

Region 7 – AAAAAA / 8 – AAAAAA  
Championship and JV Championship  
Saturday, October 31, 2015  
Georgia International Horse Park (GIHP)

**THERE WILL BE ANOTHER REGION MEET HOSTED AT THIS VENUE IN THE MORNING. NO BUSES WILL BE ALLOWED TO UNLOAD OR SPECTATORS ARRIVE UNTIL 11AM OR LATER.**

**SCHEDULE**

**REGION 7-AAAAAA**

1:00pm Varsity Girls (7 entries) Medals to the top 25 individuals  
1:30pm Varsity Boys (7 entries) Medals to the top 25 individuals  
2:00pm JV Girls (unlimited entries) Medals to the top 25 individuals  
2:30pm JV Boys (unlimited entries) Medals to the top 25 individuals

**REGION 8-AAAAAA**

3:30pm Varsity Girls (7 entries) Medals to the top 25 individuals  
4:00pm Varsity Boys (7 entries) Medals to the top 25 individuals  
4:30pm JV Girls (unlimited entries) Medals to the top 25 individuals  
5:00pm JV Boys (unlimited entries) Medals to the top 25 individuals

**ENTRIES – You may list 12 athletes and use any of those 12 listed athletes at Region and State meets. You can switch Varsity entries up to the start of the region race, but all athletes must be on your list of 12 that you submit to your region secretary by October 13th, 2015, as well as on your roster submitted to the Perfect Timing Group through Mile Split.**

**Region 7-AAAAAA, submit the official top 12 entry form to Region Secretary Dolford Layson at [laysond@comcast.net](mailto:laysond@comcast.net) and to Meet Director Matt Adams at [matt\\_adams@gwinnett.k12.GA.us](mailto:matt_adams@gwinnett.k12.GA.us)**

**Region 8-AAAAAA, submit the official top 12 entry form to Region Secretary Mike Cammack at [mike\\_cammack@gwinnett.k12.ga.us](mailto:mike_cammack@gwinnett.k12.ga.us) and to Meet Director Matt Adams at [matt\\_adams@gwinnett.k12.GA.us](mailto:matt_adams@gwinnett.k12.GA.us)**

**ROSTERS – We will be using the Perfect Timing Group. All rosters should be submitted on milesplit by Monday October 26<sup>th</sup> midnight.**

**RESULTS – Results will be posted at the meet as well as on line to milesplit.**

## **AWARDS**

- Award presentations will follow each of the 7-AAAAAA and 8-AAAAAA meets
- Medals are awarded in the chutes / Top 10 Finishers in each race will be called up
- Top 3 Teams will receive cups in Varsity races
- Top 2 Teams will receive cups in JV races

**STATE QUALIFIERS ON NOVEMBER 8<sup>th</sup> AT CARROLLTON – Top 6 individuals in the Varsity races and top 4 teams in the Varsity races**

**RULES – All uniforms must be the same for each athlete running in the Varsity Races. A list of rule reminders will be sent out the week before the Region Meet.**

**ENTRY FEE: No charge for Varsity teams or individuals. \$100 for the first 40 JV athletes, then add \$10 for each group of 20 incremental athletes (e.g. 75 JV athletes would be \$100 for the first 40 and \$20 for the next 35 JV athletes for a total of \$120).**

**Payable to: Peachtree Ridge Cross Country Booster Club, Inc.  
PRHS XC Booster Club  
PMB 182  
1032 Old Peachtree Rd NW #401  
Lawrenceville, GA 30043**

**\*\*Team's paying the morning of or late will be charged a \$25 late fee**

## **REMINDERS, AMENITIES AND CONCESSIONS**

- No teams, coaches or spectators shall arrive prior to 11am
- Porta Johns will be provided at the site
- Concessions will be provided by Proof of the Pudding (near the finish line)
- NIKE tee shirts will be sold at the meet sponsored by Fleet Feet
- NO dogs are allowed on Saturday at the park
- Plan for plenty of time to park and walk to the venue
- Cars with handicap credentials can park at the bus lot entrance

**ADMISSION FEE: \$5.00 for adults \$3.00 for students**

**\*\*Please inform your families\*\***

## **VOLUNTEERS NEEDED**

**Teams attending the meet should recruit 3 adult volunteers from each school for all 4 region races. They should report to the team check in tent to get work assignment before the start of the first race. Duties include:**

