

Middle School Coach's Instructions

Welcome to the 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 us know.

1. Your packet should include the following:

a. 1 entry list indicating the races to which your team is assigned. No changes without prior approval by staff at registration tent. If you left a runner off your roster, see the staff at the registration tent.

b. Pins and numbers. Wear numbers on front; the number assignments are on the roster in your packet. Please make sure the runners wear the correct number. See the staff at the registration tent with problems or questions.

c. A course map and a time schedule. All races will start on time. We will not delay the start due to slower runners in the previous race. All finishers will receive an official time.

d. Sponsors' brochures.

e. A trash bag. Please leave your area clean.

2. Scoring: Chip timing will be used. Each number will have timing chips and a label showing the name of the athlete. Make sure you give the correct number to each athlete on your team.

3. Course: Middle School – 2,000 meters (1.25 miles). Marshals will be stationed throughout the course. No bikes or other vehicles are permitted on the course.

4. Check-In: Runners should report to the start 15 minutes before their race. 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.

5. Medical support: Will be provided near the finish line.

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 6-30 in the middle school races will be distributed at the awards tent which will be located near the finish line. Other individual and team awards will be presented at the awards ceremony at 6:10.

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. In the evening, check oceanstatexc.com or racewire.com for complete results.

9. Equipment: Do not leave equipment and personal items unattended.

10. Lost & Found: See staff at the registration tent