

Cross-Country Meets

Suggested Guidelines for Organization

PRIOR TO RACE DAY:

Meet Organizer

- Designate one school/individual coordinator
- Ensures all tasks are delegated

Race Route

- Establish route
- Estimate distance(s)
- Communicate route to coaches

RACE DAY:

Equipment Needed:

- Cones (20 – 30)
- Bullhorn
- Stopwatches (minimum of 2)
- Timesheets/Paper/clipboards/pens
- First Aid Kit
- Ribbons
- Vests/pinnies for marshalls (optimal)
- Surveyors tape/whiting/signs for route marking (optimal)
- Radios/walkie talkies (optimal)

Set Up of Start and Finish Lines/Marking of route(s)

- Cones / Bullhorn at start
- Clear markings for course – there should be no chance of runners going astray.
- Finish Area includes narrow lane after finish line to keep the finishers in order (20-30 ft)

Race Order

- Run separate race for each grade (male and female together)
- Start with grade 6. Grade 7 can start once most of grade 6 has finished. Then start gr. 8.

PERSONNEL:

Route Marshalls

- Wear vests or pinnies
- At start, finish, and all key points along route (also marked with tape, whiting, etc)
- Position prior to start
- Communicate with radios

Starter(s)

- Calls in athletes for each grade (bullhorn)
- Checks that all runners have labels
- Clarifies race route
- Communicates readiness with timer(s)
- Counts total athletes in each race (report # to results person)
- Starts race

Timer(s) and Recorder

- Times race (stopwatch)
- Timer calls finish times out to Recorder who records on timesheets

Labels/Results

- Positioned at end of lane after finish line (clipboard and paper)
 - Collects stickers from each athlete, in order of finish
 - At end of race, declares finish order for top ten male and female runners
 - Compares total of athletes starting to number of athletes finishing
 - Announces winners
 - Correlates finish times with finishers (done later on)
-

Team Coaches

- Prepare athletes (training)
- Labels for athletes: Name, school, grade, gender, colour code
- Labels on athletes before they arrive (Hint for rainy days: stick them on the inside of jerseys, they stay better!) Please type !! DO NOT have kids write their own labels!