

JV vs BROOKWOOD at ALEXANDER PARK

WHEN: October 8th, 2024

WHERE: Alexander Park
800 Old Snellville Highway
Lawrenceville, GA 30044

IMPORTANT TEAM NOTES FROM COACH CARTER:

- All athletes should arrive at least 60 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)
- **The finish:** Athletes will be given finish cards that must be filled out carefully and turned in to a coach immediately after completing your race.
- **Hydrate & Eat Properly:** Beginning on Monday, hydrate & eat properly. On Tuesday, have a nutrition & hydration plan. Your hydration plan **MUST** include more than simply water.

TRANSPORTATION: A bus is available for athletes who need it. The bus is scheduled to depart school at 2:30 p.m. Athletes not riding the bus should leave school immediately after the 2:10 bell to ensure on-time arrival at Alexander Park. Athletes who need to ride the bus can sign up here:

<https://tinyurl.com/AlexanderParkJVBus>

MEET SCHEDULE:

4:00 p.m. JV Girls – H.Sams, Brusch, Steed, Mooney, Meyer, Traykova, Shappert, Jastrzebski, Busse, Grieve, Gay, Hambacker, Patwardhan, Rajesh, Beasley, Ionas, Swistak, Kerns, Zoeller, Chandra, Choi, Peterson, Zakusilo, Moon, Perez, Go, Song, Hayden-Henry, Lee, Han, Sreeji, Kim, Alvarez, Rupsi, Wiggins, Lough, Kamaseke

4:45 p.m. JV Boys – Choi, E.Johnson, Morton, Carter, Colodny, Lewis, Guerrero, Wu, M.Johnson, Maddox, Sowter, B.Sutherland, Jimenez, Wellington, Nelson, Roebuck, Kerns, Leach, Trabazo, Nicoara, Cha, Rayirath, Wood, Daniels, Ayala, Cisneroz-Arbelaez, Donepudi, Onyenweaku

COURSE MAP (on next page)

