

Milton XC Invitational

WHEN: Sept. 10th, 2022

WHERE: Milton High School
13025 Birmingham Hwy
Milton, GA 30004

*Spectators should enter the school via the entrance on Birmingham Hwy (near Northwestern Middle School)

*Busses should enter the school via the Freemanville Road entrance

TRANSPORTATION: Athletes should provide their own transportation. Please contact a coach with any transportation issues.

MEET SCHEDULE:

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

7:45 a.m. – Open Girls – Jastrzebski, Kunchick, Noblit, O.Gingras, K.Humphrey, Ad.Eaker, A.Humphrey, Haynie, Nguy, Armento, Kim, Maia, Norris, Traykova

8:30 a.m. – Open Boys – Colodny, Knopp, Cho, Kerns, Maxfield, Hatcher, Tallent, Hoover, C.Jimenez, Sowter, Hubbard, Nicoara, Lee

9:00 a.m. – JV Girls – Al.Eaker, M.Gingras, Krafick, Mergl, Phelan, Kloss, Engel

9:45 a.m. – JV Boys – Brubaker, Wagner, Forren, Huggins, Kantor, Jastrzebski, Guerrero, Noblit

AWARDS:

Open Races – Top team and top 10 individuals

JV Races – Top 2 teams and top 15 individuals

ADMISSION/PARKING: \$10 per car

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 ON NEXT PAGE

