

# 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. HS Boys are black, HS Girls are navy blue and the Open and Youth are red.
- If there are any mistakes please report them to the Registration Table.

**TIMING:** The Foot Locker Midwest Regional will be timed by Sports Management Associates using the MyLaps bib chip 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 a race bib with a disposable timing chip attached to the back of the bib which should be pinned to the front of the competitor's outermost garment top. Please do not cut, crumple or fold any portion of the race number. We ask that runners do not cover their bib while crossing the timing mats (Do not stop your watch while crossing the mat).

**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 sub16:20 to run in the seeded race must run in the JR/SR race. JR/SR boys that have run better than 16:20, run in the SEEDED BOYS RACE.

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

**YOUTH 3K CHAMPIONSHIPS:** Runners in 8<sup>th</sup> 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 not in high school with M&F Open (under 40) 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!

**PARKING:** HWY JR adjacent to the starting line is reserved race day 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!).

**COURSE:** The course is open to athletes from **9:00am until 4:00pm** 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. **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.

No alcohol or tobacco products are allowed on the cross country course. No dogs are allowed on the course Friday or Saturday. The use of drones, Frisbees and balls is prohibited.

**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.

**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 S

**MEDICAL STAFF:** Doctors and athletic trainers will be on duty race day in the medical tent located south of the finish line. teams receive a medal which can be picked in the SAC.

**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      raise red flag  
FIRE CANNON   drop red flag

**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.

**RACE/AWARDS:**

Frosh/Soph Boys	10:00 am	medals 1-24		pickup in SAC
Seeded Girls	10:40 am	medals 1-24		pickup in SAC
Seeded Boys	11:25 am	medals 1-24		pickup in SAC
Youth Race	12:05 pm	medals 1-15	1-3 teams M&F	pickup in SAC
Frosh/Soph Girls	12:35 pm	medals 1-24		pickup in SAC
Junior/Senior Boys	1:10 pm	medals 1-24		pickup in SAC
FLCC Open	1:45 pm	medals 1-10	open, masters M&F	pickup in SAC

Athletes must pick-up there awards race day. NO AWARDS WILL BE MAILED.

There will be an FLCC area set-up in the SAC with meet signage where award winners may take photographs with their awards.

**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.