

# Westminster

At Westminster Schools  
*Saturday, August 22<sup>nd</sup>*

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

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

- ◆ WARM-UPS!! Yes...it is still warm but it might be cold in the early morning....!!
- ◆ An extra set of clothing: Socks, Underwear, T-Shirt, Shorts, Socks, etc.
- ◆ Racing Flats/Spikes
- ◆ A water bottle
- ◆ An extra set of shoes
- ◆ Rain Gear

**\*\*\*Any medical supplies – diabetics, athletes with asthma, etc.**

# Wesleyan Men's Cross Country At Westminster

**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.**

<b>6:45 AM</b>	Arrive at Westminster; Unload Buses; Coaches Pick up Race Packets; Runners set up tents/tarps	
<b>7:10 AM</b>	Varsity Boys (top ten) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.	
Cannon, Tradd Duvall, Christopher Gossett, Bradley Gritters, Austin	Middleton, Drew Mohme, Doug Prettyman, Brooks Ramsey, Brandon	Sutton, Drew Williams, Takim
<b>7:45 AM</b>	Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints	
<b>8:00 AM</b>	<b>Varsity Boys Race Begins! Everyone else spread out and cheer!</b>	
<b>8:40 AM</b>	JV Boys begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well. <b>Taylor Grice leads workout.</b>	
<b>9:15 AM</b>	JV Boys, Captains and Coaches go to starting line for talk, prayer, and sprints	
<b>9:30 AM</b>	<b>JV Boys Race Begins! Everyone else spread out and cheer!</b>	
<b>11:00 AM</b>	<b>Go to awards – everyone must attend!</b>	
<b>11:15 AM</b>	Load buses, and Leave for Wesleyan – Stop on the way back to school for food	
<b>11:45 AM</b>	Arrive at Wesleyan	

***Immediately after race – do the 3-mile cool down!***

## **KOSH KLASSIC COURSE DESCRIPTION**

**Varsity Boys Race 8:00AM**

**Varsity Girls Race 8:40AM**

**JV Boys Race 9:30AM**

**JV Girls Race 10:10AM**

The course is composed, almost exclusively of grass and trail. There are numerous turns, both significant and subtle, and the vast majority of the course is flat to undulating. There is an 800m section of challenging hills that begins late in the first mile and concludes midway through the second mile.

The start line is located in the discus field. A painted white line marks the start and boxes are located along the start line.

At the gun, athletes will run straight, making a tight pass between the baseball and football fields, and enter the woods at the far left opening and continue onto the trail. Athletes will stay on the trail and run the perimeter of the baseball field.

Athletes will turn left, off of the trail, and pass by the backstop on the practice infield. They will continue to run between the fence line and the parallel white line through the discus field.

After passing along the starting line and through the discus field, athletes will make their first of two climbs up the hill toward the concession stand. At the crest of the hill, athletes will make a 180 degree left turn and run down the hill and into the discus field. They will be racing in a lane marked by solid white lines, and at the bottom of the hill, they will make a sweeping right turn that will lead them between the baseball and football fields.

At this point, athletes will head for the woods and enter the far right opening, continuing onto the trail. After passing the visitors' stands and the track, athletes will make a right turn into a lane marked by white lines. This lane will take the athletes toward the home stands, have them complete a 180 degree left turn, and send them back to the woods where they will make a right turn, leading them under the bridge. Much of the first 1200m are visible to coaches and spectators, and save the one hill, they are entirely flat.

Once athletes have passed under the bridge, they will turn right and begin a challenging series of 4 hills, spanning just under 800m. Just before reaching the physical plant, after tackling the first hill, they will run downhill and cross over the physical plant driveway (covered by rubber mats to allow athletes to wear spikes). Just after crossing the driveway and returning to the trail, athletes will pass the 1-mile mark. Racers will continue up hill 2 to the highest point on the course before heading downhill to a bridge crossing. Athletes will again race up a challenging hill (#3) and continue back down to another bridge crossing. Finally, the runners will challenge the fourth and final hill in this up and down section of the course, taking them past Faculty Housing, and they will rapidly head downhill toward the back gate. This section of hills spans roughly 800m, and once it is complete, the course is almost wholly flat.

As athletes pass in front of the back gate (the gate will be closed and mats will cover the road so that athletes can wear spikes), they will be roughly halfway through the 5000m course.

After crossing the road, the racers will immediately pick-up the trail and head along the creek bed until they make a right turn onto the practice fields. A lane marked with white lines will guide them parallel to the Tull Hall retention pond and have them make a 180 degree left-hand turn returning them to the practice fields. At this point, they will pass the 2-mile mark.

