



INFORMATION PACKET
 RACE SCHEDULE | FINAL INFORMATION | MAPS
 MEDICAL INFORMATION | RED BULLETIN
 CHIP/BIB NUMBER INFORMATION

VERSION 1.0 - 10/05/18 @ 9:00 PM

This information packet contains
RACE SCHEDULE, TEAM ENTRIES (with ENTRY FEES) and RACE ENTRIES.

If you have an questions or discrepancies, coaches may contact Elementary Middle School Director,
 Don Ruh at donruh@aol.com. The confirmation packet **will change and be continuously updated.**

Please check back on the Mt. SAC Cross Country Invitational Website for updated information.
 will be posted shortly. Thank you very much for your support of the Mt. SAC Cross Country Invitational!

RACE SCHEDULE

FRIDAY, OCTOBER 12, 2018

#	GEN	RACE	WB	TIME
1	B	8th Grade	Blue	2:30 PM
2	G	8th Grade	Green	2:40 PM
3	B	8th Grade	Red	2:50 PM
4	G	8th Grade	Yellow	3:00 PM
5	B	7th Grade	Blue	3:10 PM
6	G	7th Grade	Green	3:20 PM
7	B	7th Grade	Red	3:30 PM
8	G	7th Grade	Yellow	3:40 PM
9	B	Varsity (6-7-8)	Blue	3:50 PM
10	G	Varsity (6-7-8)	Blue	4:00 PM
11	B	6th Grade	Blue	4:10 PM
12	G	6th Grade	Yellow	4:20 PM
13	B	6th Grade	Blue	4:30 PM
14	G	6th Grade	Green	4:40 PM
15	B	5th Grade	Red	4:50 PM
16	G	5th Grade	Yellow	5:00 PM
17	B	4th Grade	Blue	5:10 PM
18	G	4th Grade	Green	5:20 PM
19	B	3rd Grade	Red	5:30 PM
20	G	3rd Grade	Yellow	5:40 PM





RED BULLETIN
VERY IMPORTANT INFORMATION
ABOUT THIS YEARS EVENT

We thank you for your support, understanding and cooperation during this special year, where stadium construction has impacted our normal operations. We made this bulletin **RED**, because this information is **THAT IMPORTANT!**

Please see the maps on the following pages for additional references.

SHARE THE INFORMATION BELOW AND THIS INFORMATION WITH YOUR PARENTS...

All Spectators must park north of Temple Avenue and walk around the construction to get to the course. This is about a 2-mile walk. There will be **NO** drop off for spectators anywhere near the course. Thank you!

ARRIVAL INFORMATION

1. Teams arriving in buses, will drop off in Parking Lot F. (North of Temple Blvd). Buses will then be directed to park in the 'waiting lot' above Lot F. Restrooms for driver use are available there.
 - A. Team will walk across Temple and proceed to the TEAM CAMP / WARM-UP AREA. (Parking Lot M).
2. Teams arriving in school vans and/or personal vehicles, may drop off equipment and/or team members in Parking Lot W (South of Temple and West of the Soccer Fields).
 - A. Once team/equipment has been 'dropped off' van/personal vehicle will then be redirected to park in Parking Lot F.
 - B. No buses, vans, school or personal vehicles attending the Mt. SAC Cross Country Invitational will be allowed in Parking Lot W.
 - C. No parking charge for school buses or marked school vans. \$5 charge for all other vehicles.

TEAM CAMP, PRE/POST RACE INFORMATION

1. Team Camp Area will be in Parking Lot M. For safety, logistical and operational reasons, ALL TEAM CAMPS MUST ONLY be set up in this lot and not in other areas (i.e. other parking lots, fields, etc.).
 - A. Parking Lot M is a paved parking lot. We suggest you bring tarps/coverings to lay on the ground for your team.
 - B. CAMPS MUST BE SET UP IN PARKING STALLS ONLY (not on roads or warm-up track area)
2. Packet Pick-Up, Medical, Restroom Facilities, Awards and Results will be located at the entrance of Parking Lot M, South of the Soccer Fields.
 - A. *Porta Pottie Disclaimer: We strongly recommend that you bring toilet paper!!! Although we have tried time and again to keep restroom facilities stocked, it seems that toilet paper mysteriously disappears each year. PLEASE BRING TOILET PAPER!*
3. Warm-Up Area will be in a designated area of Parking Lot M. For safety reasons (*Rattlesnakes!!!!uneven terrain*) please do not warm up in the hills or areas next to Parking Lot M. Soccer/Golf Fields are also off limit.

