

IMPORTANT COACHES INFO FOR DIVISIONAL MEETS

Please read the following very carefully and follow all instructions----WHETHER WE HAVE THE MEET OF CHAMPIONS WILL DEPEND ON HOW WELL YOU DO THAT.

1. NO SPECTATORS

- a.) Please emphasize with your parents, family and friends. Newhampshirecrosscountry.com will be live-streaming ALL races. They will have cameras located throughout the entire course. Someone watching at home will therefore see MUCH more of the race than if they were at Derryfield.

2. ARRIVING AT DERRYFIELD

- a.) **DO NOT** arrive before your Division's announced starting time.
- b.) **DO NOT** drop off athletes on Bridge Street. **DO NOT** park in the upper lot of the park.
- c.) All team vehicles **MUST** enter the lower end of Reservoir Avenue (the street between the park and Hillside Middle School) and find parking at the Middle School. **DO NOT** park on Reservoir Avenue.
- d.) Coaches and their teams should then find an approved team staging area (see map). Remember, **NO** tents, team banners, tables, chairs, etc. Please ensure your area is at a distance of at least 50 feet from other teams.
- e.) Only the coach should go to the Pagoda/Gazebo for registration. **NO** Athletes. When in line waiting for your packet, make sure that you socially distance.
- f.) All meet questions should be presented to NHIAA personnel and **NOT** Lancer Timing.

3. RACE START

- a.) 10 minutes before race time, all team members should be at their team areas and prepared to race (sweats removed and **BIB number pinned in place**).
- b.) **NO ONE** should report to the starting line until called by the announcer. Teams will be called to the line one or 2 at a time.
- c.) Once at the starting line, athletes should find their assigned wave starting position and stand on it. **THERE ARE TO BE NO STRIDE OUTS AT THIS TIME.**
- d.) Once all waves are set, the starter will give final instructions.

4. RACE FINISH

- a.) After crossing the finish line, athletes will immediately depart the stone dust area onto the grassy areas and **PROCEED BACK TO THEIR TEAM AREAS**. Coaches should help make this happen as we **DO NOT** want a lot of congestion at the finish area.

5. MASKS

- a.) Shall be worn at all times by athletes except for warm up/cool down and competition.

6. PORTA-POTTY

- a.) Each school will have its own Porta-Potty that will be labeled accordingly

7. DEPARTURE

- a.) Make sure you are on your way home by the stated departure times as we have MUCH to do before the next Division arrives.

8. AWARDS

- a.) Team awards will be presented immediately after the race. Individual awards will be distributed to schools at the Meet of Champions.

9. RESULTS----will be posted on Lancertiming.com upon competition of each race.

