

GHSB STATE CROSS COUNTRY MEET

COACHES INSTRUCTIONS

2014

1. Before you leave the check- in table, please go over your entry list to be sure you have the correct bib numbers and two tags that are attached to the bib that correspond to the athlete's name. Take four pins for bib numbers, and two ties; one tie per shoe for your athletes.
2. When you get back to your team area, please distribute the bib number and the two tags that match the bib number to the assigned runners. The bib number must be attached to the front of the uniform top unaltered. Make sure your runners attach the shoe tags securely to each shoes, checking both tags by tugging on zip ties to be sure they will not come off. Improper attachment will result in the tag falling off and your runner not being counted. Be sure to place the tags on each shoe. If you place two tags on one shoe the mat will fail to read the tag.



3. If you must make a change in the top seven you entered online, you must do so 30 minutes before the start of the race. Take your entries sheet back to check- in and follow the instructions on the sheet to make the changes. If there are no changes you do not have to do anything.
4. The tags will be taken off in the finish area by the meet officials. If your runner fails to have his/her tag removed, the school will be charged for the missing tags.
5. Please check the order of finish and team scores on the posted results board or on line at ptgrouponline.com. 30 minutes after posting on the results board the results will be official.

GHSAA State XC Meet - 11/8/2014
Hosted by Carrollton High School
State Meet Course in Carrollton, Ga.
Declaration Form - Boys AA

INSTRUCTIONS FOR ATTACHING BIB #'S AND CHIPS ARE ON THE INFORMATION SHEET

Each Qualifying Team has been issued seven (7) BIB #'s and two chips per athlete per BIB #.

IF any of the top seven athletes are NOT RUNNING, and will be REPLACED by an alternate, please circle "Replaced" for that/those athlete(s) NOT RUNNING.

For the REPLACEMENT athlete(s), circle "Replacement" and ALSO write the BIB# of the athlete(s) being REPLACED on the line provided before "Replacement".

Athlete Name	BIB #	Status
EXAMPLE		
Qualifying Team		
1. RUNNER #1	2583	Confirmed Replaced
2. RUNNER #2	2584	Confirmed Replaced
3. RUNNER #3	2585	Confirmed Replaced
4. RUNNER #4	2586	Confirmed Replaced
5. RUNNER #5	2587	Confirmed Replaced
6. RUNNER #6	2588	Confirmed Replaced
7. RUNNER #7	2589	Confirmed Replaced
8. ALTERNATE #1	<u>2584</u>	Replacement
9. ALTERNATE #2	<u>2587</u>	Replacement
10. ALTERNATE #3	_____	Replacement
11. ALTERNATE #4	_____	Replacement
12. ALTERNATE #5	_____	Replacement