RACE INFORMATION

1. Clerk of the Course will be located in Parking Lot S (North end of the Airstrip, Southwest corner of Temple and Bonita).
 - A. All athletes must report here 30 minutes prior to the start of their race.
 - B. Athletes will then be escorted to Start Line
2. The Airstrip will be off limit to everyone except race personnel and competitors (Sorry, no coaches or parents).
 - A. Due to emergency/operational purposes, Bonita Road must be maintained as a working road.
 - B. A live video feed of the finish line can be viewed online at <http://mtsacathletics.com/broadcast/grknym>.



MT. SAC CROSS COUNTRY INVITATIONAL

FINAL INFORMATION

PLEASE READ OVER CAREFULLY



PACKET INFORMATION

1. In your packet you will receive competitor bib numbers, RFID Chips and a final information packet with important information. **There is only one packet per school.**



PROBLEMS???

1. Please carefully check over your entries. If you have any name corrections please make those changes at the packet pick-up area, **NOT AT THE FINISH LINE.**
2. **\$5 cash fee PER change and a \$10 cash fee PER lost Chip/Bib**
3. No additions of new teams and no additions of new individuals to races.
4. You must submit all changes **PRIOR** to the start of a race.
5. There is a \$10 cash fee for all lost bibs or RFID chips. If you lose one, we must replace both and assign a new number.



WARM UP

1. Please warm up in the designated area, in Parking Lot M (Team Camp Area)
2. For safety and courtesy reasons, **do not warm up on the course during other races.**



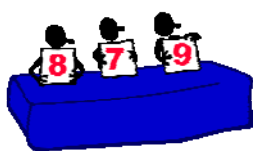
RACE INFORMATION

1. Please check-in at the clerk of the course (see map) 30 minutes prior to the actual start of the race.
2. For safety considerations, spectators/coaches must remain off of the competitive racing course.
3. No spiked shoes (with or without spikes) allowed.



SCORING SYSTEM

1. We are using a RFID chip timing system. Every runner must run with the unique Bib/RFID Chip Number (both should have the same number) they were assigned. Bib Numbers must be worn in Front and RFID Chips must be securely tied to his/her shoe.



RESULTS

1. Printed results will be posted after each race on our results board, near the awards area (see map).
2. Results will also be on-line directly after the race on our website at <http://events.mtsac.edu/ccinvite>
3. **All results are will be FINAL, one hour after posting.** Any protests (coaches only) should be filed immediately at the Clerk of the Course (Parking Lot S).

MT. SAC CROSS COUNTRY INVITATIONAL	
COMMEMORATIVE SOUVENIRS	
Short Sleeve T-Shirt	\$ 14.00
Long Sleeve T-Shirt	\$ 20.00
Cowbell Keychain	\$ 4.00
Souvenir Pin	\$ 3.00
Souvenir Program	\$ 2.00
<i>+ MORE AT THE SOUVENIR BOOTH</i>	



BIB NUMBER/ RFID CHIP INSTRUCTIONS

PLEASE READ OVER CAREFULLY

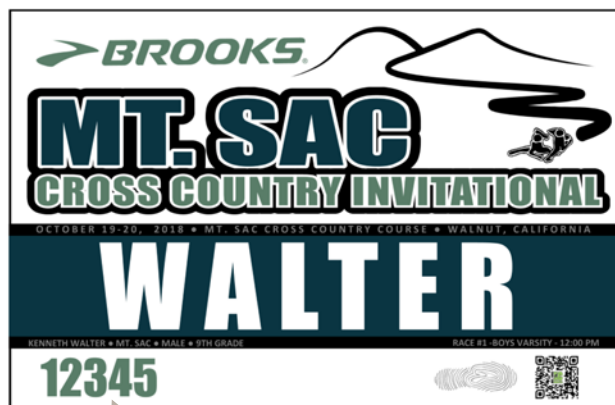
COACH YOU HAVE WON A NEW CAR!

