

2011 MAINE XC FESTIVAL OF CHAMPIONS
COACH'S INSTRUCTIONS

1. Please check the roster on the front of your packet to make sure that all of your athletes are listed. List scratches on the scratch form in your packet and turn it in ASAP (no later than 10:00 AM).
2. Each runner should have a bib with their name and school, 2 competition hip numbers, and a timing chip. The bib with their name should be worn on the front of the singlet, while the competition hip numbers should be pinned on the shorts, one on each side. If your athlete does not have a bib, have one made up at the finish line tent. Make sure that hip numbers are centered on the seam of the shorts and that they are secured with 4 pins. These are the numbers that the FinishLynx camera is taking a picture of. Please make sure that the number is not obscured by the athlete's shirt. Tuck in shirt if necessary. The timing chip should be secured to the athlete's shoe with the twist tie provided or the laces of the shoe.
3. Runners are timed to the hundredth of a second and evaluated on the torso using the FinishLynx camera. The timing chip is the backup system. The timing chips should be returned in the plastic bag provided with a copy of your roster. Schools will be assessed a fee of \$10 per non-returned chip.
4. IT IS VERY IMPORTANT THAT ATHLETES RUN IN THE HEAT FOR WHICH THEY WERE SEEDED.
5. There will be a coaches and captains meeting near the finish chute at 10:45 AM. The national anthems will be played starting at 11:10 AM.
6. For the unseeded and freshman heats, teams must check-in with their coach with all team members in that race present. Teams will be assigned alphabetically to one of four check-in tables. These races will have a mass start and each team will not have an assigned box. For the unseeded heats, boys seeded 21:30 or faster and girls seeded 27:30 or faster should be on the front line. For the freshman races, everybody should fit on the starting line.
7. For the seeded races, runners will be called to the starting line 15 minutes before the start of their race and teams will be introduced starting with Box 1.
8. Please remind your athletes of the no jewelry and uniform rule, and that they are not allowed to take any part of their uniform off in the competition area (this includes the finish area).
9. It is very important for you to emphasize with your runners that they should run through the finish line, and not slow down or stop on the line. We are using FinishLynx as the official timing/order of finish device. If someone stops on the line the image may not be readable. Tell your athletes to run as if the finish line were 10 feet beyond the actual finish line. Please tell the head timer if one of your runners starts but does not finish.

10. We will continue to use a finish corral instead of a chute system. The FinishLynx cameras will be taking pictures as they cross the finish line. Runners should move quickly through the corral. **COACHES AND SPECTATORS ARE NOT ALLOWED IN THE CORRAL AREA.**
11. The meet will be scored by combining the unseeded heat, the freshman heat, and the seeded heat. The fastest 5 runners score, 6 and 7 displace. You do not need to declare who your top 7 are. You do not need 5 runners in the fast heat to get a team score, just 5 runners from the 3 heats combined.
12. Remind your runners that they are not allowed to wear spikes in the gym.
13. The Belfast cross country team will be selling meet t-shirts, sweatshirts, hats, and shoe bags. Cash and checks are accepted. There will also be a food concession.
14. Pets are not allowed anywhere on the school campus.
15. We should have photocopied results for you at the awards ceremony. They will be sent to area newspapers and will also be on the meet website.