

Dear Cross Country Coaches,

Packets and Results Management will be handled at the tent at the finish line. Any schedule questions or course questions are handled at the pressbox.

Race Schedule:

8:30 Course open for inspection
9:30 Elementary Fun Run 1 mile
10:00 Jr. High Girls
10:30 Jr. High Boys
11:00 H.S. Girls Varsity Purple Race (less competitive)
11:45 H.S. Girls Varsity Gold Race (more competitive)
12:30 H.S. Boys Varsity Purple Race (less competitive)
1:15 H.S. Boys Varsity Gold Race (more competitive)

PACKETS - AT FINISH LINE

AWARDS- Individual awards 16 and up will be given in the chute after each race, then after results are calculated, the names of top 15 individuals will be read as well as all teams will be read. We will present the awards for the top 3 teams and top individuals at the 50 yard line ON the track at this time. **PLEASE HAVE ALL ATHLETES IN THE TOP 15 INDIVIDUALS AND THE TOP 3 TEAMS REPORT TO THE TRACK AFTER RESULTS ARE DONE. We will announce 10 minutes prior to reading and presenting awards to allow athletes and teams to return to the track.** Please report to the 50 yard line for pictures if receiving a team or individual award (top 15) and to be recognized.

BUSES - We are having bus parking in the elementary lot. You can unload your athletes here at the gate, then park. There will be a diagram posted on baumspage to direct you to the parking area.

SCORING-We will have video and chip timing this year! Live results are on baumspage.com

TEAM CAMPS - please keep in the big field by the discus cage or in the small field outside the track fence between the tunnel you enter through and the course. We also have additional areas outside the fence near bus parking and athlete entrance, and 2 new areas around the soccer field. **PLEASE WATCH THE COURSE!** See diagram on baumspage

MULTIPLE RACE SECTION SELECTION AND BOX ASSIGNMENTS - We are splitting varsity races this year into a less competitive and more competitive section this year. Coaches, you can select either race or both. Split your your kids as you see fit. They just need to report to the start to check in for the race they intend to compete in **We only ask that no more than 10 athletes per school be put into the more competitive gold**

section. Have one outstanding athlete and a less competitive team, enter them and try for the less competitive team race and run the outstanding athlete in the more competitive race. It is entirely up to you. This was to allow for less congestion and more opportunities for teams to and individuals find success. Our course was at its limit last year and I thought this was a good way to allow every athlete to be pushed to their level and alleviate course congestion. All MS and HS teams will get a box for each race.

ELEMENTARY AND PARENTS FUN RUN - if you have elementary athletes who want to run the free race, send them to the pressbox for a waiver form. Parents are welcome to escort smaller children. The 1 mile course is the same as the 5k course to start, then the will cut off straight back to the football field. We will have volunteers route them and a gator to lead them.

If something needs done and you don't know who to talk to SEE ME I will get it done for you!

Thank you for coming and
HAVE A GREAT DAY OF RACING!
Coach Paxton
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