Just joking, however, since we have your attention... please read this carefully!

Due to the use of RFID Chip Timing with *FINISHED RESULTS*, we ask that you please read the information and procedures outlined below:

PLEASE DISTRIBUTE THE FOLLOWING TO EACH OF YOUR ATHLETES:

1. A BIB NUMBER (same number as RFID Chip)
2. An RFID Chip (same number as Bib Number)



RFID CHIP NUMBER AND BIB NUMBER MUST MATCH

and only be used by the person it is pre-assigned to.

BIB, LABEL AND CHIP INSTRUCTIONS:

1. Attach bib number with 4 pins to the **FRONT** of the Athletes Uniform.
 - A. The entire Bib Number **MUST BE VISIBLE** for timing purposes. **DO NOT FOLD!**
2. Securely attach the assigned RFID Chip to either the runners left or right shoe through the shoe laces. **PLEASE READ** the enclosed RFID Chip Attachment Instructions.
3. At the conclusion of the race the RFID becomes a keepsake souvenir for your athlete. There is a place on the chip for them to record their name, place and time!

CHIP TIMING REGULATIONS CONTINUED ON OTHER SIDE



BIB NUMBER/ RFID CHIP INSTRUCTIONS CONTINUED

RFID CHIP TIMING RULES AND REGULATIONS:

1. Rules

- A. **Any runner that fails to adhere to the following rules will be disqualified and not scored.**
 - 1. Runners must cross the finish line with an RFID Chip in the race they were assigned to.
 - 2. Runner must not cross the finish line under another person's Bib/RFID Chip Number.
 - A. Name corrections must be made prior to the start of the race (\$5 cash change fee).
- B. Race day changes/additions (\$5 cash fee per change)
 - 1. Teams may substitute runners (name changes) or make corrections to names at the Packet-Pick Up Tent.

2. Packet Pick-Up

- A. Please inspect your packet to make sure that you have all of the **chips, bibs and labels** for the athletes that are listed on your Team Packet Report.
 - 1. Any discrepancies should be immediately reported to the Packet Pick-Up Staff.

3. Procedure for substituting a runner, name corrections, race changes, lost chips or bibs.

- A. **Completely** fill out a change card at Packet Pick-Up Tent. **INCOMPLETE CHANGE CARDS WILL NOT BE CORRECTED.**
- B. Each change will incur a \$5 fee (cash only)
- C. Corrections to the results will be made by the following Monday.
- D. Lost RFID Chip/Bib Numbers will incur a \$10 fee (cash only).
 - 1. If either is lost, both the RFID Chip and the Bib Number must be replaced.

4. Race Rules and Procedures

- A. All runners **MUST REPORT TO THE CLERK OF THE COURSE A MINIMUM OF 30 MINUTES PRIOR TO THE START OF THE RACE.**
- B. All runners will be given and must wear the colored wristband
 - 1. Wristbands will help spectators and staff designate the current race on the course.
 - 2. See Time Schedule for race color code.
- C. SAFETY GATE - Athletes deemed in distress by race personnel (1.5 mile mark or anywhere else on the course) will be escorted off and removed from the race for their safety.
- D. Runners finishing with a time greater than 26 minutes for boy's and 28 minutes for girl's, **may not be timed/scored.** Getting results out in a timely manner depends on when the last runner finishes.

5. Protest or Concerns

- A. All race results are FINAL, 1 hour after the result is posted.
- B. All protests, concerns or discrepancies must be filed immediately by the teams coach at the Clerk of the Course (Parking Lot S).

