

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 pick up your packet on Friday, I can give you a parking pass so you will not have to pay. The FHSAA did not give out coaches cards this year. I will stay out at the parking entrance as long as I can to let in all of the coaches I know. IF I (Dusty) have already headed to the park to get ready for the events, 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. The two options will be cash or GoFan. Please refer your parents to the parent's information on our website.

-Packet Pick up will be under the pavilion. 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/2020/07/2020-B3R-Sports-Waiver-AGL.pdf> I only need the signed 2nd 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 catch 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	6:00 a.m.
HS/MS/ELE Course Preview	3:00 p.m.-6:00 p.m.	HS Boys Varsity Invite 5K	7:40 a.m.
Gates Close	6:45p.m.	HS Girls Varsity Invite 5K	8:00 a.m.
		HS Boys JV 5K	8:30 a.m.
		HS Girls JV 5K	9:00 a.m.
		Middle School Boys 3K	9:40 a.m.
		Middle School Girls 3K	10:00 a.m.
		Elementary Girls & Boys 2K	10:20 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; 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, 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 pavilion. We will hand them out individually and take a quick picture in front of our Alligator Lake banner under the pavilion. 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 Alligator Lake Banner. This is the coaches and their team's choice.

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

\$25 event t-shirt



-Results can be found here <https://b3rsports.com/2023-alligator-lake-invitational/> by clicking on the results button.

-There will be a food truck on site with food. 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 www.runflorida.com

-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 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 www.runflorida.com

-Course Maps; All of our course maps are on our website and can be found on this link <https://b3rsports.com/2023-alligator-lake-invitational/>



15th ANNUAL
ALLIGATOR
LAKE INVITATIONAL
OCT 7, 2023

The graphic features the event title in a large, bold, sans-serif font. The text is rendered in a light, semi-transparent style with a yellow-to-white gradient and a subtle shadow effect. The background of the text is a soft, horizontal gradient of light blue and white, suggesting a sky or water surface. The date 'OCT 7, 2023' is positioned to the right of the word 'LAKE'.