

# US ARMY X-COUNTRY FESTIVAL AT MAYMONT

**WHEN:** Saturday, September 26<sup>th</sup>, 2009

- (We will depart for Virginia on Friday, 9/25, and return on Sunday, 9/27)

**WHERE:** Richmond, VA

**COST:** \$300 (due to Coach Carter by Tuesday, September 22<sup>nd</sup>)

\*\*Girls will need to bring money for meals, t-shirts, etc.; plus \$5-\$10 for transportation around D.C.

**ITINERARY:**

- Friday, September 25<sup>th</sup>:

7:50 a.m. – Meet at Atlanta Airport

(meet in the Main Terminal Atrium near the Atlanta Bread Co. – Map is attached to e-mail)

9:20 a.m. – Depart ATL – AirTran flight #184

11:00 a.m. – Arrive Washington D.C. (Reagan Airport)

12:00 p.m. – Depart Washington D.C. for Richmond, VA

2:00 p.m. – Arrive Hotel: Richmond, VA

- Comfort Inn Midlothian Turnpike (804)320-8900

8710 Midlothian Turnpike

Richmond, VA 23235

2:30 p.m. – Depart for course to run

6:30 p.m. – Dinner

9:00 p.m. – Team meeting

10:00 p.m. – Lights out

- Saturday, September 26<sup>th</sup>:

7:40 a.m. – Depart Hotel for Maymont course

**9:30 a.m. – Freshman Championship Race – Wilson, Bassell**

**10:15 a.m. – Girls Invitational Race – Egan, Kissel, Lopez, Perry, Carson, Shanks, Byrnes**

12:00 p.m. – Depart Richmond for Washington D.C.

2:00 p.m. – Arrive Washington D.C. Hotel

- Residence Inn Pentagon City (703)413-6630

550 Army Navy Drive

Arlington, VA 22202

3:00 p.m. – 7:00 p.m. – Sightseeing Washington D.C.

8:00 p.m. – Dinner

10:00 p.m. – Lights out

Sunday, September 27<sup>th</sup>:

8:00 a.m. – Long Run – Washington D.C. Mall Area

9:00 a.m. – 10:30 a.m. – Sightseeing Washington D.C.

10:45 a.m. – Depart for DCA Airport

11:30 a.m. – Arrive airport

12:56 p.m. – Depart Washington D.C. – AirTran flight #504

2:46 p.m. – Arrive Atlanta Airport

**\*\*IMPORTANT PACKING/AIRPORT INFORMATION:**

Athletes will be responsible for providing their own transportation to and from the Atlanta airport. If anyone needs transportation to the airport, please let me know. Pack Light! See the packing information on the following page. **WE WILL ONLY TAKE CARRY-ON BAGGAGE (MUST CONFORM TO TSA SIZE LIMITATIONS).** In addition, the TSA does not allow certain items to be carried aboard aircraft. **LIQUIDS AND GELS (SHAMPOO, MAKE-UP, ETC.) MUST BE IN CONTAINERS 3.4 OZ. OR SMALLER, AND ALL LIQUIDS/GELS MUST BE STORED IN A SEE-THROUGH, 1-QUART ZIPLOC BAG.**

**\*\*For TSA baggage restrictions, see WWW.TSA.GOV.**

# BROOKWOOD GIRLS XC 2009

## MAYMONT XC FESTIVAL – Packing list/Baggage Info

**WE ARE NOT CHECKING OUR LUGGAGE!!** That means that you need to PACK LIGHT!!! You need to wear your warm-ups & running shoes on the plane to save room in your suitcase. We will only be there for 2 nights. You need to pick out your outfits before you go so that you only bring what you need!! No need to bring your entire closet. Remember that you will most likely be buying things in D.C., and there needs to be some room in your suitcase to bring them home!!! In order to get through security without any problems, you need to follow the guidelines listed below!!!

### **Acceptable Identification:**

- Passport or State issued photo ID.



### **Luggage Dimensions:**

- For carry-on baggage, all customers traveling on AirTran Airways will be restricted to **one carry-on item and one personal item.** Personal items include handbags, umbrellas, walking sticks, coats, cameras, reading matter, infant food, briefcases, and laptop computers.
- No carry-on item may exceed overall dimensions of 55 inches (length + width + height).**

### **Liquids & Gels:**

- Just remember 3-1-1 for carry-ons:**
  - 3 ounce bottle or less (by volume)
  - 1 quart-sized, clear, plastic, zip-top bag
  - 1 bag per passenger placed in screening bin during the security check. Since this bag will go in the bins make sure it is on top so you can easily get it out!!
    - Any and ALL liquids or gels need to be in a 3 ounce bottle or less & ALL of these bottles must fit into 1 quart size zip-up bag. Here is a list of some:**
      - Hairspray (liquid & aerosol)
      - Hair gel
      - Shampoo & conditioner
      - Lotions, including Neosporin, suntan lotion, bug spray
      - Body wash
      - Face wash, toner, moisturizer, make-up remover
      - Deodorant (gel or aerosol)
      - Eye drops, contact solution
  - Perfume/body spray
  - Liquid sanitizer
  - Liquid mascara, any liquid make-up including lip gloss & chap stick
  - Toothpaste, mouthwash
  - Non-prescription liquid or gel medications
  - You can bring the following: eye lash curlers, nail file, razors, tweezers, scissors (that are shorter than 4 inches), umbrella



### **Clothes:**

- MOST IMPORTANT THINGS TO PACK:
  - UNIFORM (TOP 20)
  - SPORTS BRA
  - SOCKS
  - SPIKES
- Clothes for Friday/Saturday to go sightseeing. Remember we will be walking a lot, so bring comfy shoes!!
- PJ's
- Sunday you can just wear your warm-ups & running shoes home (you don't have to, but it will save a lot of room in your suitcase!)