



November 12, 2011
Region 1 Class's 1A, 2A & 3A
Alligator Lake Park
1498 SW County Club Road (CR133)
Lake City, Florida 32025
Gate entry fee to all spectators \$6.00

Course

The course is 90% in the shade on nice grass trails around the beautiful Alligator Lake Park. The course is a small 2k loop followed by a 3k loop. The course will be marked with mile markers as well as kilometer markers. The Course has been the host site of the Alligator Lake run 2008-present, Greater North Florida (Columbia High School) 08,09 and 2009 FHSAA 3A District 2.

Time Schedule

| | |
|-----------------|-------|
| Gates Open | 6:00 |
| Coaches Meeting | 6:30 |
| 3A Girls | 7:30 |
| 1A Girls | 8:00 |
| 3A Boys | 8:30 |
| 2A Girls | 8:55 |
| 1A Boys | 9:25 |
| 2A Boys | 9:50 |
| Awards Ceremony | 10:20 |

Packet Pick-Up/Coaches Meeting

You can pick up your packets starting at 7:30. Coaches must sign out your timing chips at packet pick up and then must turn in your timing chips after race is over for chip return. There will be a lost chip fee of \$20 per chip to the school in which the chip was assigned to. The coaches meeting will be at 6:30 a.m. Coaches will also have the option of doing an online coaches meeting at www.halfmiletiming.com. There will be an online coaches meeting summary available November 7th that will go over all the material. Coaches must print this out and bring it to pick up their packet if they choose not to attend the coaches meeting the morning of the event.

Parking

Bus and team van parking will enter the main entrance of the park. Parents and spectators will enter 2nd entrance into field as seen on map below. There will be a \$5.00 per vehicle charge for spectator parking. **Coaches please make sure your parents are aware of this!**

Course Records

| Distance | Male | Female |
|----------|--|--|
| 3k | Shawn Ziegaus (Eye Of the Tiger Track Club) 11:16.90 | Emma Tucker (Eye Of the Tiger Track Club) 11:48.82 |
| 5k | Jimmy Clark (Creekside HS) 15:39.01 | Kayla Vinson (Ridgeview HS) 19:19.39 |

Host Hotel Information

Fairfield Inn & Suites (Marriott)

386-466-1014
538 SW Corporate Drive
Lake City, FL 32024
www.marriott.com/GNVL

Room rate \$89.00

Timing

HMT will be using the Ipico/ Finishlynx triad chip timing system. There will be mile marker clocks as well as instant results scrolling on the finish line display board. Race results will be at www.halfmiletiming.com

Proper way of installing timing Chips

Coaches will be responsible for going through their team packet before the race making sure all assigned chips for their athletes are in the packet. Coaches will also be responsible for collecting the chips back from their athletes and returning them to the chip check in/out table located under the pavilion. Any chips lost will result in a \$10 per lost chip charge to the school.



Put zip tie through one hole of chip.



Put zip tie through laces.



Bring zip tie back through opposite hole.

