

High School Coach's Instructions

Welcome to the 15th annual Ocean State XC Invitational. We look forward to an exciting day of competition in a supportive and friendly environment. If there is anything we can do to make this day more enjoyable for you and your athletes, please do not hesitate to let one of us know.

1. Your packet should include the following:
 - a. 1 entry list indicating the races to which your team is assigned. If you left a runner off your roster, see staff where race packets are distributed. You can switch your registered athletes on race day to different races providing you run 5-7 athletes in the Varsity or Championship race before entering JV runners. If you have less than 5 athletes excluding freshmen on your team, you must run these athletes in the Varsity race or Championship race.
 - b. Pins and numbers. Wear numbers on front. See staff at the finish line with problems or questions. Each number will have the athlete's name labeled on the back of the bib number. Each number will have timing chips for chip timing. Do not bent chips.
 - c. A lunch coupon – bring this with you to the Hospitality Tent between the stage and the finish chute on Saturday. A FREE hot Lunch is available to you from 11 a.m. to 1:00 p.m..
 - d. A course map and a time schedule. All races will start on time. **We won't delay the start due to slower runners in the previous race.** All finishers will receive an official time. If there is no **No JVB 1 (Large schools) Overflow; we will keep the same time schedule.**
 - e. Sponsors' brochures.
 - f. A trash bag to keep your team area clean. Please leave your area clean.
2. Entry fee: Your entry fee is due at registration. If you do not have your school's check, please bring a PO number with you. See website oceanstatexc.com for charges. Checks should be made payable to Downtown 5K, Inc.
3. Scoring: CHIP TIMING will be used. Places, times, and team scores will be posted on the red display boards and will be available online at RACEWIRE.COM shortly after each race is conclude.
4. Course: Varsity and JV – 5,000 meters (3.1 miles), Freshmen – 4,000 meters (2.5 miles). All turns are marked with arrows. Marshals will be stationed throughout the course. Signs are posted at the one mile and two mile marks for the 5,000 meter course. No bikes or other vehicles are permitted on the course.
5. Check-In: Runners should report to the start 15 minutes before their race. The meet referee will verify that runners comply with the NFHS rules regarding uniforms. The clerk will assign positions at the starting line. Rather than a box start, teams will be distributed along the starting line to assure an equitable start for all.
6. Free drinks: Water and fruit will be provided for the runners upon leaving the finish chute; more water will be near the results display board.
7. Awards: Individual awards for places 1-30 in the freshmen and JV races, 4-30 in the varsity races, 8-30 in the championship races will be distributed at Awards Tent. **All other individual and team awards will be presented at the awards ceremonies. High School Races 1-8 at 1:05 and High School Races 9-14 at 4:00.**

It is appropriate to recognize the outstanding teams and individuals in front of their teammates, parents, and other participants. Please help us honor them by having your team represented to receive their own awards.
8. Results: See display boards between the start and finish lines. Results will be posted online shortly after each race is concluded at RACEWIRE.COM.
9. Equipment: Do not leave equipment and personal items unattended.
10. Lost & Found: See staff at the registration tent.
12. **REMINDER: No more than 7 runners per team in the varsity or championship races.**