

SEC CONFERENCE CROSS COUNTRY TIME SCHEDULE

1:30-2:30 Bus Arrivals and Team Check-In at Registration Tent

Pick up team envelope with chips, competitor numbers, pins, map, and turn in uniform verification forms

2:30 Coaches Meeting at Registration Tent

2:45 Girls Team volunteers report to Registration Tent

3:15 Girls Varsity report to Start

3:30 Varsity Girls Race

3:45 Boys Varsity report to Start

4:00 Varsity Boys Race

4:15 Girls JV report to Start

4:30 Girls JV Race

4:45 Boys JV report to Start

5:00 JV Boys Race

5:15 JV Awards Ceremony

Varsity Awards to follow JV Awards

Conference Lane Assignments

Alley assignments for teams are drawn at random

GIRLS & BOYS VARSITY & JV TEAM ALLEY ASSIGNMENTS:

Team	Alley
Mounds View	1
Park	2
White Bear Lake	3
Irondale	4
Stillwater	5
Cretin-Derham Hall	6
Roseville	7
Woodbury	8
East Ridge	9
Forest Lake	10

UNIFORM VERIFICATION FORM

- _____ Runners are in school-issued or school-approved legal uniforms, with Varsity uniforms of the same design as their teammates clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team
- _____ Runners are wearing their assigned, unaltered bib numbers with transponder chips on their jersey fronts
- _____ Runners are wearing the uniform as designed: no roll up of shorts at the waistband; the top cannot be knotted or have a knot-like protrusion, or use safety pins to alter their uniform to fit
- _____ Any visible garments (with the exception of the sports bra and briefs) worn by two or more cross country team members underneath the uniform top and/or uniform bottom, shall be of the same, single, color, but not necessarily the same length. Note: Visible items worn under both the top and the bottom do not have to be the same color (Modifies NFHS Rule 4-3-1b.7) (Varsity only)
- _____ Runners do not have corporate logos in violation of the rules (one per garment smaller than 2-1/4 sq in)
- _____ Runners are wearing appropriate shoes
- _____ Runners are compliant with MSHSL rules on hats, scarves, do-rags, bandanas, face/body paint, stickers, etc.
- _____ Runners have been instructed to line up 3 meters back of the start line (at the dashed line) and come to the white solid line with feet behind it upon the Starter's whistle and then, when all are steady, he will fire the gun and drop a flag indicating the start
- _____ Runners understand the race will be recalled by gun if runners go down BY CONTACT within the first 100 meters; Otherwise, get up and keep running
- _____ Runners have been reminded to not block their bib numbers with their arms/hands at the finish line and to continue moving briskly through the corral area

HEAD COACH SIGNATURE _____

Tanners Brook Golf Course – Forest Lake, MN



