

Citadel Cross Country Invitational
James Island County Park
Charleston, SC
September 23-25, 2011

1. Departure:

Friday, September 23, 2011 at 1:45. We will depart from the parking lot next to the small gym. We will be traveling on Buckhead Coach and if you want to watch videos, bring them as long as they are suitable for viewing. We will stop on the way to eat supper

Arrival: We should arrive Charleston at 9:00.

2. Lodging:

Wingate by Wyndham- Charleston Southern University
9280 University Blvd.
North Charleston, SC 29406
843.553.4444 hotel

3. Itinerary:

a. Friday:

1. Depart Lassiter 1:45
2. 9:00 Arrive motel
3. 10:00 Everyone in their own room
4. 11:00 Lights out

Saturday:

- a. 7:15 Wake up
- b. 8:15 Depart for James Island County Park
- c. 9:00 Arrive James Island County Park.
- d. 10:15 Varsity Boys Race
- e. 10:45 Varsity Girls Race
- f. 11:15 Junior Varsity Boys Race
- g. 11:45 Junior Varsity Girls Race
- h. Lunch will be subs provided by the booster club
- i. 1:30 Depart Course for Beach
- j. 2:00 Arrive Beach
- k. 5:00 Depart beach for the motel
- l. 5:45 Arrive Motel
- m. 6:45 Depart motel for downtown Charleston. We will eat downtown. You must be in groups of 4 when downtown.
- n. 9:30 Depart downtown for motel
- o. 10:30 Everyone in their own room
- p. 11:30 Lights out

Sunday

- a. 7:30 Wake-up

- b. 8:30 Depart for Lassiter
- c. 3:00 Arrive at Lassiter

Miscellaneous:

1. Cost for the trip will be \$110.00 plus spending money (4 meals)
2. Permission slip and payment must be received prior to entry on the bus.
3. Awards: Top three teams, top 15 individuals in the varsity race, top 10 in the jv race.

Varsity boys

| Warm-up | Report start line | Start time | Cool Down |
|---------|-------------------|------------|-----------|
| 0930 | 10:00 | 10:15 | 11:00 |

Guillaume, Gilliam, D'Antoni, Woods, Grooms, Ruff, Chaney

Varsity Girls

| Warm-up | Report start line | Start time | Cool Down |
|---------|-------------------|------------|-----------|
| 10:00 | 10:30 | 10:45 | 11:30 |

Gutierrez, Merriman, Ainslie, Brito, Verdeyen, Gardiner, DeBenedictis

Junior Varsity Boys

| Warm-up | Report start line | Start time | Cool Down |
|---------|-------------------|------------|-----------|
| 10:30 | 11:00 | 11:15 | 12:00 |

Beaver, Becker, Bourne, Camillo, Clark, Devetski, Fraker, Haines, Limon, Matilski, Melissas, Morris, Obeidat, Schitea, Trilby-Bassett, True, Zorn

Junior Varsity Girls

| Warm-up | Report start line | Start time | Cool Down |
|---------|-------------------|------------|-----------|
| 11:00 | 11:30 | 11:45 | 12:30 |

Alderman, Anderson, Balog, DeBenedictis, Edwards, Erdman, Franklin, Garino, Gilliam, Gorman, Gray, Guillaume, Hulse, Marshall, Niknejad, Niknejad, Schlabach, Stasiak, Westwood, ZeeAbrahamsen,

Directions:

Lassiter to Motel

Merge onto I-20 E via EXIT 247 toward Augusta (Crossing into South Carolina).

Merge onto US-378 E/Sunset Blvd via EXIT 61 toward West Columbia.

Merge onto I-26 E toward Charleston.

Merge onto US-78 E via EXIT 205B toward US-52/Goose Creek.

Motel to course

From I-26

Follow I-26 East to Hwy. 17 South (do not take I-526 to 17 South, I-26 dead ends into Hwy. 17). Cross the Ashley River Bridge staying on 17 South and follow Hwy. 700 toward Folly Beach. On Hwy. 171 (Folly Rd.) cross the intercoastal waterway over the Wapoo Cut Bridge and at the foot of the bridge turn right at the light onto Hwy. 700 (Maybank Hwy.). At the second light, turn left on Woodland Shores Road. At the stop sign turn left on Riverland Drive. The park is one mile on the right. (Note: If you do take I-526, when you reach Hwy. 17 follow the directions below for: From Hwy. 17 South.)

From Hwy. 17 North

Travel South through Mt. Pleasant and cross the Ravenel Bridge, continuing South across Charleston. Cross the Ashley River Bridge staying on 17 South and follow Hwy. 700 toward Folly Beach. On Hwy. 171 (Folly Rd.) cross the intercoastal waterway over the Wapoo Cut Bridge, at the foot of the bridge turn right at the light onto Hwy. 700 (Maybank Hwy.). At the second light, turn left on Woodland Shores Road. At the stop sign turn left on Riverland Drive. The park is one mile on the right.

From Hwy. 17 South

Travel North on Hwy. 17, turn right on Hwy. 171 (Wesley Drive) which becomes Folly Road after 400 meters. On Folly Road (Hwy.171) cross the intercoastal waterway over the Wapoo Cut Bridge, at the foot of the bridge turn right at the light onto Hwy. 700 (Maybank Hwy.). At the second light, turn left on Woodland Shores Road. At the stop sign turn left on Riverland Drive. The park is one mile on the right.