

East Hamilton HS Cross Country Meet Departure & Gun Times

(athletes expected to be present for all races unless cleared with me)

Missionary Ridge Time Trial, 8/19: We & CSAS will meet at the Bragg Reservation parking lot and run a 5k out and back south on Crest Rd. Parking is limited on the side streets on the ridge. Please carpool! Run start time 9am.

Heritage High #1, 8/24: Parking is **\$5/vehicle**. Enter from Post Oak Road. The Poplar Springs driveway will be closed.

- Coaches will leave EHS by 4:00pm. Be at Heritage High by 4:30pm
 - o JV Boys & Girls - 5:30 PM
 - o Girls Varsity - 6:15 PM
 - o Boys Varsity - 6:50 PM

King & Queen of the Mountain, 9/2: A very special practice.

- Meet at the SAU Whiteoak Mountain trailhead by 8 AM.

Rocky Face/Crow Valley, 9/7: Rocky Face Park is at 2231 Crow Valley Rd, Dalton, GA, 30720. Expect 30-40 minute drive. Parking is limited, please carpool! (\$5/car)

- Coaches leave EHS by 4pm. Be at Crow Valley around 4:30pm
 - o JV Boys & Girls - 5:00 PM
 - o Girls Varsity - 5:45 PM
 - o Boys Varsity - 6:20 PM

Home, 9/12:

- Be on campus by 4:45 pm
 - o Boys - 5:30 PM (JV & Varsity)
 - o Girls - 6:00 PM (JV & Varsity)

Edwards Park, 9/18: Parking is \$5/vehicle. Edwards Park is off GA 71 just south of Varnell.

- Coaches leave EHS at 4pm. Be at Edwards Park by 4:30pm
 - o JV Boys & Girls - 5:00 PM
 - o Girls Varsity - 5:45 PM
 - o Boys Varsity - 6:20 PM

(OVER FOR MORE)

Darlington Festival, 9/23: Darlington School is SW of downtown Rome. 1014 Cave Spring Rd SW, Rome, GA 30161. Plan on a 70 minute drive.

- Coaches leave EHS at 6:00am. Be at Darlington by 7:15am.
 - o Girls Varsity - 8:00 AM
 - o Boys Varsity - 8:30 AM
 - o JV Girls - 9:00 AM
 - o JV Boys - 9:30 AM

Hamilton County HS Championship 9/26: At Chickamauga Dam.

- Coaches will leave EHS after school to set up. Athletes be at the dam by 4pm.
 - o Boys Varsity - 5:00 PM
 - o Girls Varsity - 5:45 PM

Grove Level, 10/3: NOTE: course is NOT at the church; it is on Tom Manis Rd closer to Edwards Park). Parking is \$5/vehicle. Parking area is crowded.

- Coaches leave EHS by 3:30pm. Be at Grove Level Running Course by 4:00pm
 - o JV Boys & Girls - 5:00 PM
 - o Girls Varsity - 5:45 PM
 - o Boys Varsity - 6:20 PM

Heritage High #2 (N. Ga League Championships), 10/17: Parking is \$5/vehicle. Enter from Post Oak Road. The Poplar Springs driveway will be closed.

- Coaches leave EHS at 3:30pm. Be at Heritage HS by 4:00pm
 - o Girls Varsity - 5:00 PM
 - o Boys Varsity - 5:40 PM
 - o JV Boys & Girls - 6:10 PM

Region Championship, Woodland Park Church, Chattanooga 10/24:

- Be at the church by 12:00pm. Athletes will dismiss from school at 10:30am.
 - o Girls - 1:15 PM
 - o Boys - 2:00 PM

State Meet 11/2 at Percy Warner Park in Hendersonville : A full day out of school for qualifiers.

- We travel up in the morning of the meet.
 - o Girls 1:50pm CENTRAL
 - o Boys 2:40pm CENTRAL

ALL AWAY MEET START TIMES NOT UNDER OUR CONTROL & COULD CHANGE. I WILL SET INDIVIDUAL ATHLETES' RACE ASSIGNMENT IN THE WEEK PRECEDING A RACE