

## **at&t Starr's Mill Panther XC Meet Coaches Information – Sept 5 2015**

First thank all of you for attending our meet, we hope that today is a success for you and your team.

\*\*\*Traffic Alert on Race Day- Please use State highway 74 to Redwine road to get to the meet; or come across Redwine road or highway 85 from Fayetteville. Do not use highway 54 inside of Peachtree City. There is a Tri-athlon in Peachtree City and several roads will be closed including Robinson Road. .

1. **Location:** Heritage Christian Church (2130 Redwine Rd., Fayetteville, GA 30215)
2. **Parking for Buses:**  
Given we have more teams this year, we are going to park buses in the church property next door to Heritage.
  - You will come into Heritage Church property off of the Redwine road entrance.
  - You will be directed down to where we normally park buses and drop off your team and your gear and then be directed out of the property via the Bernhardt road entrance and drive down ¼ mile to Providence Methodist church. There is a short path thru the woods that comes out next to the course by the lake.
  - If you have 14 passenger bus and are one of the first 10 of those buses, we have a lot for you.
  - If you are running the Championship Varsity races, you should start arriving at 6:30am
  - If you are running the later varsity race, you should be there by 7:30am.
3. **Admission for Spectators:** \$5 per person. Please let your parents know about the admission fees.
  - Coaches driving in cars with GHSA passes & runners in uniform will not be charged.
  - Car Exit- New this year; to minimize the interaction of cars exiting the meet along the main entrance road and the athletes crossing this same main entrance road, we have created a new exit road along the perimeter of the property. There will be plenty of signs. Please let parents know about the exit road for just cars.
3. **Two Tent Areas:** tents and teams are in two locations this year: one- set up in the field across from the start line and two- in the field paralleling the finish line behind the brick building
4. **Bathrooms:** Athletes may use the port-o-toilets in the field with the tents.
  - The bathrooms at the start line are intended for athletes who are about to start their race and coaches.
  - The buildings are not open to any athlete or spectators.
5. **Coaches Hospitality:** There will be snacks and drinks located in the 2 Starr's Mill Tents next to the awards area for all coaches. Feel free to walk/run in grab a snack and/or a drink. You will get a ticket at packet pick-up for hospitality.
6. **Starting Line:** The starting area is roped off for coaches and athletes only, please help us keep spectators/parents out of this area as we begin to get ready to start the races.
  - We will check to make sure you are in the correct starting block
  - We do check at the line that all athletes have a bib number and a shoe timing chip .
  - We do count that there are only 10 runners in the varsity girls race and 10 runners in the varsity boys race.
  - We do check for uniforms. (No bracelets, wristbands, necklaces, uniforms, etc...)
  - For all other races, just have the athlete show up to the starting line with their shoe chip on and their matching bib number and they will be timed and scored.
7. **Timing:** We will be using timing chips for the races today. The chips need to be handed to the runner that they have been assigned to and placed on their shoe using the zip tie. Please remind them to make sure that the zip tie is on correctly and does not simply slip back off. If a chip is lost it will cost \$20 per chip, the timing company will contact you for the lost chips. As they cross the finish line we will have volunteers cutting the chips off and returning them to the timing company. If a runner has zipped the tie too tight on their shoe string the workers will cut a shoe string to remove the chip. Periodically throughout the day we will have volunteers combing the course looking for chips, but this is no guarantee all chips will be found. Lastly, if you have runners that did not race, be sure to return those chips to the timing table as well. If not returned your team will be assessed \$20 per chip.

8. **Entries/Changes in Entries:** We give you the flexibility to switch your athletes between varsity, JV, and freshman races. If they have a number and shoe timing chip, they just show up at the starting line for the correct race.
9. **Results:** As we receive the results, announcements will be made and they will be posted on the big blue board by the awards area. Please check the results as soon as possible so that if any corrections need to be made we can make them early before the awards ceremony.
10. **Award Ceremony:** will be held after the final race. No awards will be given out prior to the ceremony. The order of the awards will be the same as the athletes raced in. Please make sure to check the results prior to the awards ceremony to make sure no corrections need to be made. Once the ceremony is started the results are final.
11. **Invited Athlete Autographs and Pics with Emily Sisson – NCAA 5K recorded holder- 15:14 and 8x All American**
  - Emily will be located near the Awards area and results posting and concessions
12. **T-shirt Sales:** EagleSportz will be there selling custom meet T-shirts. They will be located near the Team-Tent area.
12. **Concessions:** we will have concessions stands selling beverages and light snacks
13. **Music:** During the races we may opt to play music and many of your athletes may provide their own music as well. Please talk to the athletes about taking into consideration the loudness, content and subject matter of the music. The meet is not only a school function, but it does take place on church property that they are graciously allowing us to use. We are just asking that the music choices show a sense of respect to see the church members, the spectators and the neighborhoods that are nearby.
13. **Races Times:**
  - 6:30 am Packet Pick-up Opens and Course Open for Warm-ups
  - 7:50 am Course Closes for Warm-ups
  
