

## Coaches Information for the Florida Horse Park Invitational

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

-Address Florida Horse Park. 11008 S Hwy 475, Ocala, FL 34480

-Parking: We will have parking attendants assist you. 15 passenger vans and school vans clearly marked; you can also park in the bus parking area. If a coach is driving separately in a personal vehicle, if you have your FHSAA coaches' card have it out so you will not get charged to park. If you pick up your packet on 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 lime green trailer in the front door located beside the finish line.

-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 at the lime green trailer 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-FHP.pdf> I only need the signed 2<sup>nd</sup> page. I will have a few extras 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.
Course Preview	3:00 p.m.-6:30 p.m.	HS Boys Varsity Invite 5K	7:20 a.m.
Gates Close	7:30p.m.	HS Girls Varsity Invite 5K	7:40 a.m.
		HS Boys JV 5K	8:10 a.m.
		HS Girls JV 5K	8:40 a.m.
		Boys Middle School 3k	9:20 a.m.
		Girls Middle School 3k	9:40 a.m.
		Elementary Boys 2K	10:10 a.m.
		Elementary Girls 2k	10:25 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.

-Team camps will be in the fenced in area located near the start and finish. Please do not set up tents outside of the team tent area so we can keep the field clear for spectator viewing. There is plenty of room to spread out. There will be equestrian events going on in nearby arenas. Please ask your athletes not to go near the equestrian events.

-Mile Markers will have clocks running and we will have 13' tall towers to mark the mile markers. Meters will be marked as well but will not have a clock.

-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. There will be an Ambulance for any emergencies as well.

-Water: When the athletes finish, we will have a big tent athletes can cool down in for a little bit 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 under the white tent. We will hand them out individually and take a quick picture in front of our B3R Sports banner near the big white tent. Team awards, we will call for the coach of the top 2 teams to come get their team award. If possible, please bring your team with you so we can get a picture of the entire team.

-Results can be found here <https://b3rsports.com/2023-florida-horse-park-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 Yummy BBQ & Grill. We will have their breakfast menu up on our website.

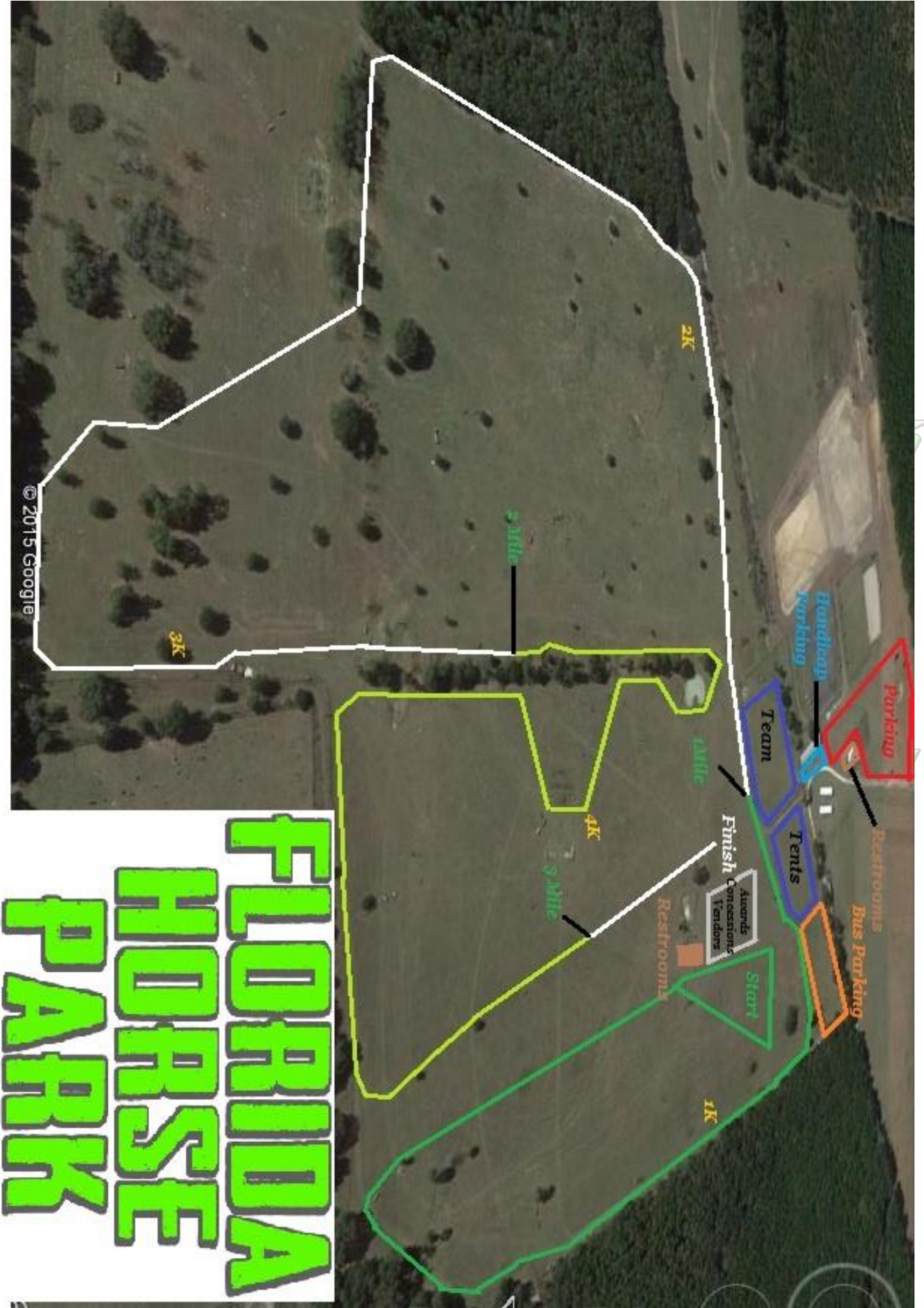
-Tropical Sno will be on site selling snow cones

