

REMINDERS 2016

VHSL Cross Country

Regional Directors and Coaches

I. REGIONAL DIRECTOR

- a) Email Region Directors Form (typed) to Dave Davis (davidsw53@gmail.com) and Derek Farrey (derek.farrey@lcps.org) by 8 pm on November 6, 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 6, 2016 (unless racing on Saturday – then by noon on November 8, 2015)

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 inclement 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 classifications will be available on www.vhsl.org, www.milestat.com and www.runhigh.com
- g) **Coaches meeting** – see time schedule
- h) **Packets available** – Saturday only.
- i) **Ticket Price** - \$10.00