

**2020 MAINE XC FESTIVAL OF CHAMPIONS**  
**COACHS' INSTRUCTIONS**

1. Seeded entries are due Saturday, September 26 @ 8 PM. Use the meet events file on the cross country page of sub5.com. Seed up to 7 runners for each gender and everyone must have a predicted 5K seed time.
2. The meet entry fee is \$75 per school. Make checks payable to "Brewer High School" and put "Festival of Champions" on the memo line. Mail to Glendon Rand, Brewer High School, 79 Parkway South, Brewer, ME 04412.
3. Meet schedule:  
9:30 AM - buses arrive, drop boys off, take girls off-site  
11:00 AM - boy's race starts  
Noon - boy's awards (top 20 individuals, top 2 teams)  
12:30 PM - buses drop girls off, take boys off-site  
2:00 PM - girl's race starts  
3:00 PM - girl's awards (top 20 individuals, top 2 teams)  
3:30 PM - buses return to pick up girls
4. One off-site location that you can use is the Belfast High School track and field complex. You can put up tents if you want (20 feet away from other teams) and there will be bathrooms available.
5. You can have one coach at the meet and one coach at the off-site location. No spectators are allowed at the event. If athletes are self-transporting they will be directed to a parking location. If they are being driven by someone else, the driver should let the athlete out and then leave the premises. Team tents must be 20 feet away from other team's tents.
6. Everyone should wear a face covering at all times with the following exceptions - athletes when they are doing their warm-up and during their race. Athletes should come to the starting line wearing a disposable mask which will be discarded in trash cans right before the start, or they can put their mask in a zip-loc bag and hand it to a coach, or they can race with the mask. Coaches and officials will wear masks at all times and will adhere to physical distancing requirements.
7. Each race will have two wave starts. The fastest 35 runners will be in Wave 1 and the rest of the runners will be in Wave 2. Runners will be 6 feet apart on the starting line and the second wave will start 30 seconds after the first wave.
8. Please check the roster inside your packet to make sure that all of your athletes are listed. If you have any meet day changes, communicate them to Brewer Timing Services at the finish line. You will be allowed to insert a new runner for someone who was seeded but not able to attend the meet.
9. Each runner should have a bib with a number and 2 matching competition hip numbers. The bib with the number should be worn on the front of the singlet, while the competition hip numbers should be pinned on the shorts, one on each side. 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 numbers are not obscured by the athlete's shirt. Tuck in shirt if necessary.

10. IT IS VERY IMPORTANT THAT ATHLETES RUN IN THE WAVE FOR WHICH THEY WERE SEEDED. KNOW WHICH WAVE YOU ARE IN!
11. We shouldn't really need any clerks for this meet. Your athletes should know the uniform rule, they should have their numbers on correctly, and they should know which wave they are in. For starting boxes for each athlete, check that document. The fastest runners for each wave are in the middle of the starting line.
12. 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 be unreadable. 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.**
13. We will use a finish corral instead of a chute system. Runners should move quickly through the corral. They should not stay in the corral to congratulate competitors or teammates - they should go straight to their team tent.
14. Entrance to Troy Howard Middle School is not permitted. We will have porta-potties outside for athletes to use.
15. Individuals and teams should wear their masks and follow physical distancing requirements at the awards ceremony which will be held outdoors. We will call up the top 20 runners to pick up their medals and then the top 2 teams to get their plaques.
16. We will not have photocopied results. We will post results ASAP on the meet website. We are still working to arrange live streaming of the meet and will announce details on the meet website and Facebook page.
17. Please pick up after yourself and do not leave any trash behind.