

## 2010 Greater Hartford XC Invite Coaches' Instructions

Dear Coach:

Thank you for participating in the 61st Greater Hartford XC Meet at Stanley Park this Saturday starting at 11:00am. The park is opened at 10:00am for teams to enter – see Parking and Team Drop-off below.

**UPDATE:** Please note that the High School & Middle School Event Entry Reports and the High School Race Assignment Report has been posted at the meet website at: [61st Greater Hartford Invitational](#)

Please review the instructions below so that we both can insure a competitive, memorable, and safe meet for our athletes.

**1. Coaches should pick up their High School and Middle School Boys and/or Girls Team Packets on Race Day near the Finish Line from the RED tent.** Your packet contains Start line box number, assignment list of competitor's numbers, pins and competitor's CHIPS/numbers. Extra pins available at the registration tent.

**2. NEW THIS YEAR – EACH RUNNER MUST WEAR A CHIP on THEIR SHOE. INSTRUCTIONS HAVE BEEN PROVIDED. EACH ATHLETE MUST RETURN THEIR CHIP AFTER A RACE or YOU WILL BE CHARGED A \$15 per CHIP FEE!**

3. Course maps are available online and should be printed prior to the meet. The course will be marked with painted arrows but coaches and athletes should familiarize themselves with the course as there will not be any race marshals on the course.

4. For the safety of all runners due to the nature of the course design, each Race Competitor in the 5km races will have 30 minutes (9+min/mile) to complete the race. Athletes who are on the course after the 30 minute period may not be officially timed and may be asked to step to the side of the course so as to not impede the timing of the next scheduled race.

5. Check each of your athletes BEFORE they go to the Start Line for the following:

**CHIP securely fastened to SHOE!**

Competitor's Race Numbers Pinned to Front of Shirt Only!

Shirts must be tucked into shorts.

6. Results for each race will be posted at the public area next to the RED TENT approximately 15-20 minutes after each race. Please remind your athlete not to ask finishline/timing crew for results as that will only delay posting of results.

7. Individual and Team awards will be presented 15-20 minutes after each race as official results are posted. Athletes or Coaches can pick-up their individual medals from the RED TENT.

If your Varsity team earns one of the top two team and/or individual winner places in the Varsity Championship or Open races we will take team and individual photographs.

### **Parking and Team Drop Off:**

To insure safety of runners at all times, before, during and after races, there is NO Parking in Stanley Quarter Park due to the nature of the race courses that cross several main roads in the park.

All teams and spectators are encouraged to use the parking lots on Welty Drive, 1 block East of the intersection of Ella Grasso Blvd and Stanley Street.

Team buses are allowed to drop off their teams using the 1-way Stanley Park side road with the entrance from Eddie Glover Blvd and exiting on Stanley Road. This will allow teams to safely arrive in Stanley Park near the start line.

**FINAL NOTE:** As invited guests of Stanley Park, we need to make sure that you take responsibility for your team area - teams must clean-up their own team area after meet. **Please bring your own garbage bags to help collect your team trash.**

Please email [meetadmin@mysportsresults.com](mailto:meetadmin@mysportsresults.com) with any questions until 9pm Thursday night.

Thanks and see you on Saturday!

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Ron Knapp, MySportsResults.com EZ Meet Services