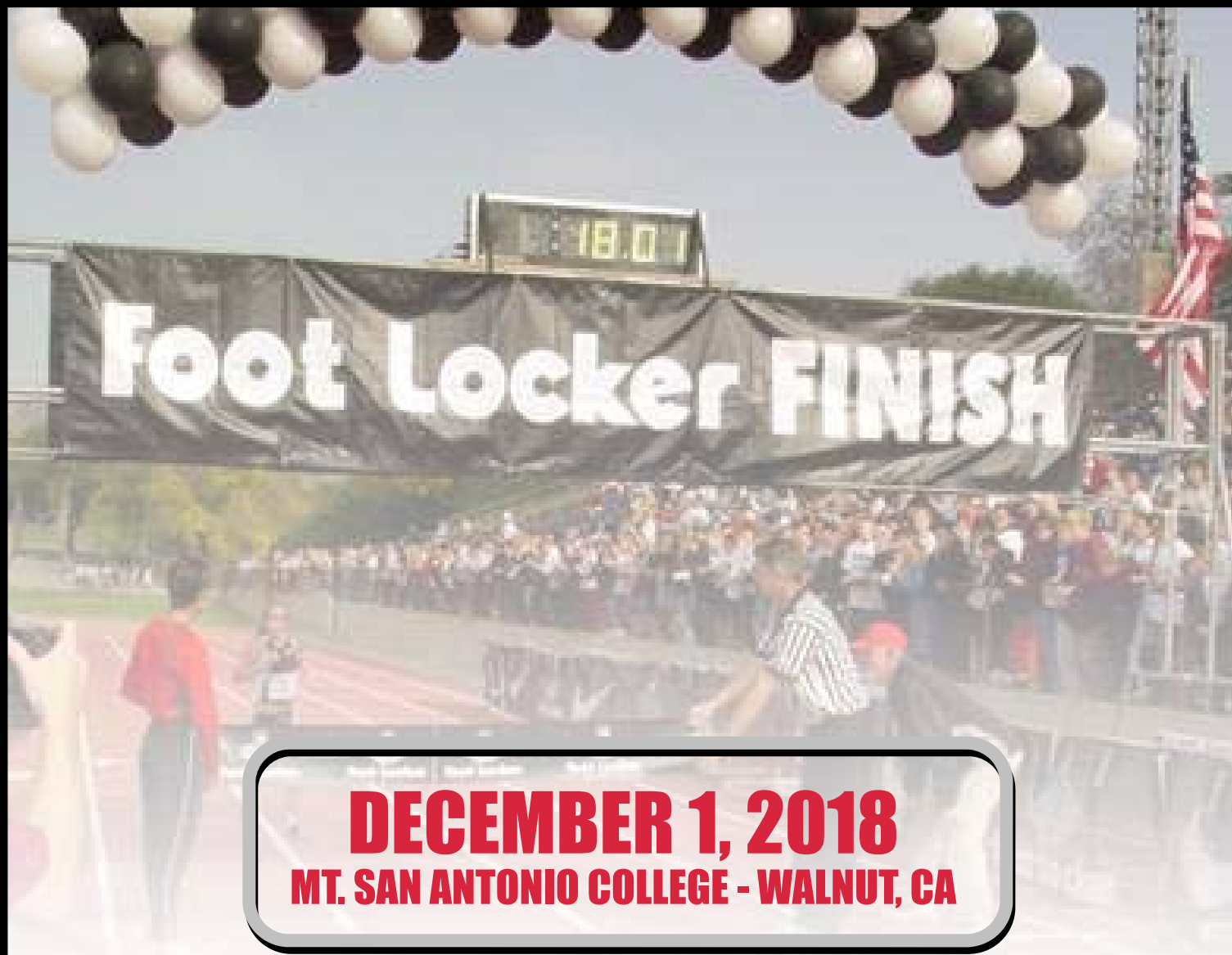
Thank you for your support of the Mt. SAC Cross Country Invitational!



WHO WILL BE THE NEXT

Foot Locker®

WEST REGIONAL CROSS COUNTRY CHAMPION?



DECEMBER 1, 2018

MT. SAN ANTONIO COLLEGE - WALNUT, CA



Foot Locker.

CROSS COUNTRY CHAMPIONSHIPS

for more information

www.footlockercc.com

909.274.4840



MEDICAL POLICY AND INFORMATION

PLEASE READ OVER CAREFULLY

MEDICAL POLICY

- The number one priority of our medical staff is to respond to life threatening medical emergencies.
- Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated if resources are available and time allows. Serious injuries take precedence and will be treated first.

