

Friday Night Lights XC Festival

September, 5th 2025 *Hosted By:* Mount Tabor High School

Sponsored By:



FNLXC is sanctioned for border states only by the NCHSAA. Individuals will compete unattached!

MIDDLE SCHOOL aged athletes are NOT allowed to compete in any of the races for the high school portion of the meet even if allowed by your state association. All athletes in the high school races must be in grades 9-12.

Expect HEAVY TRAFFIC and 30-60 min delays to access the park beginning at 4:00pm!

3:30 PM	Park Opens
5:05 PM	Middle School Girls (2 Mile)
5:25 PM	Middle School Boys (2 Mile)
High School Meet Begins - Unlimited Entries in JV Races-No Reserved Starting Boxes for JV	
5:45 PM	HS Developmental/Mixed Gender - 2 Mile - Should complete 2 Mile Course in 22 Minutes
6:05 PM	JV Girls - <u>Clock Stops</u> @ 30 Minutes
6:35 PM	JV Boys - Junior/Senior Race <u>Clock Stops</u> @ 26 Minutes
7:00 PM - Lights Come On! (Sunset 7:42)	
7:01 PM	JV Boys - Freshman/Sophomore <u>Clock Stops</u> @ 26 Minutes
7:27 PM	National Anthem - Main Stage
7:29 PM	Exhibition Race: Mighty Striders out of Charlotte - Final Straight Away
7:31 PM	Girls Open - Clock Stops @ 29 Minutes
8:00 PM	Boys Open - Clock Stops @ 25 Minutes
8:25 PM	Girls Invitational - Clock Stops @ 25 Minutes
8:50 PM	Boys Invitational - Clock Stops @ 25 Minutes
9:15 PM	Girls Championship Race - Clock Stops @ 25 Minutes
9:40 PM	Boys Championship Race - Clock Stops @ 21 Minutes

10:05 PM	FIREWORKS! - Sponsored by Town of Kernersville
10:25 PM	Park Closed - Safe Travels!

Teams must report to the start line 15 min prior to start time listed for inspection by the meet referee.

TIMING: Flash Results - ATHLETE CHIP goes on one shoe.

MATCH *Bib & Chip Number* to the *Athlete Name* list in your packet!

Splits along with team scores will be available at the 1 & 2 Mile marks and live online.

LIVE RESULTS: Available at FlashResults.com

ADMISSION: All Spectators \$10 (School Age Children & Up)

Cash or Online Sales. Ages 5 & under Free.

A portion of the gate fee goes to the Town of Kernersville for facility upkeep and course enhancements. (Only Current NCHSAA Coaches passes are honored for free admission.) No other passes are honored. Spectator Tickets: [LINK](#)

Pre Purchased Online Tickets highly encouraged and will allow faster entry into the park for spectators.

DOGS: NO DOGS ALLOWED IN THE PARK!

Your dog is not the exception and you will both be turned away.

AWARDS: Top 10 athletes will be awarded medals for all HS races and the medals will be handed out in the chute. The top 3 individuals in the middle school races will receive a medal. The top 2 teams will be awarded our legendary team trophies made of handcrafted wood for all Varsity Division 5k races and they will be awarded on the main stage. **Please come for pictures and pick up your trophies on the stage as soon as results are finalized and posted online.**

No team trophies are awarded for the middle school, JV and developmental races.

No medals or trophies will be mailed home.

BUS PARKING: Buses should pull into the park and you will drive your bus PAST the finish line and into the lower lot to unload your teams and equipment by the softball fields. Early buses will be sent to the lowest lot by the soccer fields (like at the NCHSAA state meet) with later buses parking in the softball field lot or overflow lot across from the dog park.

TEAM CAMPS & START BOXES: Team tent areas are divided into three areas. Group A is on the main stage field adjacent to the finish line. Group B is on the actual start field which you can access via the fenced access area that parallels the finish line straight-away. Group C, D & E will set up team camps in the softball field(s) next to the lower portion of the course.