  - 8:00 am Championship Varsity Girls (10 runners)
  - 8:30 am Championship Varsity Boys (10 runners)
  - 9:00 am Varsity Girls (10 runners) - a school can only enter 1 varsity girls team
  - 9:30am Varsity boys (10 runners)- a school can only enter 1 varsity boys team
  - 10:00am JV Girls (unlimited)
  - 10:30 am JV Boys (unlimited)
  - 11:00 am Freshman Boys & Girls (unlimited) (run together, scored and awarded separately)
  - 11:30 am Middle School Girls 3K (now separate – fields are too big to run middle school boys & girls together)
  - 11:50 am Middle School Boys 3K (now separate – fields are too big to run middle school boys & girls together)
  - 11:30 am Awards Ceremony (Finished by 12:30)

14. Box Assignments for Girls Varsity Championship

**8am Race Time**

Block #	Varsity Championship race GIRLS	apprx count
1	Auburn (AL)	10
2	Brookwood	10
3	Hillgrove	10
4	Johnson Ferry	1
5	LaGrange	10
6	Landmark Christian	7
7	Campbell	10
8	Newnan	10
9	Northgate	10
10	<i>empty</i>	0
11	Paideia	10
12	Sequoyah	10
13	<i>empty</i>	
14	Spring Valley (SC)	10
15	Starrs Mill	10
16	The Heritage School	3
17	Union Grove	10
18	Wheeler	10
19	Whitewater	10
20	Woodstock	10
21		
22		
23		
24		
<b># of team entered athletes</b>		<b>161</b>

15. Box Assignments for Boys Varsity Championship

**8:30 Race Time**

Block #	Varsity Championship race BOYS	apprx count
1	Auburn (AL)	10
2	Brookwood	10
3	Chapel Hill	10
4	Hillgrove	10
5	Johnson Ferry	3
6	LaGrange	10
7	Landmark Christian	7
8	Campbell	10
9	Newnan	10
10	Northgate	10
11	Opelika (AL)	10
12	Paideia	10
13	Sequoyah	10
14	Southland	10
15	Spring Valley (SC)	10
16	Starrs Mill	10
17	The Heritage School	7
18	Union Grove	10
19	Wheeler	10
20	Whitewater	10
21	Woodstock	10
22		
23		
24		
<b># of team entered athletes</b>		<b>197</b>

16. Girls Varsity Race

**9:00 Race Time**

Block #	Varsity Race GIRLS	apprx count
1	Carrollton	10
2	Central	10
3	Chapel Hill	10
4	Dutchtown	10
5	Duluth	10
6	Eagles Landing Christian	7
7	East Paulding	10
8	Fayette	7
9	Habersham Central	6
10	Locust Grove	10
11	Luella	5
12	Mount De Sales	10
13	Mount Paran Christian	10
14	Mount Vernon Presbyterian	10
15	New Manchester	10
16	Ola	10
17	Opelika (AL)	10
18	Our Lady of Mercy	10
19	Rockdale	10
20	Strong Rock Christian	10
21	Troup Co	10
22	Westlake	10
23	Whitefield Academy	10
24	Woodland HS Stockbridge	10
<b># of team entered athletes</b>		<b>195</b>

17. Boys Varsity Race

**9:30am Race Time**

Block #	Varsity Race BOYS	apprx count
1	Carrollton	10
2	Central	10
3	<i>empty</i>	
4	Dutchtown	10
5	Duluth	10
6	Eagles Landing Christian	7
7	East Paulding	10
8	Fayette	7
9	Habersham Central	6
10	Locust Grove	10
11	Luella	7
12	Mount De Sales	10
13	Mount Paran Christian	10
14	Mount Vernon Presbyterian	10
15	Morrow	1
16	New Manchester	10
17	Ola	10
18	Our Lady of Mercy	10
19	Rockdale	10
20	Strong Rock Christian	10
21	Troup Co	10
22	Westlake	10
23	Whitefield Academy	10
24	Woodland HS Stockbridge	10
<b># of team entered athletes</b>		<b>178</b>

