

FOOT LOCKER MIDWEST REGIONAL CROSS COUNTRY RACE INSTRUCTIONS

RACE NUMBER:

- Check the label on the tear-away portion of your number and make sure that the information on it is correct.
- All high school runners' tags should have their **Race Number, Name, City/State & Girls or Boys/Grade** printed on it.
- Seeded Boys (boys who have a better than 16:20 5k) have **SEEDED** printed on their tags.
- Open Race runners should have their **Race Number, Name, City/State, Open – M or F & 18-39 or 40-99** on their tag.
- Youth runners should have their **Race Number, Name, City/State, M or F & youth** on their tag.
- All race numbers have a color coded background. Boys are red, Girls are black and the Open and Youth are blue.
- If there are any mistakes please report them to the Registration Table.

CHAMPIONCHIP® TIMING:

The Foot Locker Midwest Regional will be timed by Sports Management Associates using the ChampionChip® timing technology and Finish Lynx Digital Photo Finish per USATF rules. The runner's race is finished when his/her torso breaks the plane of the finish line. Each runner will be issued two timing chips during packet pickup. Runners are encouraged to scan their timing chips at the chip check station(s) located near the registration area to ensure they have the correct timing chips.

Timing chips and plastic ties are enclosed in a white envelope. The envelope has instructions on the backside describing how to affix the timing chips to your shoes. One timing chip must be affixed to each shoe the runner will compete in. **NO CHIP, NO TIME.** Timing chips must be returned after your race.

FRESHMAN/SOPHOMORE BOYS who have qualified for the seeded race have the option of running in the seeded race or the frosh/soph race-you do not have to declare which race you are running.

FRESHMAN/SOPHOMORE GIRLS-have the option of running the seeded race or the frosh/soph race-you do not have to declare which race you are running.

JUNIOR /SENIOR BOYS that have not achieved the standard of 16:20 to run in the seeded race must run in the JR/SR race. JR/SR boys that have run 16:20 or better, run in the SEEDED BOYS RACE.

JUNIOR/SENIOR GIRLS must run in the SEEDED GIRLS RACE.

YOUTH 3K CHAMPIONSHIPS: Runners in 8th grade and under can run in the Youth Championship 3K. Boys and girls team scoring is 5 runners. The 3K course is essentially the first 3k of the 5K course.

OPEN RACE: The Open Race is for runners 18 & Older with M&F Open (18-39) and Masters (40+) divisions.

**Runners may only compete in one race! High school runners MAY NOT run in the FLCC OPEN RACE!
You must run in the seeded races to qualify for nationals.**

UNIFORMS: Athletes are competing in FLCC as unattached individuals. It is recommended that athletes do not wear school issued uniforms (some states have strict regulations regarding team issued uniforms out of season). This is a USATF sanctioned event and clothing worn must conform to USATF regulations. Any normal running singlets, shorts, tights, body suits, warm-ups, buns, turtlenecks, t-shirt, etc. are legal. There are no jewelry restrictions. Watches are legal, however pacing watches are not allowed. Costumes are not legal!

RACE NUMBERS /TIMING CHIPS:

- Pin the number on the front of the outermost garment. (Please wear your number right-side-up).
- Please do not cut, crumple or fold any portion of the race number.
- DO NOT remove or pin the tear-away tag on your number.
- If you lose your tag prior to your race see the registration table. You CANNOT let another runner use your race number if you do not run.
- Make sure that you have one timing chip securely attached to each of your spikes with the provided ties.
- Timing chips will be collected in the holding pen at the end of the chute after your race. You may not leave the area until you return your timing chips.
- If by some chance you do not start or finish your race, please turn in your timing chips to the holding pen area.
- Runners will be charged \$25.00 per timing chip that is not returned. Timing chips not returned race day may be mailed back using the envelope provided.

PARKING: On race day the parking lot on HWY JR adjacent to the starting line is reserved for officials, press and vehicles with handicapped parking passes. **UNAUTHORIZED PARKING ON THE ROADWAY ALONG HWY JR OR ON THE COURSE IS PROHIBITED AT ALL TIMES-VIOLATORS WILL BE TICKETED AND TOWED.** The Communication Arts parking lot, directly east of the course, will be the lot designated for FLCC parking. Please Enter the Sports and Activities Center (SAC) through the north entrance. Parking lots in Petrifying Springs Park are off limits to our group (Violators will be ticketed!).

