



# 2023 State Cross Country Championships Coaches Instructions



1. Course Preview, Practice and Early Packet Pickup Times:

**COACHES ONLY may pick up team packets.**

Early packet pickup available and replacements on roster Declaration Forms accepted

- a. **Thursday, November 2, 2023: 3:30-5:30pm** – Course open for preview and practice **ONLY** for participants in Friday's races.
- b. **Friday, November 3, 2023: 3:30-5:30pm** – Course open for preview and practice for participants in Saturday's races. The Course is **CLOSED** on Friday after the conclusion of Friday's races until 3:30pm in order for Meet Management to re-mark and re-condition the Course.

**NOTE: Coaches and teams MUST adhere to the published times for which the course is open for preview and practice. The Carrollton Greenbelt is adjacent to the Carrollton Elementary School campus for practice.**

**NO teams or individual athletes competing on Friday, November 3 will be allowed on the course on Thursday, November 2 other than during the published 3:30-5:30pm time.**

**NO teams or individual athletes competing on Saturday, November 4 will be allowed on the course on Friday, November 3 other than during the published 3:30-5:30pm time.**

2. Bibs with numbers and chips will be assigned **ONLY** to the seven runners listed on finalized region meet results at MileSplit GA. Athletes must wear assigned bibs, unaltered and clearly visible. Any obstruction of the bib/chip may interrupt timing. Caution athletes not to raise their arms to stop a watch at the finish line.
3. At the State Meet, qualifying team coaches may make necessary changes for the seven athletes who will compete by using a Declaration Form to finalize any replacements for the original seven runners. The Declaration Form should be submitted to Meet Management at the packet pick-up table (**The deadline is 30 minutes before each race start time.**) If there are NO CHANGES, the form does not need to be completed. Follow instructions on the declaration form for making changes and complete the form before you leave the check-in area.
4. Before leaving the check-in table, carefully review your entry list and be sure you have the correct bibs with numbers and chips that correspond to each athlete's name.
5. In your team area, distribute the bibs to the assigned runners. The bib with number and chip must be attached, unaltered, to the front of the uniform top.

**NFHS RULE 8-6-2: ...A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponder/chips shall be worn, unaltered, for purposes of official timing and place finish.**

**PENALTY: A competitor not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race.**

6. Check the order of finish and team scores on the posted results board or online at MileSplit GA.