

WALTON STAGE RACES

AT RIVER GREEN PARK, DULUTH, GEORGIA
SATURDAY, AUGUST 29TH

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. TAYLOR GRICE
- 1. MITCHELL GENTRY
 - 1. ROBERT KUNCE
 - 1. SAM CARVER
 - 1. MITCH TUCKER
 - 1. COLE WARREN

7:30 AM – JV STAGE 2

- ** 2. TRAVIS BUNN
- 2. AUSTIN SCHANEN
- 2. DREW MIDDLETON
- 2. RYAN MCCLANAHAN
 - 2. NATHAN GRICE
 - 2. JACK EIDSON

7:45 AM – JV STAGE 3

- ** 3. AUSTIN BUSCH
- 3. NICK SCHROER
- 3. JEREMY DALE
- 3. GARRETT BUSCH
- 3. GRAYSON TURNBULL
 - 3. GEOFFREY IVES

8:00AM – JV STAGE 4

- ** 4. SAM BREHMER
- 4. JAKE MORRIS
- 4. IAN WOODS
- 4. DAVIS BROOKS
- 4. TURNER ABLES
- 4. BEN THOMPSON

8:15 AM – JV STAGE 5

- ** 5. PRESTON PARRISH
- 5. COLIN STONE
- 5. HUNTER HARTWELL
- 5. EVAN ANDERSON
- 5. BOBBY STRUBLE
- 5. AARON PATRICK

8:30 AM – VARSITY STAGE 1

- 1. DOUG MOHME
- 1. TIMOTHY MARSH

8:45 AM – VARSITY STAGE 2

- 2. AUSTIN GRITTERS
- 2. TAKIM WILLIAMS

9:00 AM – VARSITY STAGE 3

- 3. BRADLEY GOSSETT
- 3. BROOKS PRETTYMAN

9:15 AM – VARSITY STAGE 4

- 4. TRADD CANNON
- 4. BRANDON RAMSEY

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.

6:30 AM BUSES LEAVE FOR MEET
6:45 AM ARRIVE AT MEET; 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	JUNIOR VARSITY RUNNER #5 – STAGE 5 BEGINS! EVERYONE ELSE SPREAD OUT AND CHEER!

8:30 AM	Varsity #1 Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
9:00 AM	Varsity #1 Runners, Captains and Coaches go to starting line for talk, prayer, and sprints
9:15 AM	Varsity Runner #1 – Stage 1 Begins! Everyone else spread out and cheer!

8:45 AM	Varsity #2 Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
9:15 AM	Varsity #2 Runners, Captains and Coaches go to starting line for talk, prayer, and sprints
9:30 AM	Varsity Runner #2 – Stage 2 Begins! Everyone else spread out and cheer!

9:00 AM	Varsity #3 Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
9:30 AM	Varsity #3 Runners, Captains and Coaches go to starting line for talk, prayer, and sprints
9:45 AM	Varsity Runner #3 – Stage 3 Begins! Everyone else spread out and cheer!

9:15 AM	Varsity #4 Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
9:45 AM	Varsity #4 Runners, Captains and Coaches go to starting line for talk, prayer, and sprints
10:00 AM	Varsity Runner #4 – Stage 4 Begins! Everyone else spread out and cheer!

9:30 AM	Varsity #5 Runners begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
10:00 AM	Varsity #5 Runners, Captains and Coaches go to starting line for talk, prayer, and sprints
10:15 AM	Varsity Runner #5 – Stage 5 Begins! Everyone else spread out and cheer!

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

WALTON STAGE RACES ENTRIES

2009

RACE

Stage #. Runner

VARSITY TEAM ONE

1. Mohme, Doug
2. Gritters, Austin
3. Gossett, Bradley
4. Ramsey, Brandon
5. Duvall, Christopher

VARSITY TEAM TWO

1. Marsh, Timothy
2. Williams, Takim
3. Prettyman, Brooks
4. Cannon, Tradd
5. Sutton, Drew

JV TEAM ONE

1. Gentry, Mitchell
2. Schanen, Austin
3. Busch, Austin
4. Morris, Jake
5. Parrish, Preston

JV TEAM TWO

1. Carver, Sam
2. Middleton, Drew
3. Schroer, Nick
4. Brehmer, Sam
5. Stone, Colin

JV TEAM THREE

1. Robert Kunce
2. Ryan McClanahan
3. Jeremy Dale
4. Ian Woods
5. Evan Anderson

JV TEAM FOUR

1. Taylor Grice
2. Nathan Grice
3. Garrett Busch
4. Davis Brooks
5. Hunter Hartwell

JV TEAM FIVE

1. Mitch Tucker
2. Jack Eidson
3. Grayson Turnbull
4. Turner Ables
5. Bobby Struble

JV TEAM SIX

1. Cole Warren
2. Travis Bunn
3. Geoffrey Ives
4. Ben Thompson
5. Aaron Patrick