

Coaches Information for the Alligator Lake Invitational (**NEW LOCATION THE OAKS EQUESTRIAN CENTER**)

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

- Address The Oaks Equestrian Center 211 SW Theodore Oconner Cir Lake City, FL 32024

-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 Saturday morning 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 lime green trailer by 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. 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 teams then 1 waiver for both will be fine. You can find the waiver by clicking this link: <http://b3rsports.com/wp-content/uploads/2021/09/B3R-Sports-Waiver-B3R-INVITE-2021-1.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 Varsity FHSAA races you can run up to 10 athletes, 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! JV races, the boys have a 30-minute head start and have around 50 minutes to complete the race without being caught by the girls JV. JV girls have a 40-minute head start on the middle school race. Because the middle school course is shorter the JV girls also have around 50 minutes to finish their race before the middle school boys are catching them. We will do our best to hold off the middle school races so that they do not mix. However, if your athlete runs over 50 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**

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	7:30 a.m.
College Men 5K	5:30 p.m.	HS Girls Varsity Invite 5K	7:55 a.m.
College Women 5K	6:00 p.m.	HS Boys JV 5K	8:25 a.m.
Gates Close	7:00p.m.	HS Girls JV 5K	8:55 a.m.
		Middle School Boys 3K	9:30 a.m.
		Middle School Girls 3K	9:50 a.m.
		Elementary Girls & Boys 2K	10:25 a.m.
		HS Green (Unattached/Club Race)	10:45 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 to hold your box. Since Covid is on the rise again, if teams can stand in the starting cone (large, mowed area at start) until the starter whistles to make your way to the starting line. That way we can have the as little time as possible on the starting line as a big group.

-Team camps will be located as soon as you walk through the fence leading to the course on the left. You will see all of the portable toilets.

-Mile Markers; we will have a clock at the two-mile marker but not the 1 mile. There will also be a clock on the starting tower and at the finish line.

-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. Shin Splints, and any athletes needing to be wrapped should either not run or you will need to bring your own trainer for those services.

-Water: When the athletes finish, we will have a big tent with a cooling fan to help cool the athletes down and provide a cup of water. After the athletes exit the tent you the coach is responsible for providing the athletes with water or Gatorade. Coaches, YOU NEED TO BRING A COOLER WITH WATER OR WATER BOTTLES FOR YOUR ATHLETES.

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 by the green trailer located by the finish. We will hand them out individually and take a quick picture in front of our B3R Sports banner by the course exit tent. 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.

College, Varsity, Middle School & Elementary Top 2 teams get trophies, 1<sup>st</sup> & 2<sup>nd</sup> individual gets a trophy 3<sup>rd</sup>-10<sup>th</sup> get medals, 11<sup>th</sup>-50<sup>th</sup> receive ribbons. JV Top 2 teams get awards, 1<sup>st</sup>-3<sup>rd</sup> get medals and 4<sup>th</sup>-25<sup>th</sup> receive ribbons.

\$20 event t-shirt

\$3 event collectible Pin



-Results can be found here <http://b3rsports.com/2021-alligator-lake-invitational/> by clicking on the results button.

-There will be concessions provided by Going Butts BBQ. 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/2021-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.

- After the event is over within 24 hours you can view free pictures of the event and a 48-72 hours after the event you can find free videos of the event here <http://b3rsports.com/2021-alligator-lake-invitational/>

-Course Maps; All of our course maps are on our website and can be found on this link <http://b3rsports.com/2021-alligator-lake-invitational/>

Scan with your camera phone to be redirected to our social media.



INVITATIONAL  
SEPTEMBER 18, 2021