



at Clinton Farms

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September 27, 2014

Race Schedule

7:55 – Girls JV Purple
8:20 – Boys JV Purple
8:45 – Girls Championship
9:10 – Boys Championship
9:30 – Girls Open Black
9:55 – Boys Open Black
10:25 – Awards

Course Records

Girls – 17:58.90 – 2012 Allie Buchalski (Johns Creek)

Boys – 15:44.31 – 2010 Wade Voyles (Chapel Hill High School)

2013 Champions

Girls – St. Pius (57 pts and 20:13 team average)

Boys – Woodward Academy (82 pts and 17:07 team average)

Awards

Top 4 boys and girls teams in the Championship races will receive trophies (no team trophies for the JV races). Top 3 male and female finishers in the Championship races receive awards. Top 15 finishers in each race (Varsity, JV Purple and JV Black) will receive medals. Also, any athlete that sets a new course record will be recognized at the meet, and will receive an award after the meet indicating the athlete's name and course record time.

Race Entries

All athletes should be entered through the Milesplit entry portal, accessed through our Meet Homepage on the Calendar. It is not necessary to assign athletes to the individual races, just ensure that your entire roster is entered. Each athlete will receive a shoe chip and a bib number, and you decide on race morning which event you'd like to have your runners compete in (but please run only in those races which you've previously indicated you'd run in via communication with the Meet Director).

*** Entry Deadline is Wednesday, September 24th at 6 pm ***

Timing and Results

The Perfect Timing Group will handle results and scoring. Each athlete will be assigned a shoe chip and each athlete's name and time will appear in the official results for their race.

Please note the following:

- 1) Bib numbers must match the chip numbers for each athlete [except for seeded athletes].
- 2) Use the provided zip-ties to secure chips to EITHER shoe. We will remove the chips in the finish chute with scissors, and attaching the chip to shoelaces means we'll have to cut shoelaces!
- 3) **VERY IMPORTANT** – please return ALL your team chips to the Timers at the finish line before leaving. There is a \$20 fee for each unreturned chip.
- 4) With single-chip scoring, opportunities exist for an athlete's place as determined using a torso finish to differ from the place based on the shoe-chip reading (i.e., in a very close finish where a FAT camera has to be used to determine the proper order of finish). In our Championship events, we ask coaches to review the results as soon as they are posted and to make the timer aware of any instances where team PLACES might be affected by an

improper ordering of two athletes. We will review issues involving the Top 4 team places immediately (inasmuch as awards are in play), and will attempt to review other requests after completion of the meet. Please use discretion here, understanding that the beauty of chip timing is in its efficiency and the fact that it allows us to complete the races and results-compilation very quickly.

Top 10 Individual Seeding

We will assign bib numbers 1-10 to the Top 10 Seeded Boys and Girls in the Championship Races. Also, these 10 athletes will be featured in the Milesplit pre-race write-up on Thursday.

Meet Preview

To be posted on Milesplit on Thursday, September 25th.

Race Packet Pick-up and Check-in

The packet pick-up table will be adjacent to the finish line area.

Meet Starter and Referee

We're honored to have Mr. Dick Moss again this year as our official starter and meet referee. Mr. Moss is a member of the USATF Officials Hall of Fame, the Georgia High School Track and Field/Cross Country Hall of Fame, and has officiated countless High School, Collegiate and Olympic events over the past 34 years.

Course Preview

The course will be open at 2 pm on Friday for preview.

Course Description

The course is 5,000 Meters as measured down the middle. It is roughly 4,950 meters as measured on tangents, i.e., a "runner's line". We have chosen to keep the same course layout we've had since 2010 with the original 5,000 meter "down the middle" distance.

The course has a variety of grass, dirt, sand and loose gravel. No asphalt or concrete road crossings! Racing spikes are entirely appropriate.

The first 400 meters is on grass and is in full view of spectators. Next, runners encounter a road (with some loose gravel) before entering the "inner-field" (entirely grass, designation "S3" on the course map) and navigating a series of turns and the first hay bale jump at approximately 800 meters. From there, a hard-packed dirt trail is intersected at about 1,100 meters, and that trail takes the runners around a scenic pond and to a gravel road at the 1 mile mark. About 100 meters of gentle up-hill past that, the original route is re-joined, and it's back to the inner field and the hay

bales. This time, however, the runners circle the entire inner field before exiting to a nice 100 meter down-hill stretch before entering the woods.

