

Race Day Instructions

- 1.) Arrive early enough to allow your athletes to make sure they understand the course.
- 2.) Pick up your race packets at the Registration table.
- 3.) Make sure all athletes are given a tag that is in team packet. **All race tags go on the front of the jersey.**
- 4.) Alliance Running will be timing the race.
- 5.) Please remind your athletes to keep moving as quickly as possible, once he/she completes the race, into the finish chute. Our goal is to move each athlete through as quickly as possible. Safety for each athlete and each athlete entering the finish chute in the proper order are our primary concerns at the end of race.

Post Race Instructions

- 1.) Race results will be posted as quickly as possible next to the awards table. Results of the meet will be posted on www.baumspage.com and alliancerunning.com within two days of the meet date. If you wish to have a copy of the results emailed to you let James Byrd know and we will be able to get you a copy.
- 2.) We will score each runner regardless of how many runners they have competing. For example if we have one team with a full squad and four others without, we will score those teams to be able to declare which team would receive the runner-up trophy.
- 2.) **Please help us by picking up all your trash from your camp area.** We are fortunate to be able to host Cross Country meets here at our school, so help us keep it clean. Trash cans are located throughout the team areas and around the football field. Thank you for your help!