

## **East Hamilton HS Cross Country Meet Departure & Gun Times**

(athletes expected to be present for all races unless cleared with me)

**Missionary Ridge Time Trial, 8/20:** We & CSAS will meet at the Bragg Reservation parking lot and run a 5k out and back south on Crest Rd. Parking is limited on the side streets on the ridge. Please carpool! Run start time 9am.

**Heritage High #1, 8/27:** Parking is \$3/vehicle. Enter from Post Oak Road. The Poplar Springs driveway will be closed.

- Coaches will leave EHS at 7:30am. Be at Heritage High by 8:00am
  - o JV Boys & Girls - 8:30 AM
  - o Boys Varsity - 9:10 AM
  - o Girls Varsity - 9:40 AM

**Berry College, 9/3:** Parking is \$5/vehicle.

- Coaches will leave EHS at 6:15am to make the open race. Athletes should be at Berry campus by 7:45am, plan on an hour drive to Berry.
  - o Open (Coaches racing!) - 8:00 AM
  - o Girls Varsity - 8:45 AM
  - o Boys Varsity - 9:30 AM
  - o JV Boys & Girls - 10:15 AM

**Crow Valley, 9/8:** Park is at 2231 Crow Valley Rd, Dalton, GA, 30720. Expect 30-40 minute drive. Parking is limited, please carpool!

- Coaches leave EHS at 4pm. Be at Crow Valley around 4:30pm
  - o JV Boys & Girls - 5:00 PM
  - o Boys Varsity - 5:45 PM
  - o Girls Varsity - 6:10 PM

**Edwards Park, 9/12:** Parking is \$3/vehicle. Edwards Park is off GA 71 just south of Varnell.

- Coaches leave EHS at 4pm. Be at Edwards Park by 4:30pm
  - o JV Boys & Girls - 5:00 PM
  - o Boys Varsity - 5:45 PM
  - o Girls Varsity - 6:10 PM

**Home, 9/20:**

- Be on campus by 5pm
  - o Race starts at 6PM - We may split into separate boys race at 6pm and second race at 6:30pm depending on entry #'s.

(OVER FOR MORE)

**Grovel Level, 10/6:** NOTE: course is NOT at the church; it is on Tom Manis Rd closer to Edwards Park). Parking is \$3/vehicle. Parking area is crowded at this course.

- Coaches leave EHS at 3:30pm. Be at Grove Level Running Course by 4:00pm
  - o JV Boys & Girls - 5:00 PM
  - o Boys Varsity - 5:45 PM
  - o Girls Varsity - 6:10 PM

**Heritage High #2 (N. Ga League Championships), 10/18:** Parking is \$3/vehicle. Enter from Post Oak Road. The Poplar Springs driveway will be closed.

- Coaches leave EHS at 3:30pm. Be at Heritage HS by 4:00pm
  - o Boys Varsity - 5:00 PM
  - o Girls Varsity - 5:30 PM
  - o JV Boys & Girls - 6:10 PM

**All-City 10/20@Baylor:**

- MOST LIKELY TIMES: Carpools leave EHS at 2:45pm. Be at Baylor by 3:30pm
  - o Girls Varsity - 4:30 PM
  - o Boys Varsity - 5:10 PM
  - o JV Boys & Girls - 5:50 PM

**Region Championship, Woodland Park Church, Chattanooga 10/25:**

- Be at the church by 3:30pm
  - o Girls - 4:50 PM
  - o Boys - 5:30 PM

**State Meet 11/3 at Percy Warner Park in Hendersonville :** A full day out of school for qualifiers.

- We travel up in the morning of the meet.
  - o Girls 1:50pm CENTRAL
  - o Boys 2:40pm CENTRAL

**ALL AWAY MEET START TIMES NOT UNDER OUR CONTROL & COULD CHANGE**

I WILL SET INDIVIDUAL ATHLETES' RACE ASSIGNMENT IN THE WEEK PRECEEDING A RACE