COACHES MEDICAL RESPONSIBILITY:

- Bring a well stocked first aid kit with all the necessary supplies to care of your own athletes.
- Bring all athlete emergency information with you. Make sure emergency contact phone numbers and health condition documentation that medical personnel would need to be aware of are included.
- Bring all medications that your athletes require for their medical conditions. Make sure the medication is easily accessible and that you are aware of their location.
- In case of an emergency which requires a hospital visit, please designate an adult from your program (supervising adult, parent of patient) to accompany the ambulance to the hospital.
- **Bring plenty of water and sports drink with you to the meet. Invest in a water jug that will take care of your entire team.** Our water fountains may not suffice for everyone.

ALL OF THE ABOVE SHOULD BE BROUGHT TO THE EVENT SITE AND NOT LEFT ON THE BUS.

- It is important that your athletes eat and drink properly on and before race day.
- Please do not allow an athlete to compete if he/she is injured or ill. By sending them to the start line, the coach has certified that they are healthy and able to participate.

Thank you for your understanding and cooperation.

COACHES MEDICAL CHECKLIST

- FIRST AID KIT**
taping supplies, bandages, gauze, scissors, etc.
- WATER JUG/SUPPLY**
cups
- ATHLETE EMERGENCY INFORMATION**
medical history, medications, emergency contacts, physician information, insurance information
- ATHLETE MEDICATIONS**
inhalers, pills, other personal medication
- ATHLETE CONDITIONING**
Are they ready to run?
Are they properly hydrated?
Have they had the proper nutrition?
- EMERGENCY PLAN**
What is the plan in case of emergency?

If you are missing any of the supplies please make sure that you have them prior to entering the stadium. Thank you for your cooperation!



