

**Coaches Information 2024**  
**September 11 Middle School Cross Country Meet**  
**@ Gans Creek Recreation Area in Columbia Missouri**

3:30-3:45 Coaches can pick up packet from meet director John Clowe at table near the finish line.

3:45 Coaches Meeting at Finish Area

3:50 10-Minute Warning Shot for girls' race fired by starter

3:55 5-Minute Warning Shot for girls' race fired by starter—**runners gather for starting instructions**

4:00 Girls Race begins (7<sup>th</sup> and 8<sup>th</sup> grade combined unlimited entries)

4:30 10-Minute Warning Shot for boys' varsity race fired by starter

4:35 5-Minute Warning Shot for boys' race fired by starter—**runners gather for starting instructions**

4:40 Boys Race begins (7<sup>th</sup> and 8<sup>th</sup> grade combined unlimited entries)

**Course Information**

The course will be 3000 meters, see attached map. There will be volunteers at the one area the course splits. The course is a widely mowed path.

Teams should gather in the team area field behind the starting building prior to the 10-minute starting gun for each race.

There are restroom facilities at the Gans Creek Cross Country course.

## **Points of Emphasis for Coaches**

Please stress the following items with your athletes.

1. All athletes must compete in school issued uniforms.
2. Make sure athletes are familiar with how a cross country meet begins. They will line up about three yards behind the start line. The starter will give one command, "On your mark." Athletes then step up to the line without touching or crossing it. As the starting gun is fired, athletes run.
3. Athletes should be at the starting shoot at the 5-minute warning for race instructions.
4. At the finish, athletes will cross the finish line and enter a chute. The finish line is at the opening of a "funnel." After the finish line judge declares the order across the line, athletes must stay in order. They will file down the chute.
5. In the chute, athletes will have their numbers recorded in order of finish. A volunteer will be video recording the finish as well as a back-up.
6. We will be entering all results into MileSplit.com. There are no awards or announcements following this contest, all times and team scores will be posted.
7. Spectators cannot aid or interfere with the athletes during the race. No one can run along with runners in the race.

## **Meet Officials**

**Starter: JD Coffman**

**Meet Director: Michele Winter/Ryan Spoede**

**Official Timer: John Clowe**

**Scorers: John Clowe (MileSplit)**