

Coaches Information for the Alligator Lake Invitational

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

- Address 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 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. Parents will have to pay \$10 per car. We have several prepay options on the Parent Information tab on the event page. Please encourage these prepay options.

-Packet Pick up will be under the pavilion.

-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/2020/07/2020-B3R-Sports-Waiver-AGL.pdf> 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.

-Races: We have combined the varsity and JV into one race.

-Time Schedule

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

-Schedule

Schedule

We will run HS girls together and HS boys together. There will not be separated Varsity and JV race

Schedule

Tuesday Gates Open	3:00 p.m.
Elementary Combined 2k	4:00 p.m.
Middle School Boys 3K	4:30 p.m.
Middle School Girls 3K	5:00 p.m.
HS Boys 5K	5:30 p.m.
HS Girls 5K	6:15 p.m.
Awards	6:50 p.m.
Tuesday Gates Open	3:00 p.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.

-Team camps; Please do not set up right beside the finish line or the course. The course is marked with white paint, please leave 10-15 feet from the white paint to your team camp.

-Mile Markers; We will have mile and K markers out on the course.

-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 cups of water being handed out to the athletes at the finish. After the athletes exit the tent you the coach are 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: Will follow the end of the Girls Varsity Race

Varsity, Middle School & Elementary Top 2 teams get trophies, 1st & 2nd individual gets a trophy 3rd-10th get medals, 11th-50th receive ribbons.

\$3 event collectible Pin



-Results can be found here <http://b3rsports.com/2022-alligator-lake-invitational-2/> by clicking on the results button.

-Tropical Sno will be on site selling snow cones

-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; All of our course maps are on our website and can be found on this link <http://b3rsports.com/2022-alligator-lake-invitational-2/>

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



14TH ANNUAL
ALLIGATOR LAKE
2022
INVITATIONAL OCTOBER 1ST