

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

**-PLEASE ASK YOUR ATHLETES BEFORE THEY RUN IF THEY HAVE HYDRATED THEMSELVES AND HAD SOME KIND OF FOOD. LAST YEAR WE DID GOOD WITH ONLY ONE RUNNER GOING DOWN. BUT THE 4 YEARS PREVIOUS WE HAD 4-6 GO TO THE HOSPITAL ALL BECAUSE OF LACK OF FOOD AND WATER.**

**-COACHES, YOU ARE IN CHARGE OF BRINGING A COOLER WITH WATER FOR BEFORE AND AFTER THE RACES. WE PROVIDE A CUP OF WATER AT THE FINISH TO GET THEIR MOUTH WET AND COOL DOWN. WE ARE NOT IN CHARGE OF PROVIDING 3-5 CUPS PER ATHLETE!**

-Parking: We will have parking attendants assist you. Buses, 15-passenger vans, and school vans that are clearly marked. Once you turn into the park, you will be directed to turn left. Any unmarked vehicles and parents will be directed to the right. Please do not stop at the entrance and hold traffic on the road up. This year, I will email 1 parking pass per gender through GoFan. If you need an additional parking ticket emailed to you for a coach (not a parent driving athletes), please email me ([dusty@b3rsports.com](mailto:dusty@b3rsports.com)) by Wednesday night. The head coach can then transfer a ticket to another coach, so they do not have to pay for parking.

-Timing provided by Half-Mile Timing. This year, we will be switching over to the bib chip. There will be no need to return any chips after the race this year. Bib numbers must be worn on the front of the jersey; do not fold the bib numbers. 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! If you have an athlete missing from the results. Please write down the athlete's name, bib number, and the time they finished. Then take it to the timer. Do not wait until the timers are packed and ready to leave or email later in the afternoon or a few days later. **Any athlete not in the results 30 minutes after the elementary race finishes will not be added!**

-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	6:45p.m.	HS Girls Varsity Invite 5K	7:40 a.m.
<b>DO NOT COME AFTER</b>		HS Boys JV 5K	8:10 a.m.
<b>6:45p.m.!!!!!!</b>		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. **DO NOT SET UP TENTS IN BUS PARKING AREA!**

-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 on-site. The trainer is only there in case of an emergency. Emergencies would be a heat related issue, a 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. There will be an ambulance on site; they are also there for emergencies. Needing ice; or athletes wrapped up for shin splints, is not an emergency.

-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 by clicking here: [Results](#).

-There are restrooms located in the parking area as well as portable toilets near the course. Some teams purchased their own personal portable toilet. Please make sure your kids do not use a rented toilet purchased by another team.

-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

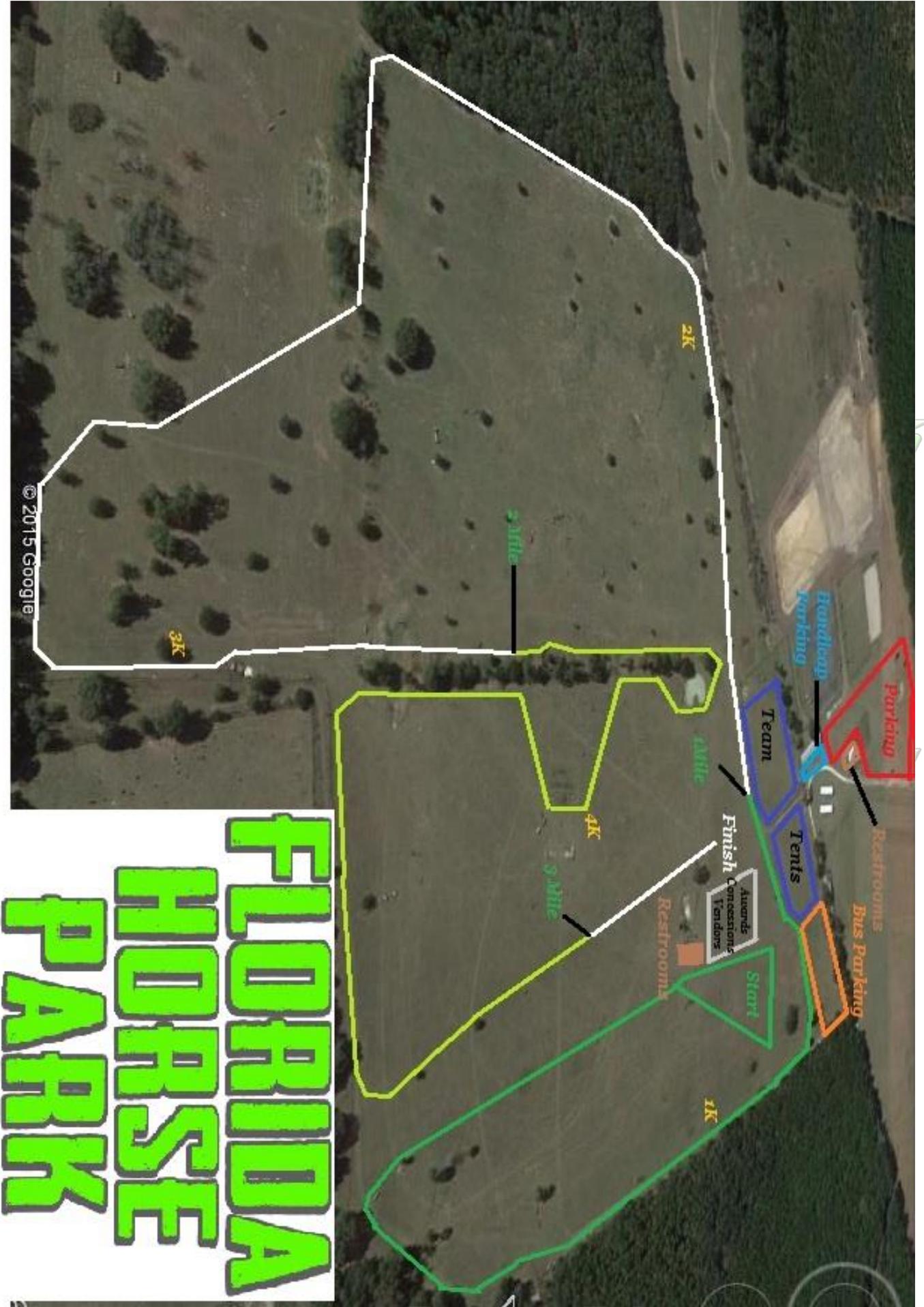
-After the event is over within 24 hours you can view free pictures of the event and 48-72 hours after the event you can find free videos of the event here [www.runflorida.com](http://www.runflorida.com) Run Florida YouTube Channel

