

DISTRICT CROSS-COUNTRY RACE – 2018

Dear Cross-Country Participants and Parents,

The District Cross-Country Race is **Thursday, October 4, 2018** at **Kootenai County Fairgrounds**. Parents need to provide transportation to and from the meet. **Races** are scheduled to begin at **START TIMES**, rain or shine. Below are the **start times** for each grade level. If your child is late, **we cannot have him/her run with a different grade level**. This causes enormous complications, so please have your child on time for their race. **Attached is your name tag.** Please wear it for your race. Parents, please put name tag on just before your runner is called down. Runners will **NOT** be meeting with coaches to put on name tags.

CALL TO START LINE: **START TIMES:**

Fifth Grade: 4:30	4:40
Fourth Grade: 4:50	5:00
Third Grade: 5:10	5:20
Second Grade: 5:30	5:40

Winners will receive their awards as soon as they finish their race.

DUE TO THE LARGE NUMBER OF RUNNERS AND SPECTATORS, please arrive early. Traffic can be a problem. **Two** gates will be open on Government Way to **enter** the parking lot: the main gate and one near the Sheriff's department. Parking attendants will help you find a place to park.

Absolutely no parking at Gate A! This is for emergency vehicles only!

Every runner should stay with his or her parents in the grandstands while waiting to be called to the start line. We will have school banners in the grandstands. You may sit in front of your banner and show your school spirit!!

A Ramsey coach will hold up a bright colored sign with the grade level that has been called. Runners will leave their parents and line up behind this coach, who will lead them in an orderly fashion down to the arena.

Parents, please supervise your child at all times! **Runners: Do NOT come down until you are called!** We cannot emphasize this enough. If kids who have not yet been called, are down by the gate to the arena, they are creating congestion for the runners who have been called down. After your runner leaves the arena, there are many places to take pictures and cheer them on. **No one** will be allowed in the arena that is **not** wearing a volunteer vest. Please be kind to those volunteering. We have had our volunteers treated very disrespectfully in the past. Please remember they are here protecting every child, this includes yours! To keep runners safe the following rules will be strictly enforced:

1. No parent or sibling pacers allowed. We will have pacers to lead each group around the course. You may be out on the course (outside of the arena) encouraging your runner or taking pictures. There are some long stretches where a runner could use some encouragement!
2. Inappropriate behavior will not be tolerated. If a runner decides to make a wrong choice they will be asked to leave and may not run in their race.
3. Once a runner runs under the "Finish" line banner, the race is over. Runners must stay in order in the finish chute. **NO PASSING IN THE CHUTE.** The girls' chute will be designated by a pink sign and the boys chute with a blue sign.
4. Once a runner has finished the race and exited the chute, they will exit the north gate. **Runners and parents please decide where to meet after the runner exits this gate. Once they exit this gate, runners are the parents' responsibility.** We tell kids to wait on the bleachers nearest this exit if their parents aren't readily seen.
5. Results will be posted as soon as possible. All finishers will receive a finisher ribbon. Medals will be given to 1st, 2nd, and 3rd place winners, and ribbons to 4th through 10th place as soon as they finish their race. Boys and girls are awarded separately.
6. **Once again, we cannot allow your child to run with a different grade level; so please make sure your child is on time for his/her race.**

**** The start of the race will be on dirt or if it rains, it will be muddy! Welcome to "true" cross-country! We wanted you to be aware of this so your runner may not want to wear any new running or racing shoes! We cannot have one long starting line, so runners will be stacked behind each other; please advise your runner to extra careful at the start of the race. There is plenty of space for passing when out on the course.****

Please remember to wear your school cross-country T-shirt. You may want your child to wear layers as the evenings cool off quickly and we do not want your child to get chilled. Also, please have your child do some cool-down stretches after the race so they don't become sore and stiff. Coaches will be helping to run the meet and will not be available for this. Bring water for your runner too.

VOLUNTEERS NEEDED!!! To make this meet successful, it takes many hours and many volunteers. If your child's coach asks you to volunteer, please do. It may be helping as a spotter or in the finishing chute or just being available to help where needed. Believe me, **WE NEED YOU!** **A note to those who are volunteering:** For the safety of our runners and to help our meet run smoothly, please do not have small children with you while you are doing your job. Also, if you have a child running, perhaps they can stay with a family member after they have finished their race. This eliminates congestion in areas that are very congested already. Thank you so much for your understanding and cooperation in this matter.

**THANK YOU AND HAPPY RUNNING!
DISTRICT 271 CROSS-COUNTRY COACHES**

