

NORTH GEORGIA TWO-MILE STAGE RACES

WHEN: August 12, 2023

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 (5-10 minute jog plus 5-10 minutes of stretching)

TRANSPORTATION: Athletes should provide their own transportation.

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

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

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

- Girls: Gunn, T.Pope, Smith

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

- Girls: Sams, DeCou, Mooney

9:00 a.m. – JV Boys Unlimited

- Gaines, Brubaker, Bredemann, Sutherland, Guerrero, Choi, M.Johnson, Carter, Forren, Nelson, N.Kerns, Harris, Jones, Tabor, Sowter, Maddox, Knopp, Jimenez, Hatcher, Nicoara, Roebuck, Onyenweaku

9:20 a.m. – JV Girls Unlimited

- L.Pope, Steger, Gingras, S.Krafick, Jastrzebski, Patwardhan, Shappert, Engel, I.Traykova, Eaker, Waters, Collings, Peterson, L.Krafick, E.Choi, K.Traykova, Maia, H.Kerns, Lee, Perez, Phelan, Armento, Boeru, Hardin, Kim, A.Beasley, K.Humphrey

AWARDS:

Team – Top 2 Teams in Varsity & JV
Individual – Medals given in each race

ADMISSION/PARKING: \$5 per car

COURSE MAP (on next page):

