

The 23rd Annual Coach Wood Invitational
Sponsored by Fleet Feet
Hosted by Mill Creek Cross Country



Johns Creek Lawrenceville Square

Saturday, October 18th, 2025

McIntosh Nature Reserve. 1046 W McIntosh Circle, Whitesburg, Ga 30185

Schedule:

8:15am - Championship Girls (30 teams, 8 runners)
8:40am - Championship Boys (30 teams, 8 runners)
9:05am – JV Championship Girls (for Championship teams, unlimited)*
9:35am – JV Championship Boys (for Championship teams, 12 runners)
10:05am – JV Blue Boys – (for Championship teams – unlimited)
10:35am - Varsity Girls - (up to 40 teams, 8 runners)g
10:40am- 1st Awards Ceremony
11:10am - Varsity Boys - (up to 40 teams, 8 runners)
11:35am - JV Cardinal Girls (for Varsity teams-unlimited)
12:05pm JV Cardinal Boys (for Varsity teams-unlimited)
12:50pm or ASAP-2nd Awards Ceremony

*if the numbers are too big we will add a JV Blue Girls race like past years

- The course is a two loop, 5,000m course that is mostly grass, with a small dirt trail section, and flat and fast!
- Team assignments will be given for ALL. An initial list will come out ASAP after results for the meets on September 21st are taken into consideration-all team race assignments will be finalized except bubble teams. A final list will be released ASAP after 9/27 meets.
- Your top runners will be assigned to race in either the Championship Race, or the Varsity Race. If your top runners are in the Championship races, then your JV runners will run the Championship JV race. If your top runners are in the Varsity race, then your JV will run in the JV Cardinal Race.
- If you sign up for the race but then decide not to come, please notify Coach Christie ASAP, as it creates more work for meet management if you do it the week of the meet.

- If you end up having a scheduling conflict with the race you are assigned, please notify Coach Christie ASAP so another team can take your place. Teams canceling after 9/27 will NOT have their entry fee refunded.
- We will allow teams that ran in the meet in 2024 to declare first.
- From 4/28–5/11 there will be a form sent out for teams to declare if you want to run in the meet if you ran in it last year (we will use the email used for milesplit last year)
- From 5/12 on, the remaining spots will be filled from any other teams wishing to participate (check the meet page or message board on ga.milesplit.com for info).
- We will notify teams and post a list on the meet page on www.ga.milesplit.com
- Any teams that declare but are not among the first 70 to declare will be placed on a waiting list.
- We will be using www.ga.milesplit.com again this year for entries.
- You will receive the meet password once we have received your meet entry fee.
- Once you receive the password from Coach Christie, you will be able to go online anytime and enter your entire roster of potential athletes.
- The number your runners are assigned will work in whatever race you are assigned.

Important Registration Notices :

- Meet management reserves the right to switch teams to another set of races in order to fairly balance the races and make them as competitive as possible.
- We will look at race results on www.ga.milesplit.com to determine if a team should move to another race.
- No changes will be made to entries on race day.
- **Coaches: Please make sure all athletes have a number and that you run in the correct race!**

Cost:

- \$175.00 for any Boy's Team, \$175.00 for any Girl's Team
- \$350 if bringing both boy's and girl's teams.
- \$25 for individuals (must still represent their school-no unattached runners)

Payment:

- **Due by Saturday, 9/27.** We will assess a \$25 late fee if we don't receive your payment in time. Please make note of this.
- Checks Payable to: MCXC Booster Club
- Attn: Trent Cloer, 4988 Bayborough Dr, Hoschton, Ga 30548
- **Please make sure your school or treasurer have our correct treasurer and address-please do not send it to an old one.**
- Venmo payments (@runmcxc) require a \$6 processing fee, so please add that to your total. Also please denote what school you are from when paying.
- No refunds for teams that pull out after 9/27
- If you need an invoice, it is available at the end of this document
- **PLEASE DON'T SEND CHECKS TO THE SCHOOL**

Entries:

- **Deadline is Tuesday, October 14th at 8pm. Please make sure your athletes are entered in Milesplit by this time.**

Timing:

- This year we will again be using the Perfect Timing group www.ptgrouponline.com.
- **We will use bib chips this year and only have a mat at the finish line**
- Results will be determined by the bib chip timing AND reviewing the Finishlynx camera.

- UNOFFICIAL Results will be posted at the race ASAP after each race. After 30 minutes of being posted, we will post official results, in the event that some runners were missing from the unofficial results. Please have a coach or representative from the team check the results prior to the awards ceremony!
- They will also be posted on www.ga.milesplit.com after the meet.

