

# 2016 St Mary's Medical Center XC Festival

## Coaches Information

We would like to welcome your team to Cabell Midland High School for the 2016 St Mary's Medical Center XC Festival. We want all teams to have a great experience and will do everything possible to achieve this goal. If you have any questions, the meet director is Chris Parsons.

**Make sure your runners receive the correct chip tag and race number. Also, make sure your runners place the chip on their shoe correctly to ensure their chip gets read properly.**

Tent City is located between the baseball and softball fields. Please be aware that tents **are not** permitted inside the football stadium or near the shot put/discus areas on the practice field.

The course is open for inspection and warm-up at all times unless a race is in progress. Please make sure your teams stay clear of racing athletes to ensure that no runner is impeded.

There will be no formal coaches meeting. Please fill out and return your team's Sportsmanship Form to the concession stand.

Packet pick-up will be at the concession stand in Tent City. Make sure to check that each of your competing athletes has a race number & shoe chip. If you have an athlete who needs a number or chip, see official at the finish line. If you have a number in your packet for an athlete who is not running, just ignore it because they will not be counted. **However, you must turn the chip back to race officials at the finish or a \$25 assessment will be charge for each missing chip.**

Results will be posted on the wall beside stadium bathrooms. The results will be posted later on RUNWV.

Each race will start promptly at the time listed on the meet schedule. Make sure your athletes arrive at the starting line 10 minutes early to make sure they do not miss the start of their race. We will use an open starting line. Pick a box and line-up 3 across the front and your remaining team members behind them. (ONLY 7 RUNNERS OR LESS IN HIGH SCHOOL VARSITY RACES and ONLY 10 RUNNERS OR LESS IN MIDDLE SCHOOL VARSITY RACES)

The use of wireless communications between coaches during races is **STRICTLY** prohibited. Also, runners may NOT wear **GPS** or any watch that indicates pace. The watch should only display time in a stopwatch form.

Coaches and spectators **MAY NOT** go up the hill using the entrance that the athletes use. There are two spectator paths that will allow you to get up to the upper part of the course to watch the races. One is behind the barn on the band field; the other is behind the press box inside the football stadium that is equipped with stairs to help make getting there easier. Please do not attempt to use the hill the athletes use so no interference occurs with competing runners.

The awards ceremonies will be held in the end zone bleachers. Team and individuals finishing in top ten in their races will be given awards at this time. Medals for runners finishing beyond 10<sup>th</sup> place will be given out at the end of the chute.

### Meet Schedule

6:00pm Middle school Boys & Girls JV

6:30pm Middle School Girls

6:55pm Middle School Boys

*Awards for Middle School races immediately following MS boys race in end zone bleachers*

7:20pm Girls JV

8:00pm Boys JV

8:35pm AA-A Girls Varsity

9:15pm AA-A Boys Varsity

*Awards for AA-A Varsity and reserve races immediately following Girls Reserve race in end zone bleachers*

9:50pm AAA Girls

10:30pm AAA Boys

*Awards for AAA Varsity races immediately following AAA Boys race in end zone bleachers*

## **All WVSSAC Rules will be in effect**

Good Luck with your team & let me know if there is anything you need.

Coach Parsons  
(Cabell Midland AD/ Cross Country Coach)