

# Itinerary

(Chattanooga Head Race)

Saturday October 11<sup>th</sup>

Two Page Itineraries

- 5:45 am..... All Athletes meet Coach Erika at Watt Street CrossFit to board bus
- 6:00 am..... Bus departs Watt Street CrossFit for Chattanooga (Small snack provided on bus)
- 8:00 am..... Arrive at Chattanooga Head Race. All Athletes to trailer for unload and rig (Dylan must rig single quickly)
- 8:15 am..... Men's 1x (Dylan) meet coach at Trailer. Warm up, Stretch, and Oars down.
- 8:30 am..... Men's 1x (Dylan) launch.
- 8:40 am..... Women's 1x's meet coach at Trailer. Warm up, stretch and oars down.
- 8:55 am..... Women's 1x's Launch.
- 9:30 am..... **Event 7 Men's Junior 1X on the course**
- 9:30 am..... Women's Youth Novice 4+ meets coach at Trailer. Warm up, stretch and oars down.
- 9:45 am..... Men's 2- meet coach at trailer. Warm up, stretch, and oars down.
- 9:50 am..... **Event 15 Women's Youth 1x on the course**
- 9:50 am..... Women's Youth Novice 4+ launch
- 10:00 am..... Men's Youth 2- Launch
- 10:10 am.....Masters Women's 4+ meets coach at trailer. Warm up, stretch, and oars down
- 10:30 am.....Masters Women's 4+ Launch
- 10:50 am..... **Event 25 Women's Youth Novice 4+ on the course.**
- 11:30 am.....**Event 34 Women's Master's 4+ on the course**
- 11:50 pm.....Women's Youth 8+ and Men's Youth 4+'s meet Coach Krug at trailer
- 12:10 pm.....Women's Youth 8+ Launch
- 12:20 pm..... Men's Youth 4+'s Launch
- 1:10 pm..... **Event 42 Women's Youth 8+ on the course**
- 1:20 pm..... **Event 43 Men's Youth 4+'s on the course**
- 1:30 pm..... Men's Youth Novice 4+'s Launch meets coach at trailer. Warm up, stretch, and oars down

\*\*Times subject to change based on weather and delays\*\*

1:50 pm..... Men's Youth Novice 4+ Launch

2:30 pm..... Women's Youth 4+ and Men's Youth 8+ meet at trailer and warm up/ stretch

2:50 pm..... Event 52 Men's Youth Novice 4+'s on the course

2:50 pm..... Women's Youth 4+ Launch

3:00 pm..... Men's Youth 8+ Launch

3:00 pm..... Remainder of Team de-rig and pack trailer

3:50 pm..... Event 59 Women's Youth 4+'s on the course (Two Entries)

4:00 pm..... Event 60 Men's Youth 8+ on the course.

4:30 pm..... De-Rig and Load Trailer

5:45 pm..... Begin loading bus

6:00 pm..... Bus leaves for Watt Street CrossFit

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