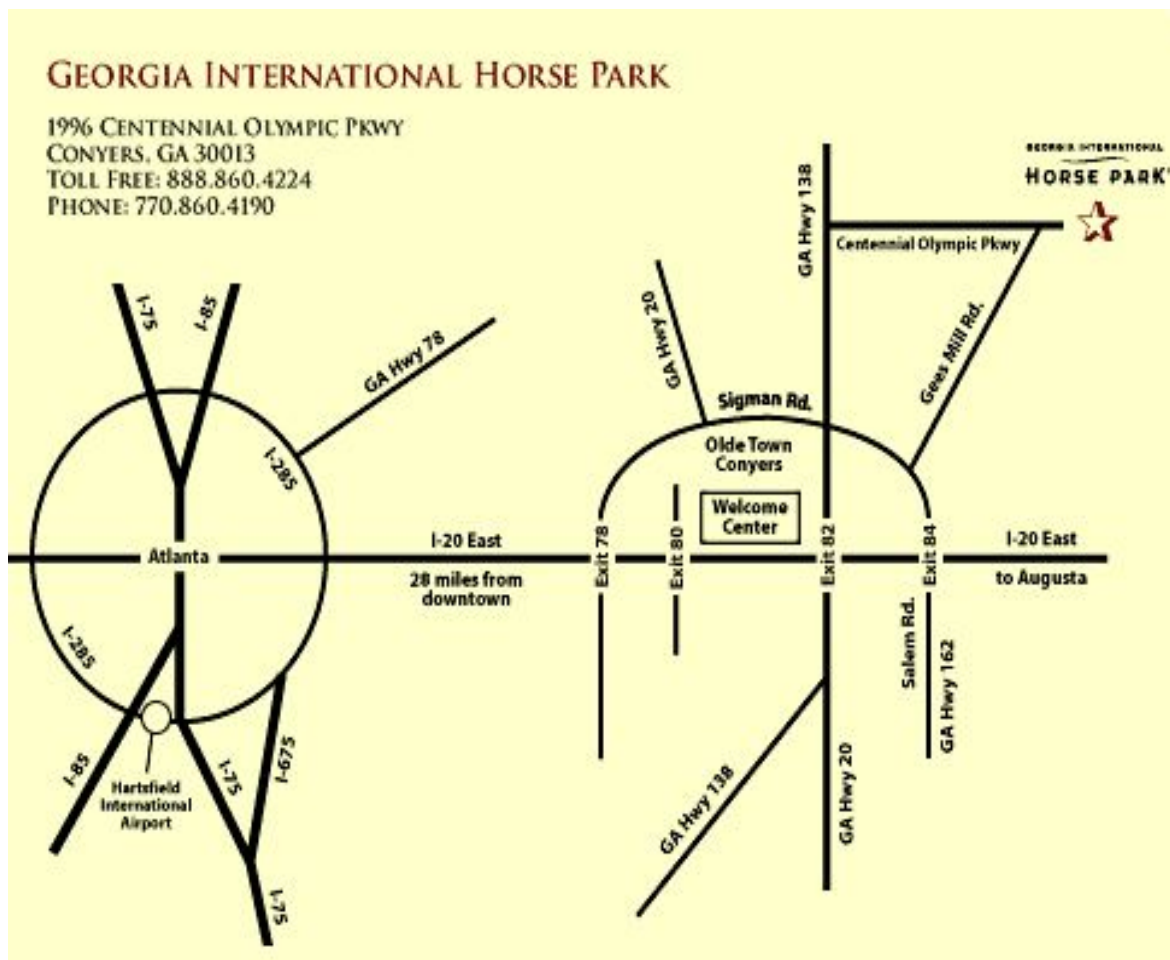
- 1. Shoe chip area – cutting off chips from athletes shoes**
- 2. Finish Line Water Table - distribute water to athletes & fill up cups between races**
- 3. Course Inner Loop monitor – keeping spectators off the course for runners**

**DIRECTIONS: Georgia International Horse Park**  
**1996 Centennial Olympic Parkway**  
**Conyers, GA 30013**

Take Exit 82 off Interstate 20 in Conyers. Travel North approximately 4 miles. Turn right onto Centennial Olympic Parkway. The main entrance to the Park is 2 miles ahead on the right.

An alternative route to the Park is via Salem Road (Exit 84) off Interstate 20. Take Exit 84 and travel North approximately 1 mile. At Gees Mill Road, turn right and the Georgia International Horse Park Gate A is 2.5 miles on the right. To continue to the main gate (Gate C), continue past Gate A and turn right at the stop sign onto Centennial Olympic Parkway. The main entrance will be on your right.

