

## 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: Coaches, 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) by Wednesday night. The head coach can then transfer a ticket to another coach, so they do not have to pay for parking. School and charter buses. We will have you pull into the circle drive to unload your athletes. Please do not stop until you have pulled all the way into the circle drive so that you do not block the cars coming in to park. We will then have you drive back out of the park and park up the hill at the Church of Jesus Christ of Latter-day Saints. Address: **909 SE Country Club Rd, Lake City, FL 32025**. Please park in the back lot of the church. We will have a shuttle going back and forth for the drivers. The shuttle will be in the circle drive when it is time to go back to the church.

-Packet pick-up will be under the pavilion. You can pick up your packets on Friday from 3 pm-6 pm. Packet pick-up will resume Saturday morning as soon as the gates open.

-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: **DO NOT SCAN THEM AND EMAIL THEM TO ME MUST BRING PAPER COPY TO THE EVENT.** 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: <https://b3rsports.com/wp-content/uploads/2020/07/2020-B3R-Sports-Waiver-AGL.pdf> I only need the signed 2<sup>nd</sup> page. I will have a few extras on hand should you forget.

-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

		<b>Schedule</b>		
Friday Gates open	7:00 a.m.	Saturday Gates Open/Package Pick-Up	6:00 a.m.	
College Packet Pick-up	7:00 a.m.	HS Boys Varsity Invite 5K	7:40 a.m.	
Men's College 8k	8:00 a.m.	HS Girls Varsity Invite 5K	8:00 a.m.	
Women's 5K	9:00 a.m.	HS Boys JV 5K	8:30 a.m.	
Awards to follow Women's Race		HS Girls JV 5K	9:00 a.m.	
Packet Pick-up for Saturday's Races	3 p.m.-6 p.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-served. At the start, please let a parent or assistant coach stand in the team box to hold your box.

-Team camps: You can set up anywhere in the park near the playground and volleyball court. Please do not set up right next to the course and or near the finish line area. **DO NOT SET UP IN THE PARKING LOT AREA!**

-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 where the AED would be needed. 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, they need to take their one cup of water from the finish area and exit out of the finish line area. After the athletes exit the 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 that 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, 1<sup>st</sup> & 2<sup>nd</sup> individual gets a trophy, 3<sup>rd</sup>-10<sup>th</sup> get medals, 11<sup>th</sup>-50<sup>th</sup> receive ribbons. JV Top 2 teams get awards, 1<sup>st</sup>-10<sup>th</sup> get medals, and 11<sup>th</sup>-50<sup>th</sup> receive ribbons

-Results can be found here <http://live.halfmiletiming.com/meets/843/events> . They will also be on <https://b3rsports.com/2025-alligator-lake-invitational/>

-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 hour,s 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](http://www.runflorida.com)

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

-Course Maps; All of our course maps are on our website and can be found on this link <https://b3rsports.com/2025-alligator-lake-invitational/>