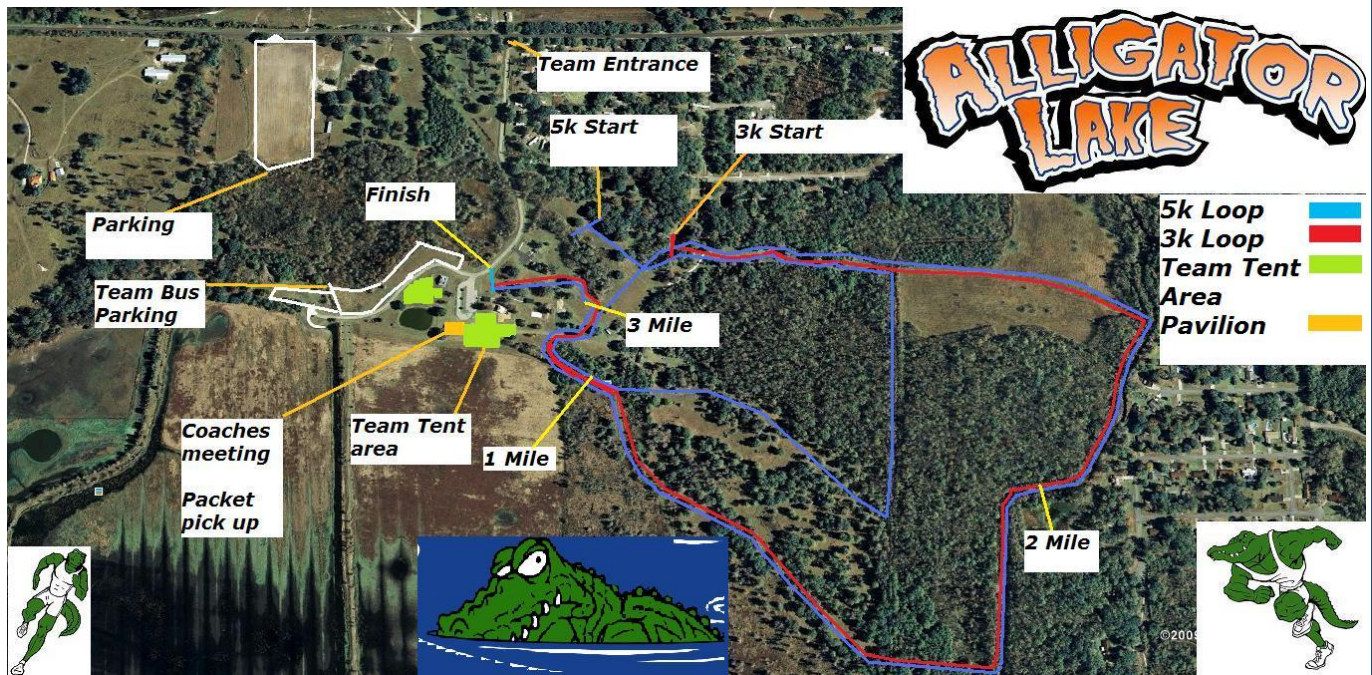


Pull zip tie tight. Then pull chip up if zip tie releases it is not installed properly.



You can also lace your chip into your shoe. Make sure chip is tight to the shoe and parallel to the ground.

Course Map



Directions to Park

Jacksonville/East

- I-10 West for 38 miles
- Exit 324 Olustee Turn left headed west on US 90
- Once in Lake City second light take a left onto Baya Ave.
- Go to second light on Baya Ave. then take another left onto Old Country Club Road(CR133)
- Go 1 mile and Alligator Lake Park will be on the right
- 1 Hour 20 min bus ride

St. Augustine

Turn left at FL-16/Fourmile Rd/Green Cove Springs Rd/Picolata Rd
Continue to follow FL-16
Turn left at FL-16/State Rd 16
Continue to follow FL-16
Slight left at FL-16/State Rd 16
Turn right at FL-16/S Orange Ave/US-17
Turn left at Ferris St/FL-16 W
Continue to follow FL-16 W
Turn left at FL-200/N Temple Ave/US-301
Turn right at FL-100/W Madison St
Continue to follow FL-100
Turn left at Baya Ave/FL-10A
Continue to follow FL-10A
Turn left at S Country Club Rd(CR133)
Go 1 mile and Alligator Lake Park will be on your right.
2 Hr 20 min bus ride

Tallahassee/West

- I-10 east to exit 296A I-75 south
- I-75 to exit 427 Lake City exit
- Left onto US 90 east bound
- Go 2 mile then slight right onto Baya Ave.
- Go 2.7 miles then turn right onto SE Country Club Road (CR133)
- Go 1 Mile Alligator Lake Park will be on your right.
- 2Hr bus ride

Gainesville/South

I-75 North to exit 414 US 41/441, Lake City, High Springs
Turn right off the ramp headed North on US 41/441
Go through one caution light till you come to first red light
Turn right heading east onto Red Diamond Rd. (CR252) B&B Food Store on right
Come to first red light, Turn left onto Old Country Club Road(CR133)
Go 1.6 Miles Alligator Lake Park will be on Left
45 Minute Bus ride from Gainesville

1Hr 20 Min Bus ride from Ocala

For any questions or concerns contact Dusty Smith
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