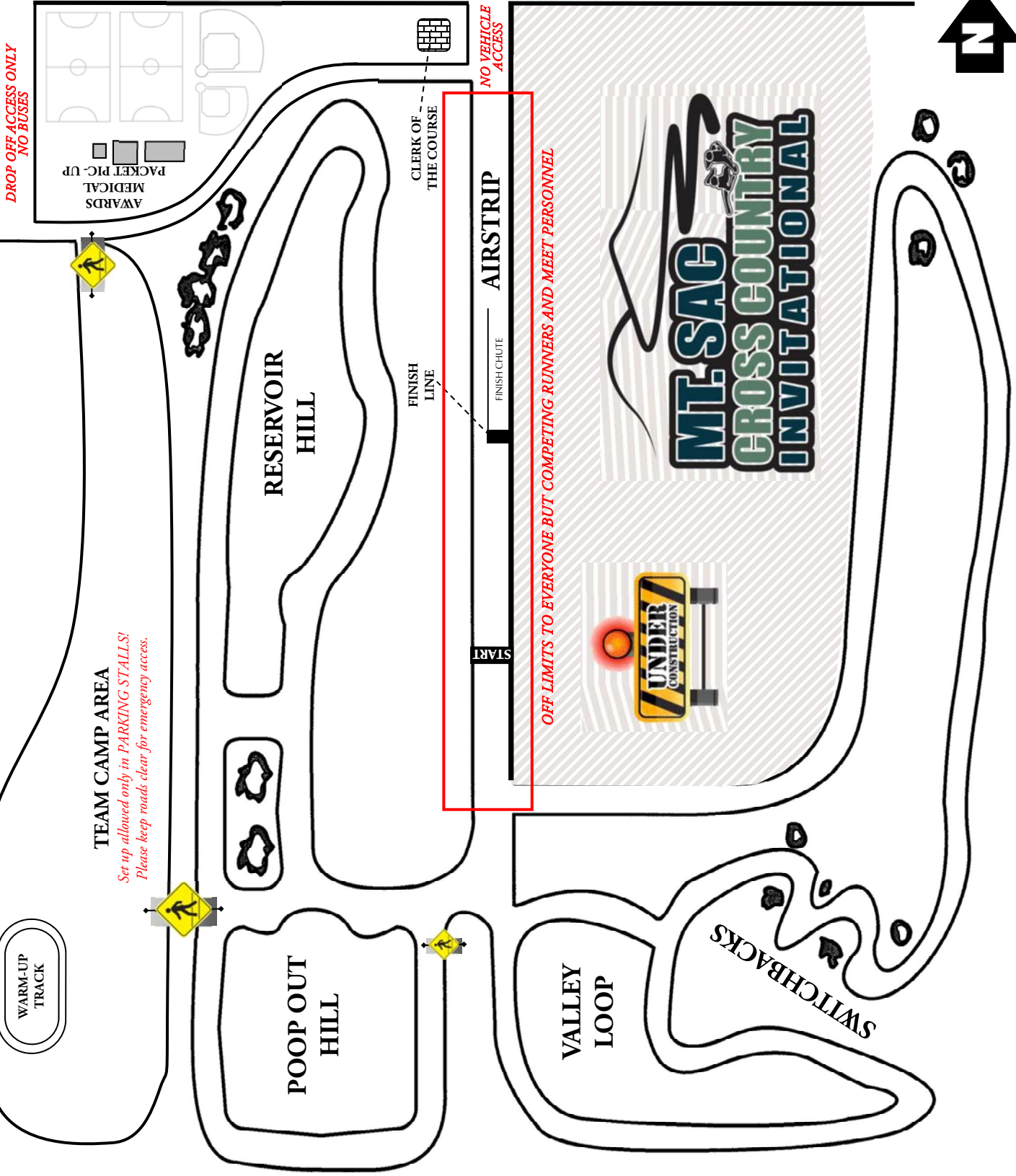


MT. SAC CROSS COUNTRY COURSE MAP

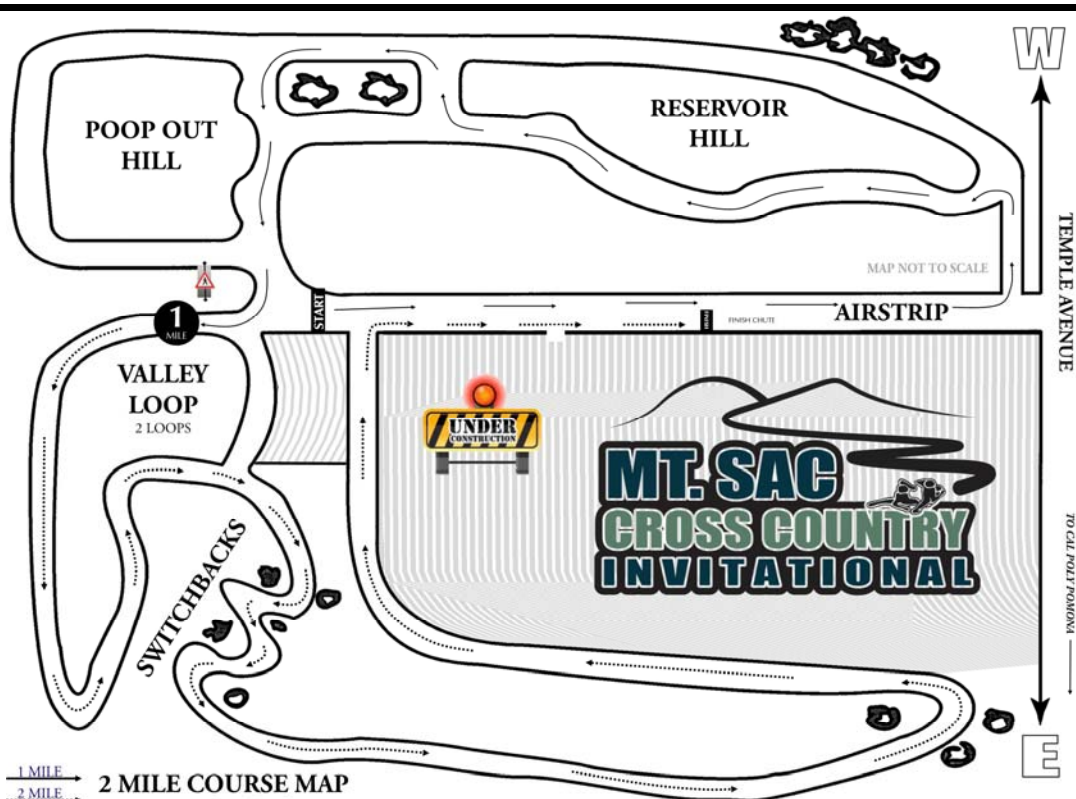
Logistics Map

TEMPLE AVENUE

TO CAL POLY POMONA →

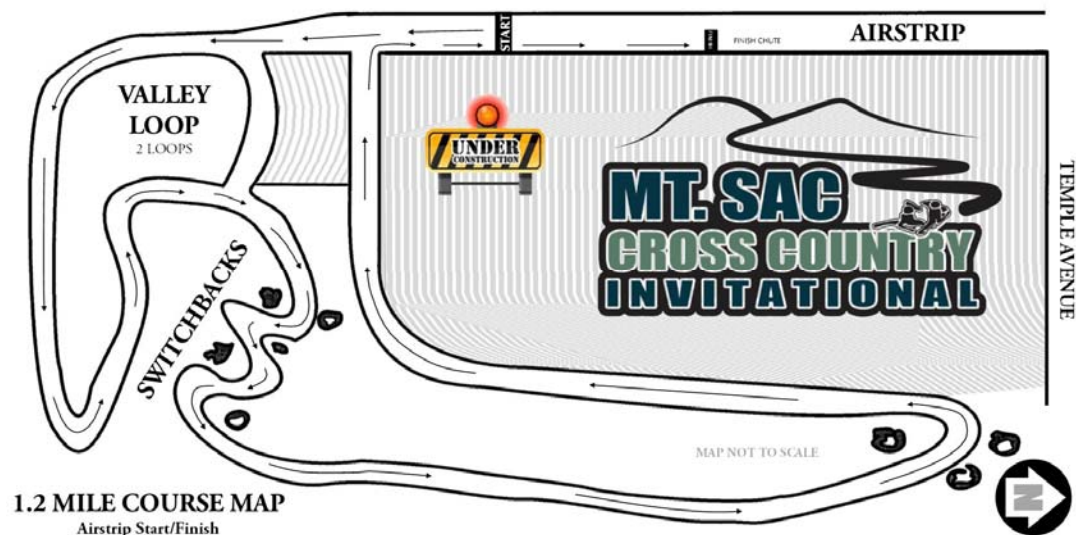


2.0 MILE MAP
6th, 7th and 8th Grade Course