18. Girls JV Race

**10:00 Race Time**

Block #	JV Race GIRLS	apprx count
1	Auburn (AL)	7
2	Brookwood	61
3	Campbell	10
4	Carrollton	10
5	Chapel Hill	10
6	Central(1), Dutchtown(4), Eagles Landing (1), Lagrange(2), New Manchest (1)	9
7	Duluth	19
8	East Paulding	10
9	Fayette	6
10	Habersham Central	6
11	Hillgrove	19
12	Landmark Christian	5
13	Mount Paran Christian	8
14	Newnan (7) + Paideia (3)+ Locust Grove (4)	11
15	Ola	9
16	Sequoyah	9
17	Starr's Mill	10
18	Union Grove	9
19	WHeeler	10
20	Strong Rock Christian(3), Troup Co (1), Whitefield (2), Wildwood(1), Mt Vernon Preb (2). Westlake (2)	11
21	Whitewater	10
22	Woodland HS Stockbridge	10
23	Woodstock	10
24	Other	
<b># of team entered athletes</b>		<b>259</b>

19. Boys JV Race

**10:30 Race Time**

Block #	JV Race BOYS	apprx count
1	Auburn (AL)	10
2	Brookwood	61
3	Campbell	10
4	Carrollton	10
5	Chapel Hill	10
6	Central(1), Dutchtown(4), Eagles Landing (1), New Manchest (1), Rockdale (4)	11
7	Duluth	19
8	East Paulding	10
9	Fayette(6) & Habersham Central(6)	12
10	Hillgrove	19
11	LaGrange	14
12	Mount Paran Christian	8
13	Mount Vernon Presbyterian	14
14	Newnan	9
15	Ola	10
16	Our Lady of Mercy (6), Paideia(4)	10
17	Sequoyah	9
18	Starr's Mill	22
19	Union Grove	10
20	Spring Valley (4), Strong Rock(4), Troup Co (1), Westlake (2)	11
21	WHeeler	10
22	Whitewater	10
23	Woodland HS Stockbridge	16
24	Woodstock	10
<b># of team entered athletes</b>		<b>289</b>

20. Freshman Race Girls & Boys together

**11:00 Race Time**

Block #	<b>Freshman Race GIRLS</b>	Estimated count
1	Brookwood	25
2	Campbell	5
3	Duluth	12
4	East Paulding	2
5	Hillgrove	5
6	Sequoyah	5
7	Starrs Mill	5
8	Union Grove	5
9	Woodstock	2
10	other	
Summary of Freshman Girls		66
Block #	<b>Freshman Race BOYS</b>	apprx count
12	Brookwood	25
13	Campbell	5
14	Duluth	16
15	East Paulding	2
16	Hillgrove	5
17	Sequoyah	5
18	Starrs Mill	5
19	Union Grove	5
20	woodstock	
21	Other	
Summary of Freshman Boys		68
<b>Total Freshman Race</b>		<b>134</b>

21. Girls Middle School Race

**11:30 Race Time**

Block #	Middle School Girls	apprx count
1	Alpha Crush & Landmark & unattache	10
2	Dean Rusk MS	11
3 &4	Lovinggood MS	24
5	Mount De Sales	7
6&7	Mount Paran Christian	17
8&9	Paideia	21
10, 11 12,13	Renfroe MS	42
14	Rising Starr Middle School	7
15	Strong Rock Christian	8
16	The Heritage	4
17&18	Union Grove	15
19	Whitefield Academy MS	6
20	Unattached Girls	5

The total number of Boys & Girls entered into the Middle School is:	<b>347</b>
That is too many runners to go at the same time, thus I split into 2 separate races	

