

Coaches,

Congratulations on qualifying for regionals! Please read over the information below and sign the bottom and bring this with you to the meet. You can turn this in at packet pick up so that you will be marked down as attending the coaches meeting.

Schedule

Friday Packet Pick up	2:00 p.m.-5:00 p.m.
Gates Close	5:15p.m.
Gates Open Saturday	5:15 a.m.
Coaches Meeting	7:30 a.m./ Online
Girls 3A R1	8:00 a.m.
Girls 1A R1	8:20 a.m.
Girls 2A R1	8:40 a.m.
Boys 3A R1	9:05 a.m.
Girls 2A R2	9:25 a.m.
Boys 1A R1	9:50 a.m.
Boys 2A R1	10:10 a.m.
Boys 2A R2	10:30 a.m.
Awards	Following the last race

-The starting boxes will be listed on Tuesday October 30th <http://b3rsports.com/2019-fhsaa-xc-1a-2a-3a-region-1-2a-region-2/>. They will also be on the outside of your packet.

-Half-Mile Timing will be timing, you can pick up your packets with bib numbers and timing chips at the green trailer on Friday and at the main entrance into the course on Saturday morning. You will return the timing chips back to the main entrance after the event. Any missing chips after the event will cost you \$20 per chip and will be billed to your school. We do not want to charge you any money we just want the chips returned.

-There will be a course map in your packet. I have also added one to the bottom of this flyer should you wish to print one yourself.

-Results will be on <http://b3rsports.com/2019-fhsaa-xc-1a-2a-3a-region-1-2a-region-2/>

-To get in without paying for parking or the gate you as a coach should have been issued a FHSAA coaches pass. Please show this to my volunteers and you will not be charged. Please let any administrators who may be coming know that they will need their FHSAA Series pass to get in without paying the gate. They will still have to pay for parking. Parking is \$5 per vehicle and the gate is \$7 per person. If you the coach do not have a FHSAA pass then please pay the parking and we will reimburse you at packet pick up.

- Your athlete must be present during the awards ceremony to receive the awards. **We will not be giving them out before the awards ceremony!** Please do not ask me to get your athlete's award early I know everyone wants to get out as quickly as possible.

-Team tent areas: We will have a team tent area that will be mowed near the start area. However, you can place your team tents anywhere you would like except on the course or in between the start and finish line area.

-We will have trainers on site located under the red tent at the finish. They are there for medical emergencies and to hand out water. **Shin Splints is not a medical emergency!** We will have ice for emergencies only again if you have a runner that needs to wrap their legs with ice then **YOUR TEAM** needs to bring a cooler with some ice.

-Pictures will be loaded to <http://b3rsports.com/2019-fhsaa-xc-1a-2a-3a-region-1-2a-region-2/> after the race for coaches, athletes and parents to view for free.

-Tommie Turner & Nathan Stanley will be our FHSAA starter, if there is a rules question please ask him first.

-For any timing issues please find me or take a written statement with your issue to the green trailer and they will get in touch with me, so I can get it to the timer.

-FHSAA Rules. 4.5.2.2.4 Advancement of Teams and Individuals (b) Regional Meet to Florida High School State Championship Series.

The first eight (8) placing teams and the top fifteen (15) runners in each regional meet shall advance to the Florida High School State Championship Series. A runner who qualifies in the top fifteen (15) and who also is a member of a qualifying team may be replaced in the team lineup [regional meet/Florida High School State Championship Series] by a substitute. The substitute, however, shall not be eligible for individual honors on any subsequent level of competition.

4.5.2.3.1 Teams. A team shall be composed of five (5) to ten (10) runners during the district round and five (5) to seven (7) runners during succeeding rounds. Schools that enter fewer than five (5) runners, and schools from which fewer than five (5) runners finish the race, at any Florida High School State Championship Series meet shall not be eligible for team honors. Individual contestants from such schools, however, may earn individual awards.

Please sign this page and bring it with you when picking up your packet so you do not have to attend the coaches meeting.

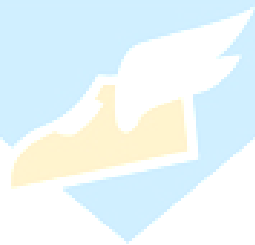
PLEASE PRINT!

Printed Coaches First & Last Name

Printed School Name

CROSS COUNTRY

**2A Region 2
1A, 2A, 3A Region 1**



Course Map