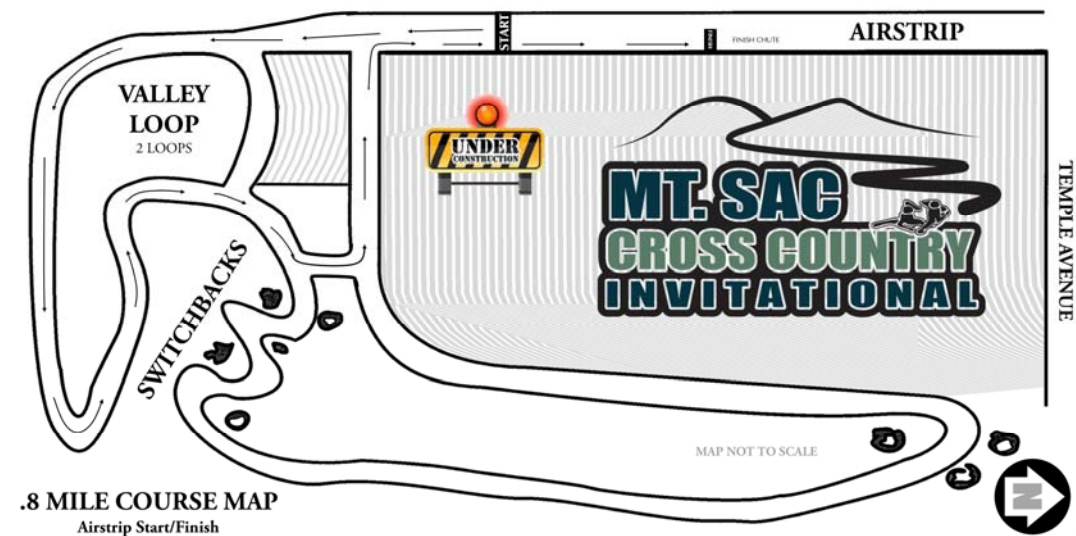
2 MILE COURSE MAP
Airstrip Start/Finish

1.2 MILE MAP
5th Grade Course



1.2 MILE COURSE MAP
Airstrip Start/Finish

.8 MILE MAP
4th Grade Course



.8 MILE COURSE MAP
Airstrip Start/Finish