Parking/Team Trailers

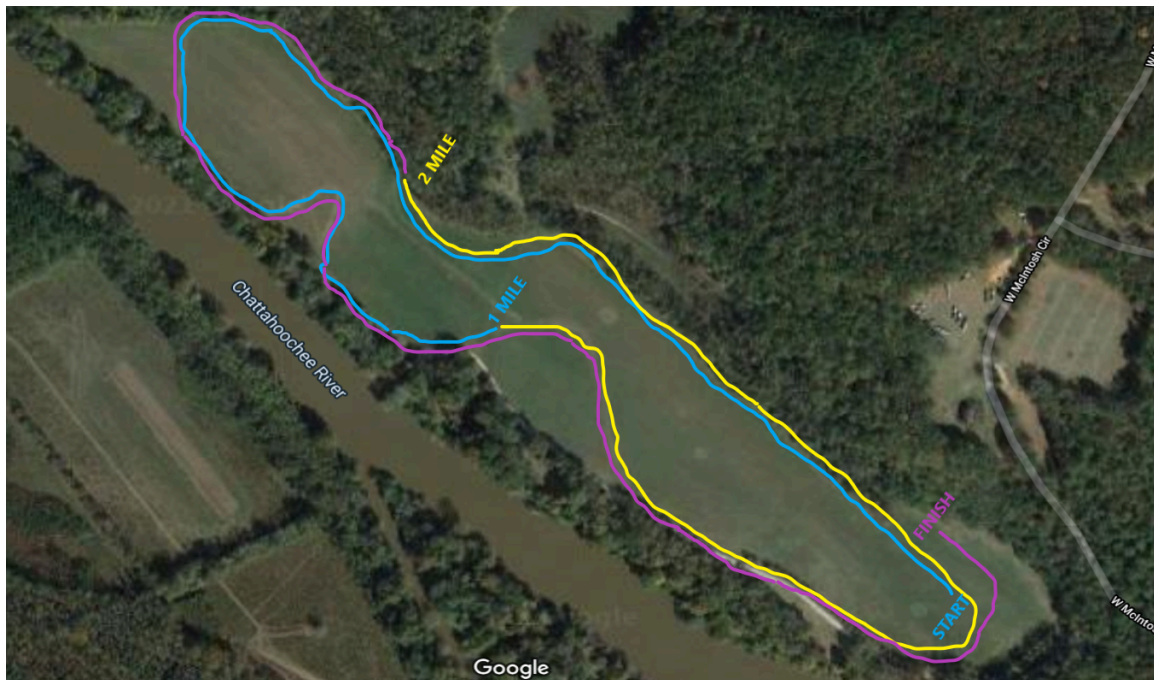
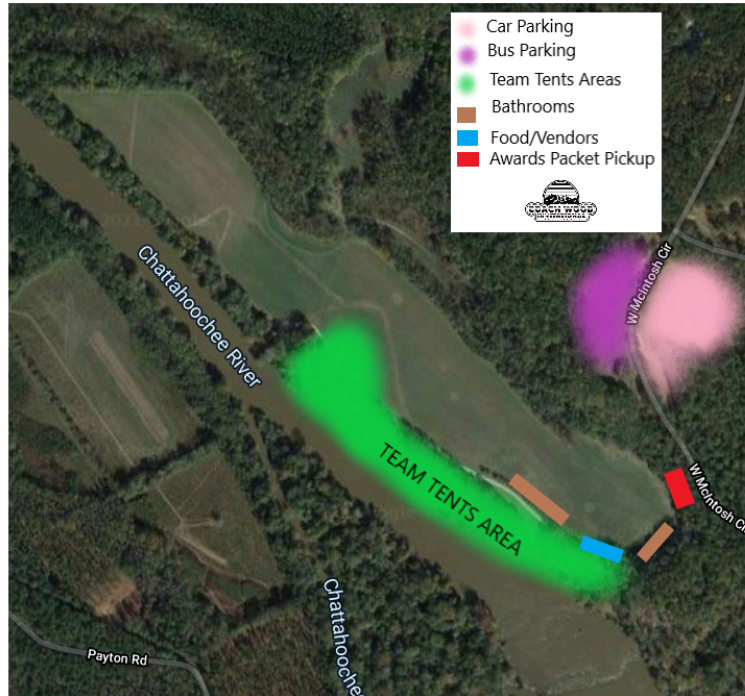
- Please plan on getting to the meet earlier than you might normally arrive at a meet. There is only one road that takes you into the park. Meet management will move/direct traffic as quickly as possible, but planning to arrive early will hopefully help the process.
- Any transport via vehicles of team equipment down the hill from the parking lot MUST be completed by 7:15am, no exceptions. The hill will be too busy with foot traffic to safely accommodate vehicles after that.

