

NORTH GEORGIA TWO-MILE STAGE RACES

WHEN: August 17, 2024

WHERE: East Jackson High School
1435 Hoods Mill Road
Commerce, GA 30529

IMPORTANT TEAM NOTES FROM COACH CARTER:

- Athletes in earlier races should stay to watch their teammates in the later races compete. Athletes in the later races should arrive in time to watch their teammates in the earlier races compete.
- All athletes should arrive at least 90 minutes prior to your race time to allow for a full warm up.
- All athletes must stay after their race to cool down (at least 5-10 minute jog plus 5-10 minutes of stretching)

TRANSPORTATION: Athletes are encouraged to ride to/from the meet with parents. There is a bus provided. But will depart NGHS (front of school) promptly at 6:00 a.m. and will return after the meet. Athletes wanting to sign up for the bus should sign up here - <https://tinyurl.com/XCStgRacesBus>. Deadline to sign up for the bus is Thursday at 10:00 a.m.

MEET SCHEDULE: *Races at this meet are 2 miles/3200 meters

8:00 a.m. – Varsity Boys & Girls 1-2-3

- Girls: H.Sams
- Boys: Chen, Beasley

8:20 a.m. – Varsity Boys & Girls 4-5-6

- Boys: Morton

8:40 a.m. – Varsity Boys & Girls 7 through 12

- Girls: Marshall, Steger, Brusck, Meyer, Mooney
- Boys: Choi

9:00 a.m. – JV Boys AND Girls Unlimited

- Humphrey, Carter, E.Johnson, Guerrero, Maddox, M.Johnson, Sowter, B.Sutherland, Nelson, Kerns, Roebuck, Jimenez, Leach, Onyenweaku, Nicoara, Donepudi, Ayala, Murrieta, Wellington, Trabazo, Lewis, Wu, Cha
- Steed, Gay, Jastrzebski, I.Traykova, Patwardhan, Beasley, Hambacker, Grieve, Kerns, Rajesh, Engel, Zoeller, Moon, Indorf, Peterson, Krafick, Zakusilo, Busse, Lee, Bachman, Go, Kamaseke, Wiggins, Kim, Hayden-Henry, Song, Alvarez, Chandra, Choi, K.Traykova, Swistak, Perez, Rowe, Sreeji

AWARDS:

Team – Top 3 Teams in Varsity & Top 2 Teams in JV

Individual – Medals given in each race

ADMISSION/PARKING/MISC. MEET INFO:

- \$10 per car
- No Pets

COURSE MAP (on next page):

