

Meet Day General Information

Please feel free to copy and distribute to family and fans.

1. Pets and bicycles are not allowed inside the fence.
2. Stay off the Greens and Tees.
3. Fans, parents, and anyone not participating in the current race must stay behind the two 10 - meter lines and or flags and cones. You are welcome to move across the course freely and carefully always being diligent and aware of the racers on the course.
4. When you see the Lead Cart coming, step back from the lines so the runners have fair access to sightlines. Please be fair to all runners.
5. All tents and campsites can be set up East of the Starting Line near the grove of trees on the Northwest side of Gibbs Farm (see map).
6. DO NOT USE GIBBS FARM AS A TOILET!!!!!!!
7. Please clean up the area when you break camp.
8. All busses must park in the main clubhouse lot located just East of the Main Clubhouse (see map). Do not park in the Driving Range Lot.
9. Parking for fans is best if they use the neighborhood streets South of Larpenteur Avenue. They can safely cross Larpenteur Avenue by using the tunnel located just west of Coffman Street (see map).
10. T-Shirts can be purchased and will be located near the Short Shack.

Runner/Coaches Specific Information

1. Varsity and Junior Varsity Lanes are identical. The Junior Varsity Race is open to other teams that do not allow their JV to run at their Section Meet. The open lanes will be filled by teams from other Sections at a - first come first serve basis.
2. The course will be open at 2 pm. Please be cognizant of race times when warming up or cooling down your team. Always warm-up/cool down off the course or adjacent to the course during a race.
3. A varsity team shall consist of a minimum of 5 and a maximum of 7 runners. Runners on teams with fewer than 5 finishers will receive a place of finish, but will not displace team finishers when team scores are computed.
4. Unlimited entries in Junior Varsity competition.
5. NEW THIS YEAR: THE TIMING CHIP WILL NOW BE ON THE RACE NUMBER AND THUS THERE WILL BE NO CHIPS TO COLLECT. NUMBERS ARE TO BE WORN ON THE FRONT.
6. ALL Runners must wear their assigned number pinned to the front of their uniform at least 4 inches above the waist in such a manner that the number will be visible on the video recording of the Finish.
7. THE MEET WILL RUN ON TIME. Runners should be at the starting line 10 minutes prior to the start of their race. Warm-ups should be removed before the "1 minute warning". THE STARTER WILL NOT TELL THE RUNNERS TO REMOVE THEIR WARM-UPS. Coach your runners early so they are used to a "count down start" before they compete in this meet.
8. There will be no final instructions from the Starter prior to the start of their race. No RUN-OUTS will be permitted in the final minute prior to the start of the race. Please coach your runners as to be ready for this procedure.

9. PLEASE, PLEASE coach your runners about etiquette and sportsmanship! This meet will adhere to the MSHSL rules. It is your job to know the uniform rule. PLEASE read the handout regarding the uniform rule!
10. Pictures of each section cross country champion will be included in the official State Meet Program. If your team may be a contender this year, please forward a picture to arrive on or before Monday, November 2nd addressed to INFORMATION AND PUBLICATIONS MSHSL, 2100 Freeway Blvd, Brooklyn Center, MN 55430.
11. The Starter will serve as the Meet Referee. The Jury of Appeals will consist of Scott Stallman and a Head Coach representing the female teams and a Head Coach representing the male teams.

**** If you are interested serving on the Jury of Appeals, please let me know and I will draw 2 names for 2015.***