

# REMINDERS 2016

## VHSL Cross Country

### Regional Directors and Coaches

#### I. REGIONAL DIRECTOR

- a) Email Region Directors Form (typed) to Dave Davis ([davidsw53@gmail.com](mailto:davidsw53@gmail.com)) and Derek Farrey ([derek.farrey@lcps.org](mailto:derek.farrey@lcps.org)) by 8 pm on November 4, 2016.
- b) If you cannot email then FAX the State entries to Dave Davis (703-791-8051)
- c.) Entries are due on Milestat by noon, November 4, 2016 (unless racing on Saturday – then by noon on November 6, 2016)

#### II. COACHES:

- a) **Parking:** Please refer to the Coaches Information Sheet for instructions. Also please inform your parents that the individuals helping with parking are volunteers, and treat them with some respect.
- b) **Tents:** Must be erected behind the house. No tents are allowed on the hill.
- c) **Course availability** – 10:00 am to 4:00 pm Thursday, November 10 and 1:30 pm to 4:00 pm Friday, November 11 only. In the case of severe weather, the course may be closed on both days and will remain closed until Friday, November 11.
- d) **Please remind athletes** to get through the finish line as quickly as possible.
- e) **Competitors Numbers/Chip** - Please make sure athletes have the correct competitors number on at the start of the race and correct chips. The Chip number will correspond with the bib number. **\$25.00 per lost chip. All chips must be returned the day of the championship. If not returned the day of the meet then coaches are responsible for payment**
- f) **Results** will be available for your race only. A complete set of results for all divisions will be available on [www.milestat.com](http://www.milestat.com) and [www.runhigh.com](http://www.runhigh.com)
- g) **Coaches meeting** – see time schedule
- h) **Packets available** – Friday (1A, 2A, 3A) Saturday (4A, 5A, 6A)
- i) **Ticket Price** - \$10.00