

Please read all of this!

Packet pick up will be in the vicinity of the finish area.

THOSE SCHOOLS RUNNING A TEAM IN A CHAMPIONSHIP RACE MUST CONFIRM THE DIVISION THEY ARE IN WHEN PICKING UP TEAM PACKET.

**TIE BREAKER WILL USE THE USATF RULE:
THE BEST 5TH PLACE WILL DETERMINE THE WINNER**

Double check your entry numbers and make sure each athlete has a number in the packet.

Use 4 pins per number. Extra pins, if needed, are at packet pickup. (Coaches' hint – always have a supply of extra pins)

The bottom tear-off tag must remain on the number.

The tag will be removed and placed on a spindle after your runners cross the finish line. Instruct your runners to carefully remove the bottom tear-off tag as soon as they find themselves walking.

- 1) **DO NOT** place a safety pin through the hole on the tear-off tag portion of the number.
- 2) Your runners should **NOT** come to an immediate stop after the finish line. They should maintain their position while jogging as far down the chute as allowed.
- 3) There will be a swing rope prior to the finish to direct runners to the proper side of the chute system as the runners approach the finish. Please instruct your runners **not to** go under that swing rope. They should continue running as directed by the official on forward swing rope.

Overall results will be posted.

These results are for coaches only and parents representing a school as a covid precaution.

Results will be posted on lwrun.org. the evening of the meet.

For all athletes to have an opportunity to perform to their utmost capability it is requested that you refrain from smoking while a race is in progress.

COURSE: 1.86 + Miles with excellent viewing sites.

COURSE WALK THROUGH: Teams need not be guided through the course. It will be well marked. We ask that you leave the running course as soon as the first gun fires at 11:00 am. You may view the races while staying off the running course. A map is available at

<https://onthegomap.com/s/cp49fes0>

After the large U-shaped start, the course repeats **2 similar loops**. Near the end of each loop the course goes behind a tree line that parallels West Main Street. Instruct your runners :

- 1) The first time they enter this part of the course, they must take **a right about 90 yards after** they enter the tree line. An official will be there.
- 2) The second time they will continue straight through the complete tree line portion to the finish turn.

There may a **very few runners** who have not yet taken the first loop right turn when the lead runners are entering the second tree line loop. Instruct your first loop runners to stay to the extreme right of the portion of the course if they are lapped. There will be course monitors who will direct them towards the beginning of the second loop.

Some runners might find themselves approaching the finish line mixed in with runners from the race that started after them.

Instruct them to stay to the extreme right of the finish line. We will try to time them and score them. We have found that most of these youngsters simply go out much too fast for the condition they are in as result do much walking. Most every athlete should be able to run the entire distance regardless of their pace. Please instruct the inexperienced runner as to the proper pace. We understand that there are a few youngsters whose normal pace will have them finish with the race following them. You may have a "guide " run with them and again stay to the extreme right when finishing.

WHEN TO ARRIVE: Give yourself and your athletes sufficient time to pick up numbers, view the course (if desired) and warm up. Races will start no sooner than the advertised time.

CLOTHING: Athletes should appropriately dress relative to conditions.

RACE PACKETS: Packet pick-up will be in the vicinity of the finish.

NOTE: Some schools have many parents enter their youngsters. If there is no coach, one parent must be designated to hold on to that team's entire packet and hand out the numbers to the other members of that school. Numbers **WILL NOT BE PULLED OUT** of packets for individuals.

Be sure your team has that individual's phone contact. The event is not responsible for arranging for meeting places or number distribution.

TENTS: May be placed **ONLY** on the field between Sherman Avenue and the baseball field fencing. The baseball field near Antietam.

WHEN IS MY RACE?:

A race will not start before the indicated time.

REMINDER: On race day you may send any **5,6 or 7 runners to the start line in the Championship races.**

All other members of your team will run the grade races.

A race will not start before the indicated time.

11:00 am Race 1 - 8th grade Girls (unlimited runners)
11:20 Race 2 - 8th grade Boys (unlimited runners)
11:40 Race 3 - 7th grade Girls (unlimited runners)
12:00 pm Race 4 - 7th grade Boys (unlimited runners)
12:20 Race 5 - 5th/6th grade Girls (unlimited runners)
12:40 Race 6 - 5th/6th grade Boys (unlimited runners)
1:00 Race 7 - Div 2 Girls Championship (Must have 5, 6 or 7 starters)
1:20 Race 8 - Div 2 Boys Championship (Must have 5, 6 or 7 starters)
1:40 Race 9 - Div 1 Girls Championship (Must have 5, 6 or 7 starters)
2:00 Race 10 -Div 1 Boys Championship (Must have 5, 6 or 7 starters)

ARRIVAL AND PARKING:

BUS PROCEDURE:

Refer to link - [Bus Parking Instructions](#)

Lot G Busses -Coaches should phone buses at appropriate time. Buses should return to drop area as before. Please do not call for buses until your team is at drop off area.

CAR PROCEDURE:

Refer to link - [Driving Directions and Car Parking Instructions \(lwrn.org\)](#)

Park first and walk to the start is the proper procedure for those cars transporting runners. Individuals are NOT to drop off athletes and then park. No unloading will be allowed on streets bordering the course.

DAY OFF PAYMENTS - CASH

Change will be given to even dollars.

T-SHIRTS: Long sleeved multi-colored shirts printed on 2 sides will be available for purchase.

T-shirt cost is \$20, sold on a first come basis. No orders will be taken

TOILETS: Port-A-Johns will be available. Some will be reserved for runners only.

TRASH BAG(S): Devens is a carry-in / carry-out site.

Please bring trash bags and use them. We must leave this site cleared of all items brought in.

DOGS: FACILITY POLICY STATES ABSOLUTLY NO DOGS WILL BE ALLOWED ON THE RACE SITE. Do not bring dogs to meet. Both dog and dog owner will be asked to leave race site.

FINISH STRAIGHT AND CHUTE SYSTEM: There will be viewing areas as the finish, but some locations will be fenced off. Do not cross barriers / fencing/ flagging. ANY team related individual – coach, competitor, parent – not respecting the do-not-cross areas will subject the entire team to disqualification from a race.

VIEWING RACES: Many spectators will move around viewing areas as race is in progress. It is cross country and is to be expected. Please do not stand on the running course and be aware of the start of races.