

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. Please stay off the greens and tee boxes.
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, 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. Please do not access Gibbs Farm for any reason.
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. 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 may be purchased at the Northwest Design trailer near the driving range clubhouse.

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 on a first come first served 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. The timing chip is now a part of race number. Please do not crumple the number or alter the bib in any way. All non-competing athletes wearing a bib should stay clear of the finish area as the chip may trigger a false finish.
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. All participants should follow the starters instructions regarding a “count down” start procedure. Remove warm ups no later than the two minute warning.
8. There will be no verbal instructions given by the starter after the one minute warning. Please instruct our runners to respond to the whistle as the “on your marks” command.
9. Please coach your runners regarding etiquette and sportsmanship. This meet will adhere to the MSHSL rules. It is the coach’s responsibility to know and adhere to the uniform rule. Please follow the guidelines that were sent in the meet information.

10. Pictures of each section cross country champion will be included in the official State Meet Program. Please forward a picture to arrive on or before Monday, October 30th 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 (Jim Driscoll) and a Head Coach representing the male teams (Scott Christensen).