

Coach's Instructions for Janesville Flames C.C. Meet

- 1) Get your runners together in a group and explain to them that they should stretch out and be ready when their race is called. Ask them not to engage in horseplay but rather cheer on their fellow teammates. Please tell them not to litter but if they have paper to throw it in the litter barrels. **PLEASE TRY TO KEEP THE ATHLETES OFF THE SOCCER AND FOOTBALL FIELDS AS MUCH AS POSSIBLE.**
- 2) ***RUNNERS WILL NOT BE ALLOWED TO WEAR SPIKES FOR THE EVENT. PLEASE CHECK EACH OF YOUR RUNNERS PRIOR TO THEIR EVENT. YOUR COOPERATION IN THIS MATTER IS APPRECIATED.***
- 3) A coach or designated representative (assistant, parents, etc) should check in at the official's table as soon as you arrive at the meet. Make sure that your entry fee and list of runners (spelled correctly) have already been turned in.
- 4) Coaches may move an athlete up one grade division if they wish (ie. fifth grader runs in sixth grade race), in order to have 3 runners in the race. If you already have 3 runners in the race, please do not move any more up.
- 5) **4th grade girls** should report to the starting line first. They will be counted and an official number of runners will be sent to the scorer's table.
- 6) As soon as the first race begins the runners for the second race should report to the starting line. Each race will begin before the completion of the previous race so each runner should be ready. Races will be run in this order: **1 MILE: 4G, 4B, 5G, 5B, 6G, 6B / 1.5 MILES: 7G, 7B, 8G, 8B.**

INFORMATION REGARDING TAGS. PLEASE READ CAREFULLY. WE NEED YOUR HELP TO MAKE THINGS RUNS SMOOTHLY.

- 7) When you arrive at the meet, you will need to check in at the "Officials Table". At the table, you will take enough tags (and pins) for all of your runners. **Boys will be using one color and girls will be using another color.** This information will be clearly identified at the table.
- 8) Please fill out the information on the tags for each of your runners. **It would be to your benefit to have already printed this information on mailing labels to simply place on the tag.** Information MUST include: *Name (first and last) of the runner, School, City, Gender, and what race (ie. 5th boys) he / she is running in.* Make sure you are listing the grade of the RACE he / she is running in, as some may be running at a higher grade level. **As an added incentive, your tags will be preprinted IF you register online by SEPTEMBER 5.**

John Doe
St. Paul's Lutheran School
Janesville
Male
6th Boys Race

- 9) Pin the tags on the right side of the runner's body. Please keep it on the front of their shirt / jersey and somewhere easily visible for our helpers at the finish line.
- 10) At the finish line, officials will tear off the portion of the tag with their name, etc. They will handle turning this in to the "Officials Table". The top five runners will be held at the finish and escorted to the Awards Table to receive their trophy / medal for the race.
- 11) Final results of the meet and individual certificates for each runner will be delivered to your school or sent by mail as soon as possible.
- 12) Thank you for supporting your student's interest in cross country. We hope to see you soon.