

Coaches Information for the Florida Youth XC Championships

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

- Address: Alligator Lake Park 420 Se Alligator Gln Lake City, Florida 32025

-Parking: 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 pick up your packet Friday, then please pay Saturday morning 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 under the pavilion. 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!**

-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/2020-florida-youth-xc-championship/> I only need the signed 2nd page. I will have a few extra on hand should you forget. But I cannot give you your packet without you signing a waiver

-Time Schedule

-Course will be open Friday to preview from 2pm- 5pm

-Schedule

Schedule

Friday Packet Pick up	2:00 p.m.-5:00 p.m.
Gates Close	7:00p.m.
Saturday Gates Open	6:00 a.m.
Saturday Packet Pick up	6:00 a.m.-9:00 a.m.
Middle School Team & Club Girls 3k	8:00 a.m.
Middle School Team & Club Boys 3k	8:30 a.m.
Elementary School Team & Club Girls 2K	9:00 a.m.
Elementary School Team & Club Boys 2k	9:20 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. NO RUNOUTS once the team is on the line.

-Team Camps: Please do not set up any team camps near the finish line area or right beside the course. There is plenty of room in the park to spread out the team tents.

-Mile Markers; We will have the meter markers out for middle school which will be gators and the elementary school will be the little kids.

-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 oversee bringing your own team water cooler and athletes bringing their own water bottles. AGAIN, WE WILL NOT PROVIDE ANY WATER!

-Awards Top 2 individuals will receive trophies, 3-10 in each division will receive medals 11-50 in each division will receive ribbons. 30 minutes after your athletes' race is over, they can pick up their award and get their picture taken. Due to Covid-19 safety protocols we will not do a awards ceremony at the end. Athletes must pick up their award before they leave, we will not mail any awards out.

-Results can be found here <http://b3rsports.com/2020-florida-youth-xc-championship/> by clicking on the results button. If you bring this up on your phone you will have a live run clock synced with our official time. The results will populate as the runners' finish.

-Tropical Sno will be on site selling snow cones

-After the event is over within 48 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-florida-youth-xc-championship/>

-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 after the event.

-Course Maps; I am going to adjust the course this week to make Alligator Lake which is normally a 1600m and 3200m a 2k & 3K distance. I will post the updated course maps Thursday and can be found here; <http://b3rsports.com/2020-florida-youth-xc-championship/>