-After the event is over within 24 hours you can view free pictures of the event and 48-72 hours after the event you can find free videos of the event here [www.runflorida.com](http://www.runflorida.com) Run Florida Youtube Channel

-If there are any issues with weather information will be posted on X (Formally 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.

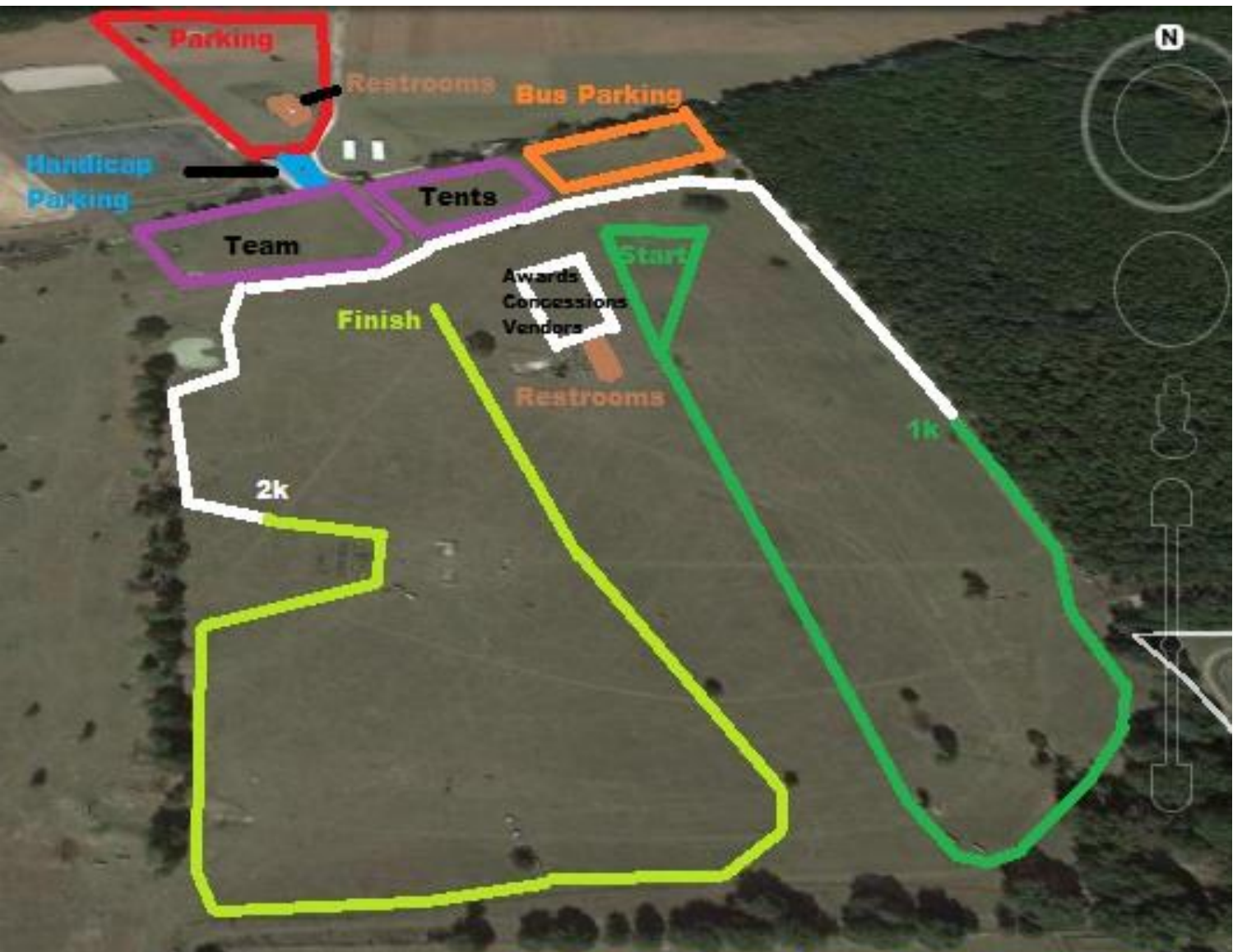
The below picture is the 5k course. Please make sure you are not on the course when watching the runners.



