

Southern Showcase, Huntsville, AL

Friday, Sept 17

10:30 AM Athletes report Busport
Depart HHS at 11:00 AM ET
Bring your own Bag lunch
Arrive @ Huntsville 2:00 CT
2:00—3:15 Team Activity
3:30—Check in and prepare for meet
4:30—Depart hotel for course
NOTE: Sat Racers will shake out run
6:00—JV Girls open race
6:25—JV Boys open race
7:30—Dinner at the hotel
8:00-9:30 Captains' activities
Lights Out @ 10:00 CT

Saturday, Sept 18

Breakfast 5:30 CT*
Depart Hotel @ 6:30 CT
Arrive at Course @ 7:00 CT
8:00am Blue Boys JV1race
8:25am Girls Varsity Race
8:55am Boys Varsity Race
9:15am Blue Girls JV1 race
9:40am Crimson Girls JV2 Race
10:10am Crimson Boys JV2 Race
11:15am CT Depart Course For Atlanta
Lunch on the way home
Arrive Atlanta 4:00 ET

Hotel

Courtyard by Marriott Huntsville
4804 University Dr. NW
Huntsville, AL 35816 (256) 837-1400

Transportation

His Majesty Coaches

COST: \$157 includes transportation, 1 night deluxe accommodations, 3 meals (1 breakfast, 1 lunch, 1 dinner), race entry fee,

WHAT TO BRING

On the bus

Mask, lunch, snacks (no junk food), entertainment, sweats—it is COLD on the bus
Lunch on the bus (Friday)
Chargers
\$5 bill for team activity on Friday

In your bag

Uniform and running/racing shoes.
Sweats and drawstring bag
Changes of clothes and toiletries, swim suit
Money for meet shirts and any stops along the way (\$50)
ONLY 1 BAG—SPACE IS LIMITED

RULES

Be on time all the time.
No Drugs, tobacco, vaping or alcohol
Follow all school rules at all times.

No changing rooms without coach's permission.
Be respectful of the coaches, chaperones, bus drivers, and other guests of the hotel.
No boys/girls sharing rooms at any time--all meetings in public areas.
Lights out means lights out.
Please do not leave your room until dismissed by the chaperones.
Athletes are responsible for any expenses they may incur

CONSEQUENCES

Violation of these rules will result in disciplinary action including NO RACE, DISMISSAL FROM TEAM, AND/OR FURTHER SCHOOL DISCIPLINARY ACTION. If necessary, parents will be called and expected to come get their athlete from Pensacola.

Remember, this is an honor to be here so respect the team, coaches, and chaperones.
Emergency cell contacts

Kent Simmons 770 595-9987 Jason Scott 404 822-3917
Meredith Bonanni 770 596-7874 Danielle King 678 613-2357

RACE INFORMATION

LOCATION: John Hunt Running Park, 2701 Airport Road, Huntsville, Alabama

COURSE: Grass fields, flat, partial shade.

Awards to bring back to Atlanta!!!!
TBA!!!

Varsity Boys

Sterling Sellier
William Laine
Andrew Cole
Mark Ravenscraft
Kaden McVey
Bryce Brownlee
Thomas Boyle

Varsity Girls

Samantha McGarity
Lidia Longo
Riley Curtis
Kate Curtis
Madisson Troupe
Ellary Hackworth

"I love running cross country. On a track, I feel like a hamster"—Robin Williams.