Admission:

- \$15 per car. McIntosh's \$5 per car charge is included in this so you will not have to pay twice anymore. It is a state park so we have no control over this charge. Please keep in mind this is a school fundraiser.
- *Parents are encouraged to purchase parking ahead of time as cell service is limited onsite and to speed up the line coming into the parking lot.*
- Square - <https://square.link/u/ddZRiNwU>
- Venmo - <https://www.venmo.com/u/runmcxc>
- **Coaches-show your GHSA pass to not pay the parking fee**
- **PARENTS THAT ARE HELPING TO TRANSPORT TEAM TENTS NEED TO PAY**
- **PLEASE TELL YOUR PARENTS-WE'VE HAD SOME VERY UPSET PEOPLE IN THE PAST! Our parents are volunteers and just trying to help the team.**

Team Tents:

Please set up team tents in the designated team tent area (the wooded area between the river and the starting line). No team tents other than the host school and the portojohn winner from last year will be allowed near the entrance (between the paved road and the starting line). You will be asked to move if you set up in the wrong place.



Awards:

- 1st Awards Ceremony at 10:40am for the first 4 races.
- 2nd Awards Ceremony at 12:50pm or ASAP after last race
- Envelopes for coaches to pick up after each awards ceremony will have medals for athletes that finished 11th-25th in Championship, Varsity, Championship JV, and JV Cardinal races and 1st-25th in the JV Blue
- IF TROPHIES AND MEDALS ARE NOT PICKED UP BEFORE LEAVING THE MEET, THEY WILL NOT BE MAILED. Please make sure a representative from the team checks the awards tent before leaving the meet

- **Individual:**

Championship, Varsity, Championship JV, and JV Cardinal Races-Top 25 in each race will receive medals (11-25 in envelope given to coaches , 1-10 at the awards ceremony).

JV-Blue-Top 25 Boys and Top 25 Girls in the envelope given to coaches after the 1st awards ceremony

Team:

Championship and Varsity Races-Top 3 teams in each varsity race. First place teams will also receive a bag for the 10 runners on the team.

We will also give one to the head coach!

Championship JV and JV-Cardinal-Top 3 teams receive a trophy at the awards ceremony

The boy's and girl's teams with the top average of the day will be added to our All Time Bests plaque. The fastest male and female will be added as well.

Food Trucks

- Chick Fil A and Kula Bowls
- Phoenix Coffee and Kona Ice
- Please bring cash if possible due to poor cell service

Hospitality:

- There will be food in Hospitality for coaches, so please stop by for breakfast when you arrive, and lunch before you leave!

Important Notices:

- Coaches should also bring water for their teams. Some water will be provided to runners who need assistance in the medical tent
- Hoka Technical Meet shirts and other merchandise will be available for purchase.
- Medical personnel will be on hand for anyone needing medical attention.
- W9 available on the Milesplit meet page

Hope/Hoppines Canned Food Drive:

We are pleased to announce that once again we will be collecting canned goods at the Coach Wood Invitational. What an incredible impact we could have in combating hunger if each runner brought just 2 cans to the meet. Coaches, please encourage your athletes to grab a can or two (or more!) out of their pantry and put in their bag to bring to the meet next Saturday. The donations that we receive will be delivered to the Southeast Gwinnett Co-op to support the needs of our surrounding community.

Through our canned food drive, we seek to honor two very special people: Hope McKenzie and Tajay Hoppines. Hope was the daughter of long-time Gwinnett coach Willie McKenzie; and Tajay Hoppines was a member of the Mill Creek Cross Country Team. Both Hope and Tajay cared a great deal about others. For these two young people, times were good when times were good for everyone. This canned food drive seeks to honor them by embracing this sentiment.

In keeping with the competitive spirit of the meet, we will be continuing our "cans for a can tradition." The team that brings the most canned goods to this year's meet will have their own can (port-o-john) designated

for only their team to use at next year's meet. The canned food drive tent will be set up next to the main gate. We will be happy to receive your cans there and count them towards your team total.

As always, we hope the impact of this meet will reach far beyond the finish line of the races, to fill empty cupboards, ease hunger, and offer hope. Thank you so much for partnering with us. We look forward to seeing you at the meet!

Sincerely,

Rick Wood and Katie Christie

Questions:

- Andy Christie-Boy's coach @ Mill Creek and Meet Director: coachchristiexc@gmail.com

Location:

McIntosh Nature Reserve Park is located 35 miles southwest of Atlanta along the Chattahoochee River and can be reached by U.S. Alternative 27 from Carrollton or Newnan and Georgia Highway 5 from Douglasville. Direct access to the park is provided by a county-maintained road that connects with Georgia Highway 5 at 2 miles west of Whitesburg.

We look forward to seeing you on October 18th!

Mill Creek XC Booster Club



INVOICE

INVOICE # 100

DATE: 2025

TO:

Recipient Name
Company Name
Street Address
City, ST ZIP Code
Phone: Phone

SHIP TO:

Mill Creek XC Booster Club
4988 Bayborough Dr
Hoschton, Ga 30548

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- **PLEASE DON'T SEND CHECKS TO THE SCHOOL**
- **If paying by Venmo, add \$6 and use this account: @runmcxc**

DESCRIPTION	TOTAL

TMake all checks payable to MCXC Booster Club

If you have any questions concerning this invoice, contact Name, Phone, Email

THANK YOU FOR YOUR BUSINESS!