

Stage Races:

Saturday, August 28, 2010

River Green Complex, Duluth, Ga

4545 Rivergreen Parkway, Duluth, Ga 30096

Departure: 0600 am

All athletes will ride the bus to the meet.

Arrival back at Lassiter: 1:00

All athletes are expected to stay until the awards presentation. At that time you may check out with Coach Doyle and leave with your parents. Exception: Orchestra students may leave immediately after your race after checking out with Coach Doyle.

The first boys name on each stage will be responsible for getting both the boys and girls for your stage to warm up at the proper time and arrive at the start line at the proper time and do a cool down. All boys are veterans of cross country and that is why they will be the leaders for this meet. Boys and girls will run together in each stage.

JV Boys/Girls

Stage	Athletes	Warm-up time	Report to Start Line	Start Time	Cool Down Time
1	Ruff/Bassett Erdman/Prendes	7:15	7:50	8:00	8:40
2	Beaver/Glickman Dunnell/Zeeabrahamse	7:30	8:05	8:15	8:55
3	Melissas/Schitea Verdeyen/Hulse	7:45	8:20	8:30	9:10
4	Shields/McFadden Bosma/Schlabach	8:00	8:35	8:45	9:25
5	Morris/Elwer DeBenedictis/Balog	8:15	8:50	9:00	9:40

Varsity Boys/Girls

Stage	Athletes	Warm-up time	Report to Start Line	Start Time	Cool Down Time
1	Anderson/DeSantis Hess/Schmidt	8:30	9:05	9:15	9:50
2	Guillaume/Gilliam Ainslie/Besch/Gutierrez	8:45	9:20	9:30	10:05
3	Watkins/Chaney Merriman/Gardiner	9:00	9:35	9:45	10:20
4	Grooms/Hauser Schartman/Edwards	9:15	9:50	10:00	10:35
5	Shields/Creagan Bishop/Bilkert	9:30	10:05	10:15	10:50

Awards:

1. Top 5 individuals in each stage will receive medals as they exit the chute.
2. Top 2 JV teams will receive awards
3. Top 4 Varsity teams will receive awards

Miscellaneous:

1. Bring healthy snacks or money to purchase at the concession stand and T-Shirts
2. Bring money in case we stop for lunch after the race. Hopefully we will be back at Lassiter for Lunch and not need to stop.
3. Port A Johns available near Red Building
4. T-Shirts and Concessions sold at Red Building
5. Team packet pick-up at Red Building
6. Medical assistance available
7. White Board for Coaches to record top place in each stage for each division to speed up the team results.

Directions:

**River Green
Complex, Duluth,
GA**

River Green Parkway is located off Peachtree Industrial Boulevard between Pleasant Hill and Abbotts Bridge (120).

From I-85 South exit Sugarloaf Parkway . Turn right on sugarloaf. Sugarloaf dead-ends on Peachtree Industrial Boulevard . Turn left on to Peachtree Industrial Boulevard . Go several miles (one light past Abbotts Bridge) and turn right at the light for River Green Parkway (Agco tractors is on the right corner). The Cross Country course is down on the right.

From I-85 North exit Pleasant Hill Road . Turn left go several miles (past the New Duluth Hospital) and turn right on Peachtree Industrial Boulevard . (There is a Kroger and McDonalds across the intersection). On Peachtree Industrial Boulevard , turn left at the second light (River Green Parkway). The Cross Country course is down on the right.