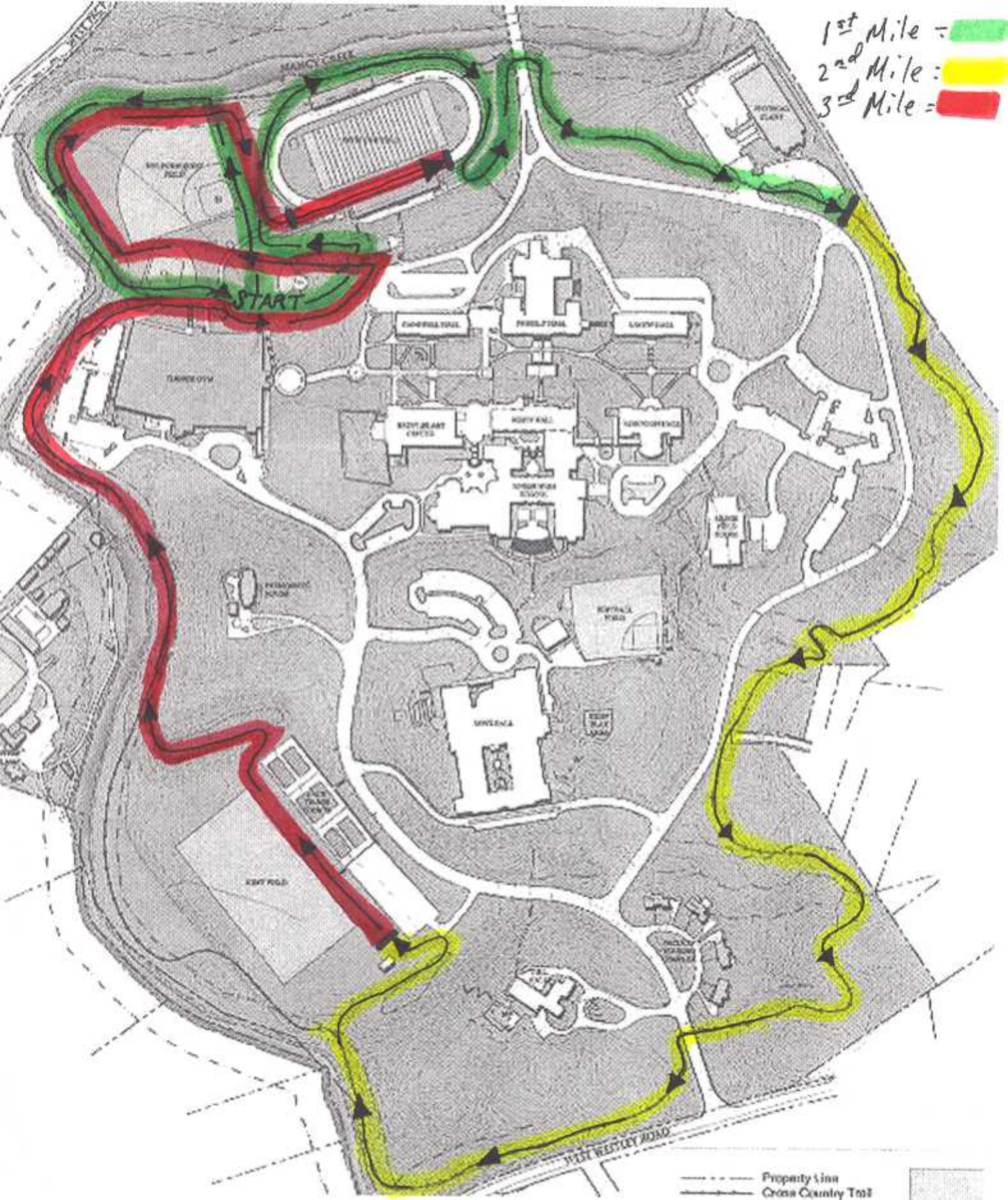
After completing the first two miles, athletes will race along the back practice fields, parallel to the tennis courts, and make a slight right preceding a sharp left that will take them parallel to the President's retention pond and feed them back onto the trail.

Athletes will race along the creek bed on the trail and make a left to stay with the trail when they approach the parking lot at Turner Gymnasium. The trail will run along the parking lot and feed the athletes back to the practice baseball field (at the backstop) for a fast finishing kilometer.

This final kilometer will bring racers between the starting line and the fence in the discus field, up and over the concession stand hill and down. As athletes race down the hill, they will now stay between dashed lines that guide them between the 3<sup>rd</sup> base bullpen and 3<sup>rd</sup> base dugout, and eventually lead them to re-enter the woods and go right onto the trail. They will race on the trail for about 200m and make a gentle right turn out of the woods and between the baseball and football fields. As the runners head back toward the starting line, they will turn left onto the track and into the stadium for their final 120m.

It will be important for coaches and spectators to note that they can view much of the first 1200m and final 1000m of the race by utilizing the baseball bleachers, discus field, and football stands. If you are active and adventurous, you can make it to view the back gate and the racing on the practice fields if you are quick, but don't stay too long because runners will quickly return to the internal stadium loop. Happy viewing and good luck!

1<sup>st</sup> Mile = █  
 2<sup>nd</sup> Mile = █  
 3<sup>rd</sup> Mile = █



START

BLACKWOOD FIELD

MANCY CREEK

PETROG GALT

UNIVERSITY

FOODS HALL

PHYSICAL

LABYRINTH

BOYD BEAT

ROBY ANN

UNIVERSITY

UNIVERSITY

UNIVERSITY

UNIVERSITY

UNIVERSITY

1<sup>ST</sup> WESTLEY ROAD

--- Property Line  
 ——— Cross Country Trail