

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	5:15 a.m.
Saturday	
Coaches Meeting	7:00 a.m./ Online
Girls 4A R1	7:20 a.m.
Girls 3A R1	7:50 a.m.
Boys 4A R1	8:20 a.m.
Boys 3A R1	8:50 a.m.
Awards	Following the last race

-The starting boxes will be listed on Tuesday November 3rd <http://b3rsports.com/2020-fhsaa-3a-4a-region-1/> . 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 under the pavilion on Friday and Saturday. You will return the timing chips back to the pavilion. 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. We also have one on our website <http://b3rsports.com/2020-fhsaa-3a-4a-region-1/>

-Results will be on <http://b3rsports.com/2020-fhsaa-3a-4a-region-1/> We will have a split mat at the 2.2k and it will populate your team scores just before half way on the course. There will be a run time that is synced with the clocks at the finish, if you have your phone on the results link you will know the running time anywhere on the course.

-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 \$10 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.

- We will allow athletes and teams to pick up their awards 30 minutes after the completion of their race.

-Team tent areas: You can place your team tents anywhere in the park except near the finish line area and right beside the course.

-We will have trainers on site located at the finish. They are there for medical emergencies only. **Shin Splints are 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.

-Water: We will not be handing out water at the finish this year, it is the coaches job to ensure their athletes are well hydrated before the race and provide water for their athletes after the race is complete.

-Pictures will be loaded to <http://b3rsports.com/2020-fhsaa-3a-4a-region-1/> after the race for coaches, athletes and parents to view for free.

-Tommie Turner will be our FHSAA starter, if there is a rules question please ask him first. Dusty Smith will be the official at the finish line, you can ask him any rules questions as well.

-For any timing issues please find Tommie or Dusty take a written statement with your issue to them and they will get in touch with the timer. Please put a cell number or email so they can get in touch with you.

-4.5.2.2.4 Advancement of Teams and Individuals

(b) Regional Meet to Florida High School State Championship Series.

The first four (4) placing teams and the top four (4) placing individuals who are not members of an advancing team shall advance to the Florida High School State Championship Meet. A runner who qualifies as 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!

CROSS COUNTRY

2A Region 2

1A, 2A, 3A Region 1

Printed Coaches First & Last Name

Printed School Name

