

Instruction Sheet

1. There is no need to scratch runners who do not run or move runners from one race to another. **Only runners who have been registered prior to today will be allowed to run.**
2. Refer to the number assignment sheet. **BE SURE TO GIVE EACH RUNNER THE ASSIGNED NUMBER.** A runner wearing an incorrect number will result in the wrong name being printed for your school.
3. Give each runner his/her assigned tag and 4 safety pins. **Tags should be pinned to the front of the jersey. DO NOT PIN THROUGH THE BOTTOM BIG HOLE.**
4. The JV/Open races are combined into one race. Any number may run in the race.
5. It is your responsibility to make certain that your runners know the course. Make certain that all of their questions are answered prior to the race. Runners not running the entire course will be disqualified.
6. You may run any number of runners up to 9 in the varsity races. There will be only two displacers used

in the scoring of the races. Eighth and ninth place finishers will not affect the team scores.

7. Results will be posted on baumspage.