

2009 GHSA STATE XC CHAMPIONSHIP

WHEN: Saturday, November 7th, 2009

WHERE: Carrollton Schools Complex (*See below for directions*)
401 Ben Scott Blvd.
Carrollton, GA 30117

TRAVEL: We will take vans and leave after school on Friday. The girls will need to bring everything they need (uniforms, spikes, clothes, etc.) with them to school on Friday.

HOTEL INFO: Best Western Carrollton
1111 Bankhead Hwy.
Carrollton, GA 30117
(770)830-1000

ITINERARY:

Friday, November 6th

2:30 p.m. – Depart Brookwood (from fieldhouse – dressed to run)
4:30 p.m. – Arrive Carrollton to run course
5:30 p.m. – Arrive Best Western
6:00 p.m. – Dinner
9:00 p.m. – Team meeting
10:00 p.m. – Lights out

Saturday, November 7th

7:30 a.m. – Depart hotel for course
7:45 a.m. – Arrive at course
9:00 a.m. – *Girls AAAAA Championship Race*
Egan, Kissel, Lopez, Perry, Shanks, Carson, P. Wilson (Alt. – Byrnes)
10:30 a.m. – Depart course for Brookwood
12:30 p.m. – Arrive Brookwood (with stop for lunch if needed)

AWARDS: Top 4 teams receive trophies

ADMISSION: \$5 Admission will be charged

MISCELLANEOUS: Athletes should be dressed to run on Friday, as we will go straight to the course to run. Athletes will need money for approximately 2 meals, plus any extra for t-shirts, snacks, etc.

DIRECTIONS:

Take I-20 West. Take exit 24 (GA-61/GA-101) towards Carrollton. Take a left onto GA-101 South/GA-61 South. Follow GA-61 South for 9-10 miles (GA-61S becomes GA-166 West/Bankhead Hwy). Immediately after passing a Ryan's Steakhouse (on your right), merge left and take a left onto GA-166 West. Travel approximately 4 miles and turn right onto Ben Scott Blvd. The course will be on your left. Parking will be on your right.