

# **37th ANNUAL LAGUNA HILLS CROSS COUNTRY INVITATIONAL**

## **COACHES PLEASE READ INSTRUCTIONS THOROUGHLY!**

### **MEDICAL ACTION PLAN:**

Please monitor your runners on the course. Make good decisions and only race fit and race-ready athletes. Failure to do so jeopardizes the entire meet. DO NOT CALL 911 DIRECTLY! Refer all medical emergencies to the Meet Director, Safety Officer (in safety vest on Bike), Course Marshalls (in safety vests), or Trainers at the meet. EMTs and Trainers are stationed in Death Valley and at the Finish. The trainers will treat the runners and call for medical emergency assistance if necessary. The OCFA and Care Ambulance will be on hand. Have medical release forms and any athlete medications or inhalers readily available. Remind your athletes to hydrate! Trainers will not be providing ice for non-emergencies.

### **MEET PROGRAM:**

Contains important information such as: maps, race schedule, divisions, records, and results.

### **WARM UPS:**

Runners are not allowed inside the track perimeter for warm-ups before the meet, or at any time during the meet except to check in for the start of a race, and to finish. Runners may warm-up on the upper fields, or the baseball field. Teams warming up on the course after races commence must do so in single file, and must yield to racers.

### **COACHES WRIST BANDS ARE NECESSARY FOR TRACK/FOOTBALL FIELD ACCESS:**

Coaches must have a wristband to gain access with a team checking in with the clerk of the course. For safety purposes, no managers, trainers, timers, photographers, etc. are allowed inside the track perimeter fencing. All team members; photographers, spectators, and non-competitors must remain outside the track perimeter fence. Once the racers enter the field, they are under the control of the clerk and starter. Please give all instructions before racers enter the field. No sports drinks or snacks are allowed inside the perimeter fence (H2O is permitted). Please have athletes pass sweats over the fence to a teammate. There will be no access to the start after runners finish.

### **BIBS & CHIPS:**

Bibs are numbered, have a bar-coded identification label, and attached disposable chip prepared for each of your registered runners. All runners must have a bib with a bar code on the tear-away tag when they check in with the Clerk of the Course or they will not be permitted within the perimeter fence. To ensure a proper scan, pin the bib over the bellybutton utilizing the holes in the bib corners, not the tear-away tag. The tear-away tag of the bib with the bar code will be collected at the finish. Please ask your athletes not to drop their pins anywhere on campus.

### **MISSING BIBS & CHIPS:**

If an athlete you registered is missing their bib & chip, corrections must be made before racing begins at 7:45AM. Report to the Coaches' Corner tent at the scoreboard end of the track for assistance. You will then be directed to the "Late Adds" at the Finish Line. You will then give the athlete's information (Name, Gender, Grade, School, and Division) and receive a replacement bib & chip.

## **LATE ADDS OR SUBSTITUTIONS:**

If you omitted registering a runner, late adds must be made before racing begins at 7:45AM. You have the following 3 options to add an unregistered runner:

1. New Bib & Chip (\$15.) - Report to Coaches Corner. You will then be directed to the Late Adds at the Finish Line. You will then give the athlete's information (Name, Gender, Grade, School, and Division) and receive a new bib & chip. Pay \$15. for the new bib & chip, and your athlete will be entered in the meet.
2. Name-Change of Unused Bib & Chip (\$5) - Report to Coaches Corner. You will then be directed to take your unused bib & chip to the Late Adds at the Finish Line. You will then give the unused bib & chip, along with the athlete's information (Name, Gender, Grade, School, and Division). Pay \$5. for the name-change of the unused bib & chip, and your athlete will be entered in the meet.
3. No Name Change of Unused Bib & Chip (Free) - Substitute an unused bib & chip to a new racer, however the results and online databases will list the registered runner, not the actual racer, and cannot be changed after the race.

## **RACE SCHEDULE:**

First, second, and third calls will be announced by the Clerk of the Course starting 20, 15, and 10 minutes before each divisional grade level race. The meet Announcer will also make final calls over the stadium speakers. The schedule will be posted on the scoreboard by division, grade level, and gender. \*Note: If temperatures increase during the meet, the Meet Director could revert to the Heat Index Race Schedule for safety.

## **CLERK OF THE COURSE:**

Runners check-in and enter the track on the home stands side at the scoreboard end of the stadium. Have runners report to the Clerk of the Course tent no later than 10 minutes before the start of the each race. Athletes will only be allowed onto the track if their race is the on the line or staging (the following race).

## **FINISH LINE:**

There are two, side by side finish chutes, labeled BOYS and GIRLS. Course monitors will be directing runners to the proper chute, but please show the runners their finish chute before their race. It is each runner's responsibility to make certain that they finish in the correct chute, and that their tear away tag is pulled by an official for timing and medaling purposes.

## **INDIVIDUAL AWARDS:**

The top 40 finishers will receive a custom Laguna Hills Cross Country Invitational medal at the end of the chute. It is the runner or their coaches (if the runner is incapacitated) responsibility to pick up their awards before they leave the finish chute, failure to do so could mean the medal is given to another athlete. Finish Line attendants will also do their best to ensure medals go to any athletes receiving medical attention.

## **TEAM AWARDS:**

Coaches ONLY can pick-up Laguna Hills Cross Country Invitational team plaques and team champion bags (5) at the Team Awards tent on the football field after official results are posted. Please sign a copy of the results upon receipt of awards. \*Note: Due to supply-chain issues, Team Champion bags will be delivered to winning teams later this season.

## **RESULTS:**

Results will be announced and posted on the result boards at the end of the finish chute on the visitor side of the stadium. Hard copies will not be printed for coaches. Results will be posted on all major cross country websites, and at: [lagunahillscctf.org](http://lagunahillscctf.org)