

## High School Coach's Instructions

Welcome to the 14th 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.

Bob Rothenberg, Anne Rothenberg, Charlie Breagy

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 Anne Rothenberg. If you left a runner off your roster, see Anne.
  - b. Pins and numbers. Wear numbers on front. See Anne at the finish line with problems or questions. Your roster has each athlete's assigned number. Please **NO PINS** through the tear-off bottom section.
  - c. A red ticket redeemable at the concession truck near the bathrooms for a coffee. A lunch coupon – bring this with you to the Hospitality Tent between the stage and the finish chute on Saturday. Lunch is available from 11-1.
  - 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. **No JVB 2 Overflow; same time schedule.**
  - e. Sponsors' brochures.
  - f. A trash bag. 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. Checks should be made payable to Downtown 5K, Inc.
3. Scoring: At the end of the chute runners will turn in the tear-off section of the bib number to be scanned. Places, times, and team scores will be posted on the red display boards. **NO PINS** through the tear-off bottom section.
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 in the chute. 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. Check Milesplit live and in the evening, check [wilburacesystems.com](http://wilburacesystems.com) for complete results.
9. Equipment: Do not leave equipment and personal items unattended.
10. Lost & Found: See Anne at the registration tent.
12. **REMINDER: No more than 7 runners per team in the varsity or championship races.**

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### COVID PROTOCOL

Runners are **EXPECTED** to wear a mask when checking in with the clerk and on the starting line until the gun goes off. They should put masks on again when they cross the finish line and are in the chute. Extra masks available.

We recommend that coaches and runners wear masks when interacting with others outside their team.

Officials are required to wear masks within the finish area and along the starting line.

Medical personnel are required to wear masks. All visitors to the medical area near the finish line will be required to wear a mask unless they are there with respiratory issues. Only 1 adult (coach or parent) and no teammates may be in the medical area checking on a runner. That adult **MUST** wear a mask.

Several stations with hand sanitizer will be available throughout the day.