CONGRATULATIONS, YOUR ATHLETE IS GOING TO the AAU Junior Olympic NATIONAL Championships

Team itinerary for the AAU Junior Olympic National Championships

***Wednesday, December 4th***

Travel Day with Team Flight#1. Depart LAX at 8:20 am on Southwest airlines flight WN1706 Non-Stop to Nashville, TN, arriving at 2:20 pm local time. Proceed to Rental Car pickup and drive to the hotel (approximately 2 hr 20 min drive). Note Nashville is in the Central Time Zone and Knoxville is in the Eastern Time Zone.

Check into Team Hotel. Light Dinner and Drinks provided by hotel from 5:30 – 7:00 PM.

***Thursday, December 5th***

Travel Day with Team Flight#2. Depart LAX at 8:20 am on Southwest airlines flight WN1706 Non-Stop to Nashville, TN, arriving at 2:20 pm local time.

All Athletes in the Knoxville, TN area will meet at the team tent at 11:00 am to walk and jog the course together. We will have a quick workout following the course walk. Please make sure your athlete wears racing attire and brings a sufficient amount of water and clothing. They should essentially be in race ready attire. The average temperature in Knoxville, Tennessee ranges between 35 - 65 degrees F in early

December. We should expect some rain during our stay. Please come prepared and dress accordingly.

***Friday, December 6th***

Final Course run-through, starts and Box assignments at 10 am. Please be prompt and meet at the Team tent. All High Schoolers running the 5K race are to arrive at 11 am for a course walkthrough.

Merchandise for the event will be sold at the course from 9:00 am – 7:00 pm. It is recommended that families purchase their merchandise early to avoid long waits on Saturday.

We will distribute bibs and chips at the hotel from 8:00 -11:00 PM in the lobby. The remainder of the bibs will be distributed at the Team tent at 10 am on Friday. Please make sure to pay the JO Fee of $20 when picking up your bib.

***Pasta Dinner – Friday, December 6th (Optional)***

The PC Shockwaves organization will organize a pasta dinner for all families and athletes. It will be held at the Hotel. The cost will be $5.00 per person. All Athletes will eat for FREE (included in their JO Fee). Please register and pay early so we can purchase the appropriate amount of food. A message will be sent out with further information.

***Race Day - Saturday, December 7th***

We will all meet at 7:30 am. The first race will begin promptly at 9:00 a.m. We would also like all athletes to be there to support their teammates during their races, so please plan to be there from start to finish. Athletes must check in at the staging area 45 minutes prior to their event. Here is the race schedule for our athletes:

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| *National Anthem 8:50 am* |
| *17-18 Women & 15-16 Girls 9:00 am (5K)* |
| *17-18 Men & 15-16 Boys 9:30 am (5K)* |
| *13-14 Girls 10:00 am (4K)* |
| *13-14 Boys 10:30 am (4K)* |
| *11-12 Girls 11:00 am (3K)* |
| *11-12 Boys 11:30 am (3K)* |
| *9-10 Girls 12:00pm (3K)* |
| *9-10 Boys 12:30pm (3K)* |
| *7-8 Girls 1:00pm (2K)* |
| *7-8 Boys 1:30pm (2K)* |
| *6 & Under Girls 2:00pm (1K)* |
| *6 & Under Boys 2:15pm (1K)* |
| *Parents/Coaches Run 2:35pm (3K)* |

**Travel back to Nashville with Team Flight#1 and Flight #2. Depart Nashville at 7:25 pm on Southwest airlines flight WN1852 Non-Stop to LAX arriving at 10:10 pm local time**

**Important Addresses:**

**Team Hotel:** Drury Inn and Suites Knoxville West 209 Advantage Pl, Knoxville, TN 37922 (Wed-Saturday).

Breakfast hours: Weekdays 6:00 – 9:30 AM, Weekends 7:00 – 10 AM

5:30 Kickback: 5:30 – 7:00 PM; hot food and cold beverages-Free to all guest daily

**Course Address:** Victor Ashe Regional Park 4901 Bradshaw Rd, Knoxville, TN 37912 \*Follow message boards to appropriate parking locations\*

**Merchandise Sale:** Merchandise for the event will be sold at the course from 9:00 am – 7:00 pm. It is recommended that families purchase their merchandise early to avoid long waits on Saturday.