SPECTATOR PARKING All cars will be directed by the Kernersville police to park in the large field adjacent to the park entrance. **Only** handicapped parking, buses, officials, volunteers, and vendors **with passes** may drive into the park.

Your team parent(s) carrying team gear in their personal vehicle will **NOT** be allowed to drive into the park! Send team gear on the bus or be prepared to carry it in!

There are about 1 dozen tailgate locations that a team can purchase for \$75 to set up a grill, tables etc. adjacent to the start line. *This will be the only scenario in which a parent will be able to drive in equipment.* Email: TaborXC@gmail.com to inquire.

Tailgate Reservations must be made by 8/31

REGISTRATION: When entering your athletes online, only enter those competing. There is no race to “choose”. Just enter all athletes competing under their respective gender. You, the coach, determine which of your athletes compete in the JV races and which athletes will run in your assigned Varsity race. The coach will choose up to 9 athletes to compete in your ***assigned* Varsity** race and all others must compete in any of the **JV options** before the National Anthem. Championship or Invitational teams cannot put their “B team” in the Open race. The Championship, Invitational and Open division are all Varsity races.

Coaches Packet Pick Up Location Request Form

Team Packet Pick Up is located at the **Mount Tabor** tent at the finish line. After you pick up your packet, you will find your race numbers with the TIMING CHIPS inside, which must match the bib number and be fastened to the athlete's shoe with accompanying twist ties. Bibs, timing chips, pins, a trash bag, Varsity race box assignments and wristbands for all competing athletes plus 2 coaches bands per gender will be provided. Wristbands will correspond with the number filled out on the form for your coaching staff needs. You must put on your athlete and coach wristbands before entering the team area or start area. *Team managers and athletes NOT competing CAN receive wristbands when you pick up your packet if they come with their team on the bus. Just ask! Non-competing teammates just have to check in all at once and enter together to get a wristband.* **DO NOT ENTER ANYONE ONLINE THAT IS NOT COMPETING !**

CONCESSIONS: 10 Food Trucks!

Chick Fil-A, Kona Ice, Sliders Street Food, La Monona, Crazy Dog, Giannos Wood Fried Pizza, Jacuzzi Daus, Goodness Grace Us and other food trucks will be available adjacent to the finish line in the gravel parking lot. These vendors will also serve drinks.

WATER: A water station will be provided to all athletes at the finish line.

Teams should bring their own water coolers for team camp areas.

T-SHIRTS: A "Friday Night Lights" t-shirt is available for purchase for \$20 **online** and **\$25** at the meet. Only 1000 will be available and they always sell out!

Pre Order: [HERE](#) (Pre Order Closes 9/2)

Pick shirts up at the **FLEET FEET TENT near the main stage.**

No shirts will be mailed home if not picked up by 8pm and will be sold to others.

MEDICAL: 2 MD's and 1 EMT will be out on the course on ATV's. 4 certified trainers, 2 Paramedics and 1 transport ambulance will be at the finish line. Medical will be located just outside the finish line chute. Please have one coach, parent, or other team designee positioned outside the chute area to help your athletes that may need assistance. Please follow the instructions and encourage your athletes, parents, and fans to follow all police, emergency personnel, fire department and event crowd managers directives.

RULES: ALL NCHSAA RULES WILL BE FOLLOWED.

NO FACE PAINT or GLOW PAINT allowed. Follow NCHSAA rules and instructions from the starter, course marshals, parking attendants, finish line officials, and everyone else volunteering their time to help pull off this event. Absolutely **NO DOGS!**

MEET OFFICIALS:

Meet Director/DJ: Patrick Cromwell - (Mount Tabor HS)

Referee: Rodney King - (USATF)

Starter: Christopher Page

Finish Line Referee: Mike Riley - (Mount Tabor HS)

Games Committee: Paul Scruggs - (Panther Creek)

Brant Armentrout (Mount Tabor) and Jason Bochert (Holly Springs)

Course Umpires & Marshals - Mount Tabor HS Parent Volunteers