

**Section V Cross Country  
Final Instructions**

**\*\*\* Please Read Carefully \*\*\***

**1. CHECK TEAM PACKET:**

**Bib Numbers for all runners entered  
List of numbers assigned to each runner  
Race schedule  
Shoe chips for all runners entered**

**2. PICK UP PINS/ 4 per number**

**3. SIGN COACHES SHEET**

**4. Check start line positions (Posted on wall by registration area)**

**5. ATTACH BIB NUMBER TO EACH RUNNER. BE SURE EACH RUNNER IS WEARING THE CORRECT NUMBER TIE SHOE CHIP TO EACH RUNNERS SHOE. MAKE SURE EACH RUNNER IS WEARING THE CORRECT SHOE CHIP ASSIGNED .**

**\*\*SCHOOLS ARE RESPONSIBLE FOR RETURNING ALL SHOE CHIPS. UNUSED SHOE CHIPS SHOULD BE RETURNED BY THE COACH TO THE REGISTRATION TABLE. SCHOOLS WILL BE BILLED FOR SHOE CHIPS NOT RETURNED.**

**6. Have runners at start line 15 min before the start of your race.  
RACES WILL START ON TIME.**

**7. YOU MAY RUN ANY 7 OF THE 10 RUNNERS YOU ENTERED.  
Schools may only run 7 runners. If schools runs more than 7 your Teams will be disqualified.**

**OVER**

**8. CHECK YOUR RUNNERS AT THE LINE. THIS IS YOUR WARNING. Officials will also be Checking runners.**

- No GPS watches
- No jewelry
- No face paint
- Legal uniform and undergarments
- Numbers pinned on front
- Be sure each runner is wearing the correct number (this will effect results).
- Shoes chip attached to shoe. Be sure each runner has the correct chip.
- Uniform should be tucked in so number is visible
- **ALL TEAM MEMBERS MUST COMPLY TO UNIFORM RULE. IF YOU ARE NOT SURE ASK.**
- **NON COMPLIANT RUNNERS WILL BE DISQUALIFIED IN THE CHUTE.**
- **COACHES MUST RETURN UNUSED SHOE CHIP TO THE REGISTRATION TABLE**

**9. AT THE END OF EACH RACE:**

- REMOVE SHOE CHIP AND RETURN TO OFFICIAL. **ATHLETES WILL NOT BE ALLOWED TO EXIT THE FINISH AREA UNTIL THEY RETURN SHOE CHIP.**
- OFFICIAL RESULTS WILL BE POSTED AFTER EACH RACE IN THE GYM. ALL INDIVIDUAL RUNNERS ARE REMOVED BEFORE TEAM SCORING. IF YOU HAVE A QUESTION IN SCORING SEE ONE OF THE SECTIONAL COORDINATORS, WE HAVE **48 HOURS TO MAKE CORRECTIONS.**

**10. AWARDS:**

- Be sure athletes are in the gym on time for awards.
- Be sure to get state meet information if you have an athlete who qualifies.

**GOOD LUCK TO ALL ATHLETES AND COACHES TODAY**