

Coaches,

Congratulations to you and your athletes for qualifying to race in the state Class 4-6 VHSL XC Championships at Oatlands Historic House and Gardens. We want to provide everyone with critical information about this year's state championships.

Video Preview of Course: https://youtu.be/zKhWSi5I_-w

Course Map: [Map](#)

Entries

Thank you to all the coaches who got their entries in by the deadline. Each qualifying team could enter up to 10 runners, but as a reminder, you can only race a maximum of 7 runners.

Please have a copy of your state entry form available if requested.

Mike Kiernan and "Commonwealth Timing" will oversee the timing and results. Please do not ask them about race results. The results will be available at <https://va.milesplit.com/>.

IPICO Chip Timing

Every runner will be issued a bib number and a timing chip for each shoe. The timing chip must be secured to the shoelaces. The coaches must remove all timing chips and return to the bucket outside the timing tent before leaving. **Coaches, please return all alternate timing chips before leaving as well.** There will be a 25-dollar charge for each chip not returned or lost. Please make sure your runner wears their bib number. This will act as our backup if the chip does not register correctly.

* The finish line race clock will be displayed, and a backup camera will watch the finish line. We will also have a Finishlynx camera at the finish line. Again, coaches will remove and return timing chips before leaving the timing tent.

Weather:

As of now, the forecast looks ideal for race day—highs in the mid-60s, evenings in the mid-40s, and overcast skies. Perfect conditions for cross country! Please remind your runners to stay hydrated throughout the day.

Medical Support Team: [Athletic Training Services for VHSL State XC Championship Letter](#)

We will have 7 athletic trainers present and EMS on site. The athletic trainers will trail the race and be stationed at the finish line to assist with injuries.

Entrance Gates and Crowd Control Fencing:

Remind your spectators to stay off the course and not impede a runner's progress. The course has been mowed low to establish a clear delineation between the course and common grounds.

** Coaches tell your runners and spectators not to attempt to jump the 4ft crowd control fencing or climb over any fence anywhere along the course or property

Team Tents:

Tents may be erected behind the starting line or between the starting line and the bus parking area.

Trash:

In each packet, you will have a trash bag. Please keep Oatlands beautiful and clean up before leaving. Please take your trash back to your school or bring your trash bag to the packet pick-up area.

Restrooms:

We will have 30 port-a-johns located between the bus parking and concessions.

Packet Pick-Up: (Enclosed White Trailer)

You can pick up your team packets at the white enclosed trailer near the starting line area just off the gravel road. Your packet will include numbers, pins, team rosters, starting boxes, schedules, trash bags, and course maps.

Box Numbers:

The starting line will have twelve 15ft starting boxes. Please use this [packet](#) to find your box number.

VHSL Team Apparel:

MSP will be set up to sell state championship apparel across from packet pick-up.

Concession Stand:

Bruster's Ice Cream	Glo's Kitchen
Robeks	Moe's
Res-Q-BBQ	Chick-fil-A

Awards:

Awards are presented to the top two teams and the top 15 individuals. The awards will be presented after the conclusion of each classification, and the results are official. The team champion will have their picture taken and framed as a gift to the head coach. Each Individual champion will get their picture taken, printed, and placed in a frame for the runner.

* Good luck to all teams, and please let us know if you have any questions.

Respectfully,

Derek and Matt