Alternate Route (Non Interstate) GA 20 East to right on Rosebud. Continue on to Miller's Bottom Road (formerly Rosebud). Turn right on GA 138 West to left on to Costley Mill Rd. Take a right on Gees Mill road then your 1<sup>st</sup> left to stay on Gees Mill Road. Follow signs to race.



## **COURSE MAP:**

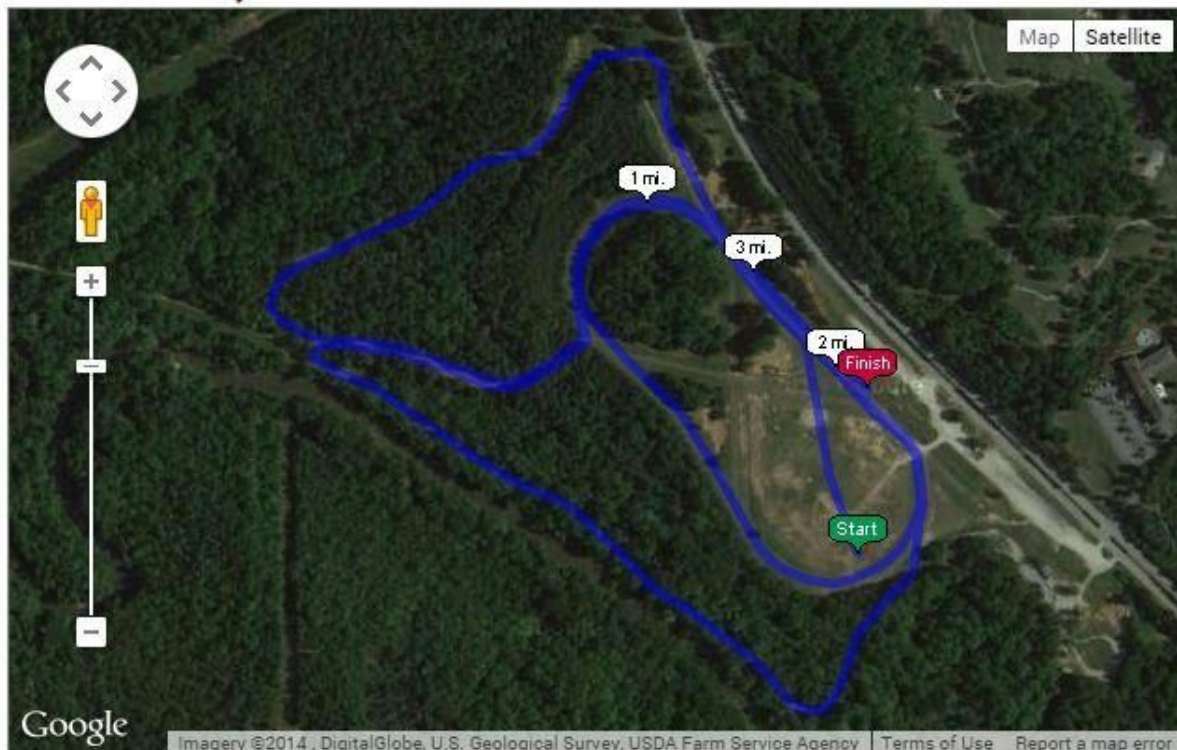
Start: Complete 1 lap around the oval (resembles a track)

On 2<sup>nd</sup> lap: go around the top curve of the oval past the mile mark then turn right into the woods. At the intersection stay left (U turn). Course will connect back with bottom of the oval at the top of the gravel hill.

On the 3<sup>rd</sup> lap: go around the top of the oval and enter woods again on right. At intersection say right and follow course to the finish line.

### ***Heritage Cross Country Course F at The Georgia International Horse Park***

|                           |  |  |
|---------------------------|--|--|
| <b>Rating:</b>            | ● based on 1 review  | <b>Route Markers:</b><br>● miles<br>● km<br>● none |
| <b>Distance:</b>          | 3.11 miles / 5.00 km                                       |  |
| <b>Location:</b>          | Start: Georgia International Horse Park<br>Conyers, GA, US |  |
| <b>Attributes:</b>        | loop, mixed flat & hills, grass                            |  |
| <b>Description:</b>       | Cross Country 5k   |  |
| <a href="#">Print map</a> | <a href="#">Read reviews</a>                               | <a href="#">Rate this route</a>                    |



*Added by Scott Wade on 9/16/2012*