-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.





# FLORIDA HORSE PARK

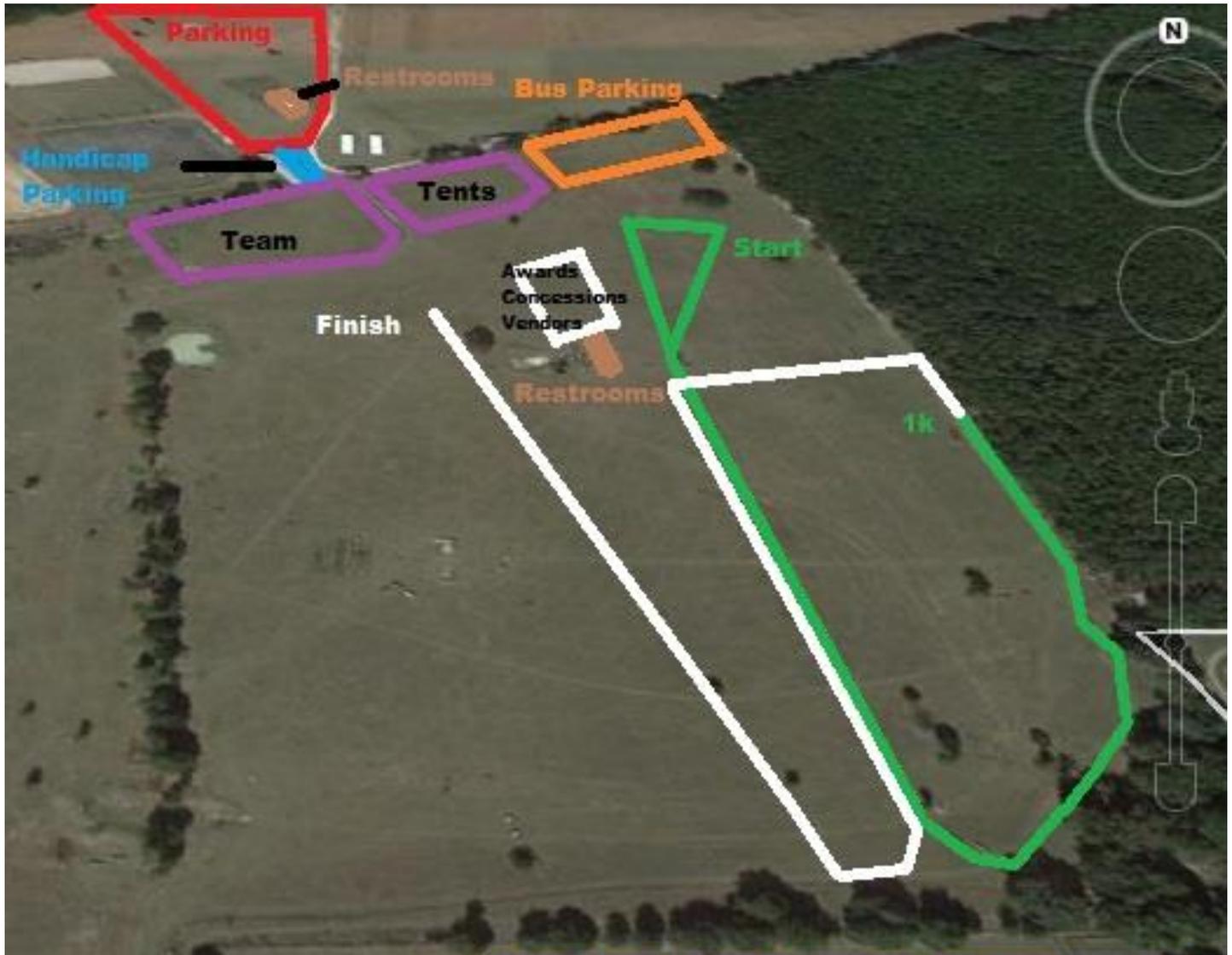
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