



RECOMMENDATIONS FOR HOSTING A CROSS COUNTRY MEET

The following guidelines are **recommended** for hosting Cross Country meets. These are the minimal guidelines that schools coming to run at your meet are expecting.

Course:

Courses should be marked with two continuous painted boundary lines. (4" line). When this is not possible then use a single continuous painted line. (4" line)

Flags or cones should be placed on the course at every major turn. Set flags or cones back from the painted line at least one foot. Course marshals should be present at each major turn so athletes won't be cutting the course.

If possible, have one & two mile marker flags on the course or put paint on the course indicating the one & two mile marks. Also, be sure that one & two mile marks are on maps that are shared with coaches, athletes and spectators.

Remove all large rocks, walnuts, branches and leaves from the course if they would interfere with the athletes having a safe environment in which to compete. Fill in all holes on the course in which athletes might injure themselves. Mark all tree roots and smaller holes on the course with paint.

When possible, mow the grass lower where the athletes will be running or roll the course prior to the meet. This will allow for a safe surface for running.

Place two large cones at 100 meter mark from start line. This will mark the recall line for the starter.

Starting Boxes:

Starting boxes should be a minimum width of 6' for each team. All boxes should be numbered for easy identification. Two flags or two large cones should be placed at the ends of the start line.

Finish Chute:

Flag rope or barriers should be used in which to keep spectators away from the finish line area. The finish chute should be a minimum of 100 feet prior to the finish line and 50 feet past the finish line. This area needs to be kept cleared of spectators so that the timer, medical personnel, chute workers and starter can do their jobs.

Two flags or two large cones should be placed at the ends of the finish line. A finish line should be painted on the course. (2" line)

Carts:

A lead cart as well as a trail cart need to be present at each meet. The lead cart serves as a guide to lead the athletes around the course. The lead cart should stay 40-50 feet ahead of the lead runner. Trail cart will pick up any injured athlete on the course and bring them back to the finish line area. Trail cart should stay back 30-40 feet behind the last competing athlete. If the weather is extremely warm the day of the meet a second trail cart may be appropriate.

Start Line Clerk:

Start line clerk will assist the starter and get the teams into the assigned starting boxes. They will check to see that all athletes competing have a chip/racing bib on. They can count the number of athletes in each race and report it to the timer.

Starter:

Send the meet starter all information on the meet and box assignments.

Timer:

Hire a reliable timer for your meets. Ask your timer to use live results if at all possible. If not, post the site where meet results may be downloaded by coaches and spectators.

Please have all meet times send their results file to results@gobound.com this year. If you have any questions regarding this please contact Nathan Haila nathan@gobound.com or Troy Staudt troy.staudt@gobound.com.

Coaches Meeting: Athletic Director/Starter

A coaches meeting should be held 30 minutes prior to the first race for all Head Coaches or a representative from each school. Meeting should last 10 minutes or less. Items for the meeting are listed but not limited to:

- *Collection of Medical notes
- *Location of trainer
- *Review box assignments
- *Review race times
- *Weather concerns(Heat/Cold)
- *Course markings (Double/Single line)
- *Lead/Trail cart
- *Mile markers
- *Starting protocol.....
- *Awards presented at.....
- *Coaches review race results before leaving the meet
- *Any concerns come to the Starter
- *Individual qualifiers in addition to top 15 or 10, where applicable, do not receive medal but advance to state meet.
- *Misc.