<b># of team entered athletes</b>	<b>167</b>
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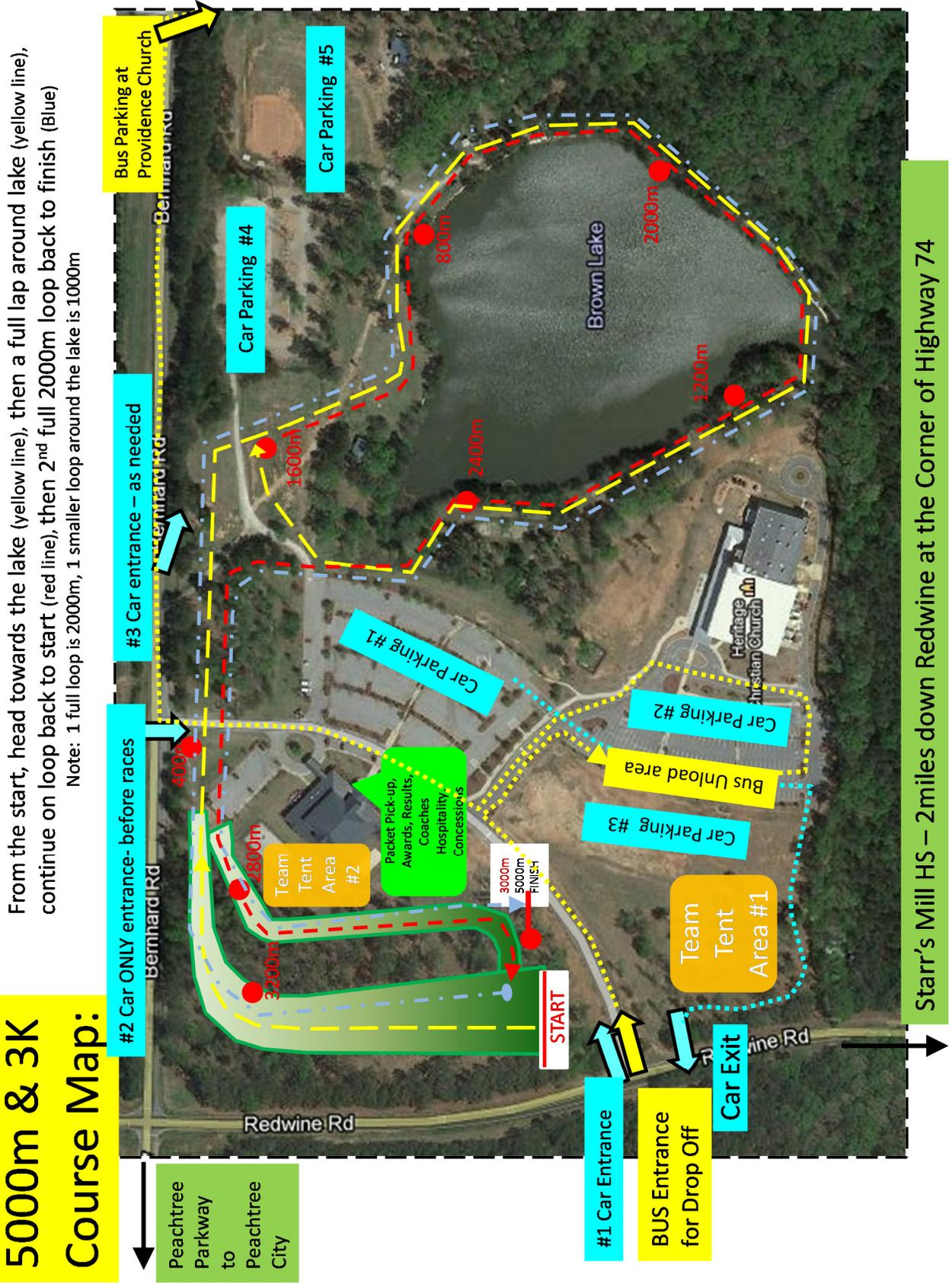
22. Boys Middle School Race

**11:50 Race Time**

Block #	Middle Schools Boys	apprx count
1	Landmark Christian	6
2&3	Dean Rusk MS	21
4&5	Lovinggood MS	24
6	Mount De Sales	11
7	Mount Paran Christian	13
8	Paideia	12
9,10, 11,12	Renfroe MS	41
13	Rising Starr Middle School	6
14	Strong Rock Christian	14
15	The Heritage School	9
16	Union Grove & Walton YTC	6
17&18	Whitefield Academy MS	17
19	Wildwood Academy	4
20	Unattached Boys	2

The total number of Boys & Girls entered into the Middle School is:	<b>347</b>
That is too many runners to go at the same time, thus I split into 2 separate races	

<b># of team entered athletes</b>	<b>180</b>
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**5000m & 3K Course Map:**

From the start, head towards the lake (yellow line), then a full lap around lake (yellow line), continue on loop back to start (red line), then 2<sup>nd</sup> full 2000m loop back to finish (Blue)

Note: 1 full loop is 2000m, 1 smaller loop around the lake is 1000m

Peachtree Parkway to Peachtree City

Starr's Mill HS - 2 miles down Redwine at the Corner of Highway 74

# Logistics Map: Packet Pick-up, Concessions, Awards, Timing, Results, & T-shirts

