



**Ohio High School Athletic Association
Early Season Cross Country Invitational
National Trail Raceway
August 20, 2016**

Welcome to the OHSAA Early Season Cross Country Invitational. Thank you for participating. We hope that today's competition will lead the way for your return visit to National Trail Raceway and the State Championship Meet on November 5th.

Pre-Race:

1. Tents and competitor camps are permitted in the open area south of the starting line. No team camps are allowed in the spectator/grandstand area. No team camps are allowed in the competition infield area.
2. **Attach the assigned competition number on the runner's chest pinning all 4 corners with provided safety pins. One shoe chip must be attached to the athlete's right shoe. The chip number MUST match the runner's bib number. Hip numbers will not be used in today's meet. See Clerk for assistance if athlete's shoe is not receptive to attaching chip.**
3. Your baumspace meet roster has been limited to a maximum of 30 entries throughout the day. Your athletes can run in any race in your assigned division. You are limited to a maximum of 10 runners in your designated team race. Any runner listed on your meet roster can run in either the open 5K or open 2.5 mile races. If you desire, all 30 can enter either of your assigned open races. Athletes are limited to running in only one race in today's competition.
4. Report to the starting line at least 20 minutes prior to your scheduled race time.
5. Instruct your athletes to run past the finish line at the end of the race, and continue to move through the finish chute into the competitor recovery area. The runner's torso will determine the official finish order. The timing chip will back up the Finish Lynx photo.

During the Race:

1. The course is marked with orange "survey flags". Runners must remain within the boundary of these flags keeping the tall yellow flags on their right side and tall red flags on their left side. Tall blue flags indicate a straight path for the runners. Orange cones are course guides.
2. Coaches are allowed anywhere beside the course. Today's meet is intended to be coach friendly. Please be mindful not to interfere with any runner's progress. This is especially important throughout the woods trail.
3. Split clocks will be at the 1600M and 3200M points. Split times will not be recorded on the final result sheet.
4. Official times will be electronically provided after the race, but time your athletes' finish for your own reference if you wish. Visit: finishtiming.com for meet results

Post Race:

1. **All runners MUST remove their shoe chip in the recovery zone prior to leaving that area.**
2. All competition questions and concerns must be addressed to the Meet Referee, only (Pre-race, as well).
3. Official race results will be posted near the Pavilion after verification. All meet results will be posted on line at **finishtiming.com**
4. Please pick up the litter in your camp area.

Awards:

1. The first 30 runners in each race will receive a medal in the finish chute.
2. Team awards for the first 3 teams in each team race can be picked up in the Pavilion after the official race results are announced and posted.
3. If you have extra Timing Chips which are not used, please return them to the Finish Timing Trailer at the finish line. Your school will be charged \$20.00 for each non-returned chip.

Send post meet comments and suggestions to Terry Oehrtman, Meet Manager toehrtman@columbus.rr.com