

Coaches,

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

Gates Open 6:00 a.m.
Coaches Meeting 7:30 a.m./ Online
Girls 1A D3 8:00 a.m.
Boys 1A D3 8:45 a.m.
Awards Following last race

Starting Boxes

Box Assignments

Box #	Girls	Boys
1	Bronson	Hernando
2	St. John Lutheran	Redeemer Christian
3	Meadowbrook	Trenton
4	Oak Hall	St. John Lutheran
5	Wildwood	Bell
6	Bishop Mclaughlin	Penial Baptist
7	P.K Yonge	Bronson
8	First Baptist	Meadowbrook
9	Chiefland	Branford
10	Redeemer Christian	Wildwood
11	Bell	P.K. Yonge
12	Mount Dora Christian	Seven Rivers
13	Seven Rivers	First Academy
14	Trenton	Cedar Key
15	Hernando	Bishop Mclaughlin
16	St. Francis	St. Francis
17	Trinity Catholic	Chiefland
18	Branford	Mount Dora Christian
19	First Academy	Oak Hall
20	Penial Baptist	Trinity Catholic
21	Cedar Key	First Baptist

-Half-Mile Timing will be timing, you can pick up your packets with bib numbers and timing chips under the pavilion. You will return the timing chips back to the pavilion after the event. 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.

-The course map you will need to print out before the meet. That can be found on the event page under the Course Map icon.

-Results will be on <http://live.halfmiletiming.com/meets/598/events>

- Awards will follow the completion of the boy's race.

-Team tent areas: There is plenty of room to spread out. Please do not put your tent right next to the course. The Course is clearly marked in the park.

-We will have ice in case of an emergency, shin splints are not considered an emergency and we will not be wrapping any athletes after the races. If your athletes are used to this, you will need to bring your schools trainer with you.

-Ron Norris/ Tommie Turner will be our FHSAA starter& Meet Official. Any questions about a rule will need to go to either of those two individuals.

-For any timing issues please find Ron or Tommie. Have your discrepancy written down so they can hand it to the timer. Once the timer has evaluated the discrepancy Tommie or Ron will let you know the outcome.

-Advancement from District to Regionals; top 8 teams and top 4 individuals not on a team will advance on. FHSAA Rule 4.5.2.3.4

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. We only need the signed second page not the first page.

PLEASE PRINT!

CROSS COUNTRY

IA DISTRICT 3

Printed Coaches First & Last Name

Printed School Name(Not school Abbreviation)

