

**Section V Cross Country
Final Instructions
>> Please Read Carefully <<**

1. Packet pick up in the North Shelter
 - a. Check Packet
 - i. Roster List with assigned bibs and chip timer
 - ii. Bib number for all each runner
 - iii. Shoe Timing Chip for all each runner
 - iv. Safety pins for bibs which go on the front of the race jersey
 - b. Sign Coaches Sheet
 - c. Check starting line position (#1 is closest to the parking lot)
2. Attached bib to the front of each runner's jersey. Be sure the number is correct for each runner.
3. Secure the timing chip to either one of the runners shoes. Make sure the chip is correct for each runner.
4. Each school is responsible to return all timing chips. Lost chips will be billed back to the school.
5. Have runners at the starting line 15 minutes prior to their race time. Each runner must be inspected by an official for uniform, unsafe jewelry and wearing a bib and timing chip.
6. Race a maximum of 7 of your 10 registered runners. If a school races more than 7 that team will be disqualified.
7. COACHES - please check your runners as well
 - a. Must be wearing a school approved uniform
 - b. Must be wearing the correct bib (pinned on front) and chip timer
 - c. NO FACE PAINT
8. At the end of each race
 - a. Remove chip and return to an official in the corral
 - b. Official Race results will be posted on YEN TIMING after each award ceremony
 - i. If you have a question or find an error we have 48hrs to make corrections.
 - c. Please note we are having a rolling awards ceremony for each class, please have your athletes there if they are getting an award.
9. After each awards ceremony
 - a. PICTURES at the North Shelter
 - i. Winning Team for each class
 - ii. Qualifying individuals (5) for each class
 - iii. Combined Class picture which will be submitted to the state program
 - b. Teams, athletes and coaches qualifying for stats MUST go in to the North Shelter and sign up for Section V roster, state shirt, box lunch, emergency contact info

GOOD LUCK to all TEAMS, ATHLETES and COACHES