

International Friendship and Freedom Games
Saturday, April 19th, A&T State University/9AM Start
Meet Information



The following athletes will participate at the Friendship and Freedom Games:

Daria Robinson	Noah Drew	Mahlique Booth
Sydney Holland	Alex Woods	Najee Reams
Jordyn Brown	Jeremy Griffis	Devontay Starks
Anna Krah	Marcus Krah	Cody Perdue
Joy Wright	Nijel Hunt	Kayla Moore
Alexis Woods	Sincere Price	Kelsia Moore
Taylor Robinson	James Carrington	Cha'Mia Rothwell
Jamillah Wright	Marcus Starr	Bryanna Saunders
Alexis Starr	Thomas Jones	Alexis Woods
Lauren Hunt	Dyron Jones	Jamillah Wright
Alice Ward	Aaron Krah	Joy Wright
Jessica Wright	Ellington Carthan	Jessica Wright
Charity Shaw	Reggie Wiggins	Isaiah Moore

For those athletes who will participate in the Friendship and Freedom Games on Saturday, please see the information provided below:

- 1) The bus will NOT be going to Greensboro, so parents will need to drive or make arrangements with other parents to help with transportation over to A&T.
- 2) Please dress out in your Durham Strider WHITE running shirts/navy shorts UNDER your warm-ups. Mark all clothing, shoes, warm-ups, coolers, etc. with your name
- 3) The meet begins at 9AM. You will need to be at the meet NO LATER THAN 8:15AM to be able to warmup and get information about your events. Many of the athletes will participate in at least one open event(100m, 1500m, Long Jump) and one OR both relays, 4x100 and 4x400. The Bantam and Midgets can participate in 3 events maximum. The Youth kids may participate in a maximum of 4 events.
- 4) You will need to eat a good carbohydrate-loaded dinner on Friday, get a good night's sleep AND eat a healthy breakfast on Saturday morning. DO NOT DRINK MILK, or JUICE WITH PULP, FRIED FOODS, etc. Pancakes or waffles with syrup WITHOUT BUTTER/MARGARINE is an acceptable meal and should be eaten at least two hours before you begin warmups. Drink at least 16 ounces of water on Saturday morning.
- 5) Bring PLENTY of water to the track, and please pack nutritious snacks for the kids.
- 6) We want the kids to sit together under a tent. You might want to bring a book for them to read, or UNO cards to play. It is important that they stay OUT OF THE SUN until it is time to warmup and get checked in.
- 7) Unfortunately, we do not have a timed schedule for running events, so the kids will need to be at the track early and stay through their events. This means that we will be at the track most of the day on Saturday. BE PREPARED!!!
- 8) If you need to get in touch with Coach Doc: 919323-5948 (cell)