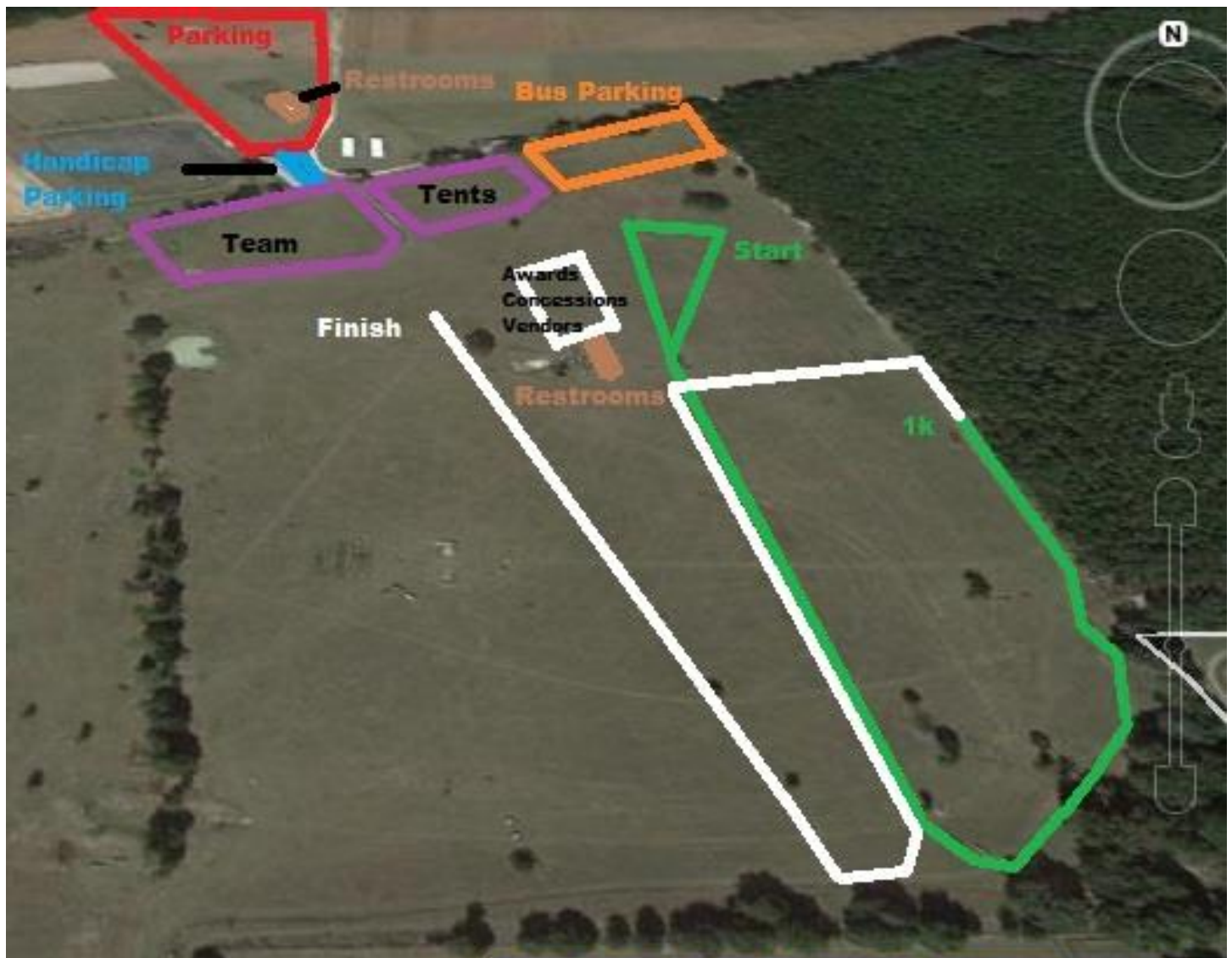
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