

# FLORIDA<sup>TM</sup>

## CROSS COUNTRY



## COACHES PLEASE READ!

### *Last Minute Race Day Information*

- ✚ We will be using TWO starting lines for the HIGH SCHOOL race only. Please review with your athletes the starting procedure instructions included in this packet!
- ✚ Timing chips: Located in your packet you will find your timing chips. Please make sure the correct athlete is wearing the correct chip
- ✚ Only seven runners are permitted in the varsity race. All other athletes must run in the junior varsity race
- ✚ All timing chips, including those not used, will be returned to the results table located in front of the clubhouse at the conclusion of your last race. Coaches will not be able to pick up results until their chips are returned and with a results coupon (located in your packet). There will be a charge for any missing chips
- ✚ There is no need to declare which athletes will compete in the varsity and junior varsity race
- ✚ Please set up your team camp in the designated team camp areas. Please review the enclosed course map which identifies where you may set up
- ✚ Please stay out of the golf clubhouse
- ✚ Please instruct all athletes to stay off the greens and tee boxes
- ✚ Enclosed in your packet is a garbage bag for your athletes to use for any trash they have
- ✚ Please have the team parking area cleared by noon.
  
- ✚ Awards will be given to the following:
  - Top team in the collegiate sections
  - Top three teams in the HS Varsity section
- ✚ Medals to the following:
  - Invitational HS Girls – top 15
  - Invitational HS Boys – top 15
  - University/College Women – top 15
  - University/College Men – top 15
- ✚ The awards presentation will take place in front of the clubhouse by the golf leaderboard at the following times:
  - ✚ 9:30am College Awards Ceremony
  - ✚ 11:00am High School Awards Ceremony
  
- ✚ **Schedule of events**
  - ✚ 7:45am National Anthem
  - ✚ 7:55am College Men 8K
  - ✚ 8:30am College Women 5K
  - ✚ 9:05am High School Boys 5K
  - ✚ 9:35am High School Girls 5K
  - ✚ 10:05am High School JV Boys 5K
  - ✚ 10:35am High School JV Girls 5K



## Starting Procedure

- ✚ Report to the starting line 10min before your race
- ✚ Each team is permitted one runner on the starting line.
- ✚ Coaches, in order to minimize the risks of call-backs during the start because of the large number of teams entered in the high school division, there will be two separate starting lines.
- ✚ The assigned boxes for the starting line will be based on a random draw. The distance from both starting lines to the merge point is equal.
- ✚ Also, in accordance to the new FHSAA rule changes for 2012-13 season (Rule 9-4-4), the starting procedure will be one long whistle blast followed by the firing of the starting gun.
- ✚ There will be one head starter with two back-up starters.
- ✚ The head starter will give the long whistle blast and fire the starting pistol, indicating the start of the race. He will be standing between both starting lines. The back-up starters, one for each starting line, will give the visual starting commands with the red flags.