



Hello coaches!

10/17/2018

We will be hosting the Cross Country League Championships this year at Lincoln Park in Port Angeles. With three new schools joining our league this year, as well as some new coaches coming on board, we wanted to share some info about this event. Please forward this message to anyone else you know who should see it.

First of all, attached is a map of our 2 mile course. If you have any questions, don't hesitate to ask. It will be well marked.

Please have all your athletes registered for the race on athletic.net by 6pm on Mon. Oct 29th. Bar-coded tags and pins will be ready for your team when you arrive on site.

There is ample parking at the site, but space is limited in the lot right next to the start/finish area. Busses should park on the west side of the main park area, near the softball diamonds. Cars can park there as well. There is also a large parking area at the west entrance to the park on L St, by the baseball fields. That is directly across from the airport runway. Please remind parents and others who are driving vehicles to the site to watch out for runners on the road/driveways. Part of the course does go along the roadways inside the park.

With all 8 schools present, we will have a large number of runners! It was determined by the ADs that we will have one boys race and one girls race. We are estimating that there may be some 200 boys running, and not quite so many girls. We will create 8 lanes for the start line, but we would like to make a 2-tier start. Each team can have up to 12 runners on the front box, but then we will make a second tier about 10 ft behind the front group, where the rest of the runners will start. This is to hopefully avoid a major crash at the start of the race. All runners will go on the same start signal and be on the same timer, we just want a little extra space to spread them out.

Traditionally we have awarded ribbons to the top 10 runners in each race. With so many runners this year, we decided to increase it to the top 20 in each race. After both races are completed, we will call up those individuals to receive their ribbons. After that we will award team trophies for boys and girls. We will have 1st, 2nd, and 3rd place trophies for each gender. The cost for the ribbons and trophies is divided among the teams. With 8 schools the cost per school should be about \$25/school. Once we have the quote, our school secretary will send an invoice to each school for your portion of the cost.

Please let us know if you have any additional questions, or think of something else that we forgot to address.

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Go Roughriders~! *Teamwork * Work from a plan * Communicate * Do not panic