UWP SPORTS & ACTIVITIES CENTER (SAC): Athletes may shower at the UW-Parkside Sports & Activities Center after their races. They must provide their own towels and locks. Meet management and UW-Parkside are not responsible for lost or stolen articles. **NO SPIKES MAY BE WORN IN THE SAC. No clothes or shoes are allowed inside the UW-P showers. Athletes who slide in the mud on purpose will be denied access to the SAC.** Competitors or spectators may not wear muddy shoes in the SAC.

RACE/AWARDS:

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|--------------------|----------|-------------------------------|----------------|
| Frosh/Soph Boys | 10:00 am | medals 1-24 | given in chute |
| Seeded Girls | 10:40 am | medals 1-24 | pickup in SAC |
| Seeded Boys | 11:25 am | medals 1-24 | pickup in SAC |
| Frosh/Soph Girls | 12:05 pm | medals 1-24 | given in chute |
| Junior/Senior Boys | 12:45 pm | medals 1-24 | given in chute |
| FLCC Open | 1:20 pm | medals 1-10 open, masters M&F | pickup in SAC |
| Youth Race | 1:45 pm | medals 1-15, 1-3 teams M&F | pickup in SAC |

STATE TEAM AWARDS: The top five individual male and top five individual female finishers from every state in the boys and girls seeded races constitute that state's "team". Scoring is based on place, non-displacement. Each individual on the first five state teams receive a medal which can be picked in the SAC.

COURSE: The course is open to athletes from **9:00am until 4:30pm** Friday. Athletes may not warm-up on the course anytime after 9:45am on Saturday. Please do not remove any banners, signs or snow fencing from the race site. These items are extremely expensive and they are to be used again. No dogs are allowed on the course Friday or Saturday. **If there is an exceptional amount of snow, rain and/or flooding on the course Friday FLCC will reroute the course from the 1 ¼ through the 1 ¾ mile segment of the course to the main straightaway.** The course is exactly the same distance, only potential better footing. This decision will be made after the course closes on Friday and posted to the FLCC website.

COMPETITOR TENTS: Competitors/coaches/parents/spectators may not erect personal tents on the UW-Parkside grounds or in the Petrifying Springs Park.

WIRELESS COMMUNICATIONS: It is meet management's policy that no wireless communication devices except cell phones may be used at the meet site so as not to interfere with meet management, security or emergency communications.

MEDICAL STAFF: Doctors and athletic trainers will be on duty race day in the medical trailer located south of the finish line and in the chip holding pen at the end of the chutes.

STARTING DIRECTIONS: There will be a countdown clock counting down from 45 minutes prior to the start of each race; PA commands will be given as follows before each race:

15 minutes
10 minutes
5 minutes
3 minutes
2 minutes
1 minute
45 seconds
30 seconds
10 seconds
CANNON

ALL RACES WILL START AT THE SPECIFIED TIMES.

NO "SWEATS-OFF" COMMAND WILL BE GIVEN.

IT IS THE RESPONSIBILITY OF RUNNERS TO BE AT THE STARTING LINE ON TIME. ALL COACHES & SPECTATORS MUST CLEAR THE STARTING LINE AT THE 2 minute CALL.

POSITIONS WILL NOT BE ASSIGNED ON THE STARTING LINE.

THE LINE IS OF AMPLE LENGTH TO ACCOMMODATE ALL RUNNERS. THERE IS NO "BEST SPOT" ON THE LINE.

In the case of a false start a recall gun will be fired and the announcer will call all runners back.

FINISH: The actual finish line is a solid white line directly under the FLCC banner. Orange cones are positioned on both sides of the finish line. Please cooperate with meet personnel and **do not stop at the finish line-run through the chute!**

TOP TEN: The top ten finishers in the boys and girls seeded races (**ten national finalists**) will be escorted to a meeting in the course administration building immediately after their race for instructions regarding nationals. **One** parent or coach will also be asked to attend. You will also be expected to appear at any press conferences and photo sessions requested after your race.