

Gwinnett County Championship

WHEN: Sept. 17th, 2022

WHERE: Georgia International Horse Park
1996 Centennial Olympic Parkway
Conyers, GA 30013

TRANSPORTATION: Athletes should provide their own transportation. Please contact a coach with any transportation issues. **Please plan on extra time for parking and walking to the course.**

MEET SCHEDULE:

***Please arrive 90 minutes prior to your race time**

8:00 a.m. – Girls Varsity: T.Meyer, Lewis, Dasher, Streleckis, B.Meyer, Tilson, Sams

8:30 a.m. – Boys Varsity: Hermansen, Morton, Streleckis, Mitchell, Anderson, Martin, Maddox/Sheth*

9:00 a.m. – Girls Championship JV: Smith, Pope, DeCou, Steger, Mooney, Patwardhan, Waters, Estes, Maddox, Rozos, M.Gingras, Al.Eaker, Mergl, Krafick, Soelling

9:30 a.m. – Boys Championship JV: Sheth*, Serrano, Beasley, Maxwell, Zelnick, Hankins, Ambrosi, Cartwright, Meeks, E.Johnson, Wu, O.Johnson, Green, Osborne, Andrews

10:30 a.m. – Girls Open JV: Phelan, Kloss, Engel, Noblit, Kunchick, O.Gingras, Ad.Eaker, Haynie, Maia, Traykova, Armento, Kim, Norris, Jastrzebski

11:00 a.m. – Boys Open JV: Bredemann, Eyre, Brubaker, Forren, Wagner, Kantor, Huggins, Guerrero, Jastrzebski, Knopp, Colodny, Hatcher, Maxfield, Hoover, Noblit, C.Jimenez, Tallent, G.Jimenez, Sowter, Hubbard, Nicoara

11:30 a.m. – Awards

AWARDS:

Varsity – Top 4 teams and Top 25 individuals

Championship JV – Top 3 teams and Top 25 individuals

Open JV – Top 15 individuals

ADMISSION/PARKING: Cash - \$5/person; Credit Card - \$6/person

MISC. INFO: Absolutely no pets allowed

NGHS XC RACE-DAY ROUTINE:

Start 75 mins prior to race (60 mins for JV)

1. Stretchy drills
 - Thigh-huggers; Quad Stretch; Combo Thigh & Quad; Hamstring crossovers; Runner pose w/arm swings (on toes)
2. 10-minute easy jog (5 mins for JV)
3. Bathroom, fluids
4. Dynamic drills & lunge matrix
 - Forward skips w/arm swings; Backward skips w/arm swings; A-skips; B-skips; Carioca; Skip for height
 - Lunge Matrix
 - Front lunge; Front lunge w/twist; Lateral lunge; Backward lunge
5. 10 minute jog (5 for JV) with 4 x 20-second pick-ups during the last 2 minutes
6. Spikes, bathroom, fluids, chips & bibs, stay loose until going to start
7. 10-15 minutes before race time: To the starting line (last-minute strides, stretch/drills/etc.)

COURSE MAP

