

2023 FOOT LOCKER XC MIDWEST REGIONAL RACE INSTRUCTIONS

RACE NUMBER:

- Check the label on 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 and their race** printed on it.
- Boys and girls that have entered the Championship Race also have **CHAMPIONSHIP** printed on their tags.
- Open Race runners should have their **Race Number, Name, City/State, & F or M OPEN and their race** printed on their tag.
- Youth runners should have their **Race Number, Name, City/State, youth & grade (if listed on entry) and their race** printed on their tag
- If there are any mistakes, please report them to the Registration Table.

TIMING: The FLXC Midwest Regional will be timed by Wisconsin Runner Timing Systems using the Race Result bib chip timing technology in conjunction with Finish Lynx **Ether Lynx Photo Finish** and **Identi Lynx Video** cameras 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. The bib should be pinned to the **FRONT** of the competitor's outermost garment top. Please do not cut, crumple or alter 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).

There will be live splits at the 1M, 2M and finish posted to: and to the finish line video board. All races will be live streamed to the video board and into the Sports and Activities Center from the lead vehicle. <https://bit.ly/4i3w7en>

HIGH SCHOOL GIRLS had the option of entering the championship girl's race or the high school girl's race. You may switch races meet weekend. However, if you do decide to switch races you must notify meet personnel at packet pickup.

FRESHMAN/SOPHOMORE BOYS who have qualified for the championship race (sub 16:20) have the option of entering the championship race or the frosh/soph race. You may switch races meet weekend. However, if you do decide to switch races you must notify meet personnel at packet pickup.

JUNIOR/SENIOR BOYS that have not achieved the standard of sub 16:20 to run in the championship race must run in the JR/SR race. JR/SR boys that have run better than 16:20, qualified to run in the CHAMPIONSHIP BOYS RACE.

COACH FED YOUTH 3K CHAMPIONSHIPS: Runners in 8th grade and under can run in the Youth Championship 3K. Boys and girls team scoring is 5 runners (displacement). The 3K course is essentially the first 3k of the original 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 FLXCMW OPEN RACE!
You must run in the championship races to qualify for nationals.**

UNIFORMS: High School athletes are competing in FLXCMW as unattached individuals. It is recommended that high school athletes do not wear school issued uniforms (**Some states have strict regulations regarding wearing 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, bodysuits, warm-ups, buns, turtlenecks, t-shirt, hats, arm sleeves, etc. are legal. There are no jewelry restrictions. Watches are legal, however enabled pacing/communications watches are not allowed. Costumes are **NOT** legal! The maximum spike length allowed is 1/2" (3/8" & 1/2" ceramic spikes will be sold at the meet).

Cartwheels, holding hands or any other activity that could distract, impede, or harm another runner could cause meet management to remove you from the course. Please refrain from this type of activity during your race.

PARKING: 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 MAY BE TICKETED AND TOWED.** The Communication Arts parking lot, directly east of the course, will be the lot designated for FLXCMW 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 may be ticketed.) It is recommended that participants & spectators should come in on Highway E and then turn left onto HY JR to access the UW- Parkside lots.

COURSE: We will be running the **FLXCMW 5K**, which was only run five times in UW-Parkside history. We switched from the traditional route to ensure that we would have the best possible course conditions. The Coach Fed Youth 3K is basically the first three kilometers of the traditional UWP 5K course. The course is open to athletes from **8:00am until 4:15pm** Friday. The course will be open for warm-ups on Saturday from **8:00 – 9:30am**. Athletes may not warm-up on the actual course after 9:30am on Saturday. Please do not remove any banners, signs or snow fencing from the race site.

No alcohol or tobacco products are allowed on the cross country course. **No pets are allowed on the course Friday or Saturday. The use of drones, Frisbees and balls is prohibited. Bicycles and any other vehicles are not permitted on the course.**

COMPETITOR TENTS: Competitors/coaches/parents/spectators may not erect personal tents on the UW-Parkside grounds or in the Petrifying Springs Park. No tarps are allowed on site.

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): Runners may warm-up on the indoor track Friday and Saturday. However, you may not return from outside to the track area with muddy shoes and other gear. **There are absolutely no warmups or team camps allowed in any other areas of the SAC, as the other UWP activities are being conducted also in the building.** 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 rinsing/cleaning of clothes or shoes is 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.

ATHLETIC TRAINERS: Athletic trainers will be on duty race day in the medical tent located south of the finish line.

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: Positions will not be assigned at the starting line. The line is of ample length to accommodate all runners. There is no "best spot" on the line. 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.

"PA COMMANDS"

15 minutes

10 minutes

5 minutes

3 minutes

2 minutes

1 minute

30 seconds

At 10 seconds "on your marks" & starter raises red flag

START DROPS FLAG & FIRES CANNON

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 Foot Locker XC 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 past both of the mats! Exit the chute area immediately.**

TOP TEN: The top ten finishers in the boys and girls' championship races (**ten national finalists**) will be escorted to a shuttle limousine, which will take them to the SAC immediately after their race for instructions regarding nationals. **One** parent or coach will also be asked to attend. They will also be expected to appear at the press conference and photo sessions in the SAC after the national finalist meeting.

RACE/AWARDS:

Frosh/Soph Boys	10:00 am	medals 1-24	pickup in SAC
Championship Girls	10:40 am	medals 1-24	pickup in SAC
Championship Boys	11:25 am	medals 1-24	pickup in SAC
Coach Fed Youth Race	12:05 pm	medals 1-15, 1-3 teams M&F	pickup in SAC
High School Girls	12:35 pm	medals FR/SO 1-24, JR/SR 1-24	pickup in SAC
Junior/Senior Boys	1:10 pm	medals 1-24	pickup in SAC
Foot Locker XC Open	1:45 pm	medals 1-10 open, masters 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' championship races constitute that state's "team". Scoring is based on place (displacement). Each individual on the top five state teams receives a medal which can be picked in the SAC.

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

There will be a Foot Locker XCMW area set-up in the SAC with meet signage where award winners may take photographs with their awards.

THE FLXCMW START LIST AND RACE RESULTS, INCLUDING LIVE SPLITS & FINISH, CAN BE FOUND

AT: <https://bit.ly/4i3w7en>

Official results will be posted online immediately upon verification after each race.