Once in the woods, it's a gentle climb of roughly 300 meters to the 2-mile mark, and then they're back around the pond. With about 1,200 meters to go - at the 1-mile marker intersection - this time they turn left and circumnavigate the "horseshoe" before encountering the final hay bale jump with 400 meters to go. With about 300 meters to go, the runners re-enter the start-finish field and run up to the tree-line before doing a fish-hook and then heading straight down-hill to the finish line.

Race Viewing and Splits

Split times will be called at both the 1 and 2 mile marks.

The 1 mile mark is less than 200 meters from the starting field, and is easily accessed via the "cut-through" marking on the course map.

The 2 mile mark is approximately 700 meters from the starting field, and roughly 500 meters from the 1 mile mark. Again, access it through the "cut-through", then go around the pond and take the trail on the right another 300 meters or so.

The Course Map has designations S1, S2 and S3, and these historically have been the best vantage points for coaches. The "horseshoe" circuit in the final mile is not great for viewing, but it does allow coaches/spectators ample time to get from the S1, S2 and S3 positions back to the finish field in time to view athletes for their final 300 meter effort.

The sedentary spectator who remains in the starting/finish field will see the first 400 meters and the last 300 meters, but not much else.

Additional course markings will be posted at the following points:

400 m

800 m

1 200 m

One Mile

Two Miles

1 200 m from finish

800 m from finish

400 m from finish

Hay Bales

We have two sets of hay bale jumps on the course, one of which is encountered twice (for a total of 3 jumps). Please note that at each of these jumps we have an alternate “no-jump” route should athletes choose. This alternate route adds a couple of meters at each jump. Please make sure your athletes know that they can take the alternate route if they like.

The jumps are encountered at approximately the 800 m, 2,200 m, and 400-meters-to-go marks.

Parking

There is a parking fee of \$5 per vehicle. Vehicles carrying only coaches or athletes do not pay this fee. However, if a parent is transporting athletes with an intent to stay at the meet, that parent will be asked to pay the fee. We'd appreciate it if you could pass this information along to your parents ahead of time. Car pooling is encouraged!

Tents

The main area for tents will be in a large open field adjacent to the start/finish field.

Results

Results will be posted on the fence behind the starting line for all 6 races as soon as possible after the completion of each event. Results will be posted on Milesplit.com on Saturday afternoon.

Directions

Take Exit 30 (Post Rd) on Interstate 20. Head South on Post Rd (taking a left if coming from Atlanta, taking a right if coming from Alabama) and go approximately 1 mile to a traffic light and turn right on Ephesus Church Rd. Go about 1.5 miles and Clinton Nature Preserve will be on the right.

No Dogs, Please!

We are expecting our largest crowds ever on Saturday, and we kindly ask that you inform your athletes and their parents that – as much as we love our dog friends – they should be left home this weekend. This is for the safety of our competitors and also out of respect for our visitors who are not as fond of dogs as we are! Thank You, Thank You for passing this info along to your team supporters.

Traffic: TomorrowWorld Music Festival

For our guests coming from the south-side of Atlanta via back roads, please be aware that the TomorrowWorld Music Festival could have an impact on traffic in the Chattahoochee Hills area of South Fulton County. Please review the TomorrowWorld website to assess whether your route might be affected.

Teams Entered

Alexander
Atlanta International School
Ben Franklin Academy
Blessed Trinity (Boys only)
Bremen
Callaway
Campbell
Carrollton
Chapel Hill
Chiles (FL)
Eagle's Landing
Fairhope (AL)
Fayette Co.
Heritage - Catoosa
KIPP Atlanta Collegiate
Landmark Christian
Langston Hughes
Marist
Morrow
Newnan
North Oconee
Pelham (AL)
Pope
Roswell
Sandy Creek
Sequoyah
South Paulding
St. Pius X
Stone Mountain
Union Grove
Villa Rica
Walton
Westminster
Whitefield Academy
Whitewater
Woodstock
Woodward Academy