15 AM	<b>VARSDITY RUNNER #1 – STAGE 1 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

8:45 AM	VARSDITY #2 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.
9:15 AM	VARSDITY #2 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
9:30 AM	<b>VARSDITY RUNNER #2 – STAGE 2 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

9:00 AM	VARSDITY #3 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.
9:30 AM	VARSDITY #3 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
9:45 AM	<b>VARSDITY RUNNER #3 – STAGE 3 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

9:15 AM	VARSDITY #4 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.
9:45 AM	VARSDITY #4 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
10:00 AM	<b>VARSDITY RUNNER #4 – STAGE 4 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

9:30 AM	VARSDITY #5 RUNNERS BEGIN WARM-UP. JOG 800M, STRETCH, JOG 2 MILES (18 MINUTES) AND STRETCH REALLY WELL.
10:00 AM	VARSDITY #5 RUNNERS, CAPTAINS AND COACHES GO TO STARTING LINE FOR TALK, PRAYER, AND SPRINTS
10:15 AM	<b>VARSDITY RUNNER #5 – STAGE 5 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!</b>

***LISTEN FOR THE ANNOUNCEMENTS FOR THE AWARDS CEREMONY!***

11:00 AM LOAD BUSES, AND LEAVE FOR WESLEYAN – STOP ON THE WAY BACK TO SCHOOL FOR FOOD

1:00 PM ARRIVE AT WESLEYAN