

2009 SOUTHEAST XC SHOWDOWN

WHEN: Saturday, October 10th, 2009

WHERE: Veteran's Park/Spain Park High School
Hoover, Alabama (Hoover is just outside Birmingham - for directions, see below)

ITINERARY: - - We do not have school on Friday, October 9th - -

Friday, October 9th:

1:00 p.m. – Depart Brookwood (Theater entrance) – dressed to run
4:15 p.m. – Arrive at Veterans Park to run course
5:15 p.m. – Arrive Hotel (for hotel info, see below)
6:00 p.m. – Dinner
8:30 p.m. – Team meeting
10:00 p.m. – Lights out

Saturday, October 10th:

9:00 p.m. – Depart Hotel for course

11:05 a.m. – All-American Championship Girls 5k

Egan, Kissel, Lopez, Shanks, Perry, Carson, P. Wilson, Byrnes, Harris, Bassell

12:15 p.m. – Depart course for Brookwood (with stop for lunch)

4:00 p.m. – Arrive Brookwood

COST: \$44 for booster club members; \$60 for non-booster club members

*Please turn in money to Coach Carter by Tuesday, October 6th.

(Girls will need to bring money for meals, t-shirts, etc.)

AWARDS: Team – top 3 teams will receive awards
Individual – top 25 finishers in each race will receive medals

HOTEL: Microtel Inn - (205)444-3033

500 Jackson Drive

Hoover, AL 35244

TRANSPORTATION: We will depart Brookwood from the theater entrance parking lot at 1:00 p.m. on Friday, October 9th.

MISCELLANEOUS: Girls will need to arrive at Brookwood on Friday dressed to run, as we will go directly to the course. Girls will need to bring money for 2-3 meals, plus extra for t-shirts, etc.

DIRECTIONS TO VETERAN'S PARK/SPAIN PARK HIGH SCHOOL:

From Atlanta – take I-20 West toward Birmingham. Near Birmingham (~120 to 130 miles from Atlanta), take I-495 South (exit 136) towards Montgomery/Tuscaloosa. Travel 14 miles and merge onto I-65 South (exit 15). Travel approximately take exit 247 (Valleydale Road). Turn left onto Valleydale Road. Travel approximately 3 miles and turn left onto Caldwell Mill Road. The course is a little over a mile down on the left. Parking can be found at Spain Park High School (on the right on Jaguar Drive, across from the course).

****IF YOU HAVE ANY QUESTIONS, PLEASE SEE COACH CARTER****