

## Coaches Information for the Alligator Lake Invitational

Coaches please look over all the information for this weekend's XC meet.

- Address Alligator Lake Park 420 SE Alligator Gln, Lake City, FL 32025

-Parking: If you are bringing a bus please let us know. If you have your FHSAA coaches' card (We will accept previous years coaches' card) have it out so you will not get charged to park. If you pick up your packet Friday, I can give you a parking pass so you will not have to pay. If you do not have a coach's card, please pay for parking and when you pick up your packet ask for reimbursement. I am sorry to ask you to do this but every year we have a lot of people saying they are coaches when they are not to get out of paying for parking. The people collecting money at parking are also volunteers just doing what they have been asked to do.

-Packet Pick up will be at the pavilion near the finish line. You can pick up Friday or Saturday.

-Timing provided by Half-Mile Timing. We will be using chips; you will need to check them out and check them back in before you leave. A lost chip is \$20 to replace, we would like the chip back not the money so please do not leave with them. This will be under the pavilion where you pick up your packet. Please bring your chips back in the zip lock bags.

**Bib numbers must be worn on the front of the jersey. You will be disqualified for wearing the bib number anywhere else but on the front of the jersey! Club teams, girls must wear a jersey, do not run in just a sports bra!**

-Waiver: Each team needs to have a waiver signed. I only need 1 waiver signed by the head coach of each boys' team and each girls team. If you are the head coach of both then 1 waiver for both will be fine. You can find the waiver by clicking this link: <http://b3rsports.com/wp-content/uploads/2020/07/2020-B3R-Sports-Waiver-AGL.pdf> I only need the signed 2<sup>nd</sup> page. I will have a few extra on hand should you forget. But I cannot give you your packet without you signing a waiver.

-Races: The Friday Varsity FHSAA race you can run your entire roster, Saturday FHSAA races you can run up to 10 athletes. However, just because you can run 10 does not mean you should. We will pull any runners off the course should they get caught by the race behind them for the first two FHSAA Varsity races. If they cannot run under 25 minutes for boys 30 for girls, they should be in the JV race! For the High School club race, you can run unlimited runners since we do not have a JV Club race. We will do our best to hold off the middle school races so that they do not mix. However, if your athlete runs over 30 minutes please understand they may get caught by the next race.

-Time Schedule

-Course will be open Friday to preview from 3pm- 6pm

-Schedule

### Schedule

SEPTEMBER 19 2020

Friday Packet Pick up	3:00 p.m.-6:00 p.m.	Saturday Gates Open	5:30 a.m.
HS/MS/ ELE Course Preview	3:00 p.m.-5:00 p.m.	HS Boys Varsity Invite 5K	7:20 a.m.
HS Boys Varsity / JV	4:00 p.m.	HS Girls Varsity Invite 5K	7:40 a.m.
HS Girls Varsity / JV	4:30 p.m.	HS Boys Club	8:10 a.m.
College Men	5:00 p.m.	HS Girls Club	8:40 a.m.
College Women	5:30 p.m.	HS Girls & Boys JV 5K	9:10 a.m.
Gates Close	7:30p.m.	Boys Middle School 3k	9:50 a.m.
		Girls Middle School 3k	10:10 a.m.
		Elementary Combined 2K	10:30 a.m.

**Starting Boxes:** Starting boxes are first come first serve. For the start, please let a parent or assistant coach stand in the team box. In the starting cone is where we would like teams to hangout before the start of the race. Do your strides toward the first turn and stretching and normal team rituals on the wide open starting cone area. The starter will announce 1 minute till the start. Then your team needs to immediately head to the starting line. The boxes will only be wide enough for 2 maybe 3 bodies per team on the line. Please stack your additional athletes behind those front 2-3. The starting process will happen quickly so please let your athletes know to be ready to go. NO RUNOUTS once the team is on the line.

-Team camps can be anywhere on the park except by the finish line. Please keep the team tent areas spread as far apart as possible. There is plenty of room to spread out.

-Mile Markers; we will have a clock at the two-mile marker but not the 1 mile.

-Trainer: We will have a trainer onsite. The trainer is only there in case of an emergency. Emergencies would be a heat related issue, broken bone, or something the AED would be needed for. We will have ice only for broken bones and or heat related issues.

-Water: We normally have a big cooling fan and water at the finish. This year we will NOT hand out any water! Coaches and your athletes are in charge of bringing your own team water cooler and athletes bringing their own water bottles. AGAIN, WE WILL NOT PROVIDE ANY WATER!

**Awards:** 30 minutes after the race is complete (FHSAA Rule 30-minute Protest period) we will announce the top 10 athletes can come get their awards under the pavilion. We will hand them out individually and take a quick picture in front of our B3R Sports banner under the pavilion. Team awards, we will call for the coach of the top 2 teams to come get their team award. If the coach chooses to bring their team then we will take a team photo in front of the B3R Sports Banner. This is the coaches and his team's choice.

\$20 event t-shirt



\$3 event collectible Pin



-Results can be found here <http://b3rsports.com/2020-alligator-lake-invitational/> by clicking on the results button.

-There are restrooms located in the parking area as well as portable toilets near the course.

-There will be concessions provided by Salsa Boricua. We will have their breakfast menu up on our website.

-Tropical Sno will be on site selling snow cones

-After the event is over within 24 hours you can view free pictures of the event and a few days after the event you can find free videos of the event here <http://b3rsports.com/2020-alligator-lake-invitational/>

-If there are any issues with weather information will be posted on twitter @b3r\_sports

-Please be polite to the volunteers that are helping, if there are any issues or concerns please e-mail [dusty@b3rsports.com](mailto:dusty@b3rsports.com) after the event.

-Course Maps; All of our course maps are on our website and can be found on this link <http://b3rsports.com/2020-alligator-lake-invitational/>

