

# 20<sup>th</sup> Annual Salem Early Bird Cross Country Invitational

## Coaches Instructions

Thank you for entering the 20<sup>th</sup> Annual Salem Early Bird Cross County Invitational. We are looking forward to kicking of the 2022 season with you & your athletes. Below are few of our meet policies and directions. Also attached is a list of starting line assignments. Please have your driver park in the lot accessed from Sunset Boulevard. Your coaches packet can be picked up at the scoring trailer parked near the finish line. Thank you again for participating.

### 1) Arrival

Team busses and other transportation must park in the lot located at the end of Sunset Blvd. or the Salem High School parking lot. Team camps may be places anywhere in the park but must be at least 10 meters off the race course itself. Camp are also not permitted near the start or finish areas. Tents may be used but must be firmly staked down.

### 2) Restrooms

There are two restroom facilities at the park. One near the Band Shell and the other near the pond. Each building has a Ladies' & Men's side. It is recommended that those using the restrooms carry a personal hand sanitizer.

### 4) Coaches packets

Packets containing competition "Bib" numbers can be picked up at the table near the timing trailer. The packets will only contain numbers and pins. One map will be provided per team. Maps may also be downloaded from [OH.MileSplit.com](http://OH.MileSplit.com). Bib numbers must be worn on the front upper torso (chest) in order to be visible to the timing equipment at the finish. Starting box positions will also be posted on Baumspage.

### 5) Reporting to the Starting Line

Coaches will send their entire boys or girls team to the starting line 10-15 minutes prior to race time. Teams of 5 or more runners will be scored in team placement. All participants finishing will be recorded with an overall individual placement & time results.

Runners should report properly uniformed and ready to compete. A team representative shall immediately collect & remove any articles left behind by the participants such as warm-up suits, t-shirts, face masks, water bottles, etc.



## 6) The Start

Runners will silence for starter instructions. There will then be a long whistle blow followed by the dropping of the flag and firing of the gun. If the starter witnesses a false start or falling of a runner in the first 100 meters caused by contact, they will fire the gun a second time to stop the race and recall all runners for a restart.

## 7) The Race

Any runner who choose not to the use wet creek crossing may exit the course and utilize the adjacent foot bridge then re-enter the course at the next directional flag. The high school race utilizes the nature trail located behind the bus parking area. The segment entering and exiting the woods may have competitors running in 2 directions. This means runners **must keep to their left** when on this section to avoid interference with approaching competitors. There will be signage in this section as a reminder but please make your athletes aware. Race clocks will be positioned at the 1 & 2 mile marks & the finish line. Cups of water will be available at the point of entry and exit of the woods.

## 8) The Finish

All finish evaluation will be done using cameras. There will be no finish chute present and no tear- offs or chips to be collected. Finishing runners are to cross the line and immediately exit the finish area in a direction counter to the finish line. The finisher's competition number must be visible when crossing the line to properly identify them. Advise your athletes to not finish directly behind another runner or cover their number in any way. The most common cause for this is an arm blocking the number while reaching for their wrist watch. Water will be distributed after exiting the finish zone. Only competitors are allowed in the finish area but it is recommend that schools provide a designated person to assist with distressed finishers of their team only.

## 9) Results

To promote distancing, all results will only be posted electronically. Live results can be accessed at <http://timingcrew.com> . A link to this will also be present on ***OH.MileSplit.com*** under ***Calendar ~ Salem Early Bird Invitational.***

## 10) Awards

Awards to the winning & runner-up team will be announced and distributed immediately following after the results are final and the 20 minute protest time has expired.

## 11) Conclusion

Thank you again for choosing to participate and we wish you and your team much success this season.

Sincerely,

*Salem High School Athletic Dept.*

*Salem Early Bird Meet Management*