

## **NORTH GEORGIA CHAMPIONSHIP**

**WHEN:** August 27, 2022

**WHERE:** Lamar Murphy Park  
180 I W Davis Road  
Jefferson, GA 30549

**TRANSPORTATION:** Athletes should provide their own transportation. See Coach Carter with transportation issues or questions.

### **MEET SCHEDULE:**

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

7:45 a.m. Championship Boys

**8:05 a.m. Varsity Boys – Anderson, Martin, Cartwright, Hankins**

8:30 a.m. Championship Girls

8:55 a.m. Varsity Girls

9:20 a.m. JV Boys #1

**9:45 a.m. JV Boys #2 – Bredemann, Osborne, Eyre, Brubaker, Noblit, Guerrero, Jastrzebski, Colodny, Knopp, Hatcher, Kerns, G.Jimenez, Tallent, Maxfield, C.Jimenez, Hubbard, Cho**

**10:20 a.m. JV Girls – Waters, Mooney, Rozos, Patwardhan, Al.Eaker, M.Gingras, Phelan, Kunchick, Noblit, Jastrzebski, K.Humphrey, Engel, Ad.Eaker, A.Humphrey, Munch, Lange, Armento, O.Gingras, Soelling**

### **AWARDS:**

Team – Top 2 Teams in Varsity & JV

Individual – Medals given in each race

**ADMISSION/PARKING:** \$5 per car

### **NEW 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, TEAM TENT, & PARKING INFO (on next page):**

