



Northern Vermont Athletic Conference  
**Cross-Country Running Championship**  
 Missisquoi Union High School, Swanton, VT

**Date:** Saturday, October 29, 2016

**Time Schedule:**

Race course will be closed 20 min before the first race. Course walks 11:30 AM to 1:10 PM. Please plan accordingly.

Race	Time	Distance	Awards Time
Small Schools Girls	1:30 PM	5 km	2:45 PM
Small Schools Boys	2:00 PM	5 km	2:45 PM
Large Schools Girls	2:30 PM	5 km	3:45 PM
Large Schools Boys	3:00 PM	5 km	3:45 PM

**Awards:**

First place trophies for the winning teams in each race.  
 First through tenth place medals for each race.  
 Eleventh through twenty-fifth place ribbons for each race.

**Entry Deadline:**

Monday, October 24, 2016, 12:00 PM EST (noon)

**Entries:**

All participating schools (listed below) will enter using Athletic.net website.

**Athletic.net website** (free of charge for all teams) **No Hy-Tek TM or MS excel files please!**

*It may take up to 48 hours to establish new account on Athletic.net web. Athlete's grade must be listed.*

**High School – Team Entries** – please enter all your participating runners into 5000 m Run - you will be charged per entered runner (see below). Athletes on your team roster not entered into the event will not be registered.

BFA Fairfax, BFA St.Albans, Burlington, CVU, Colchester, Essex, Middlebury, Milton, Missisquoi, Mt.Abraham, MMU, Rice, South Burlington, Spaulding, St.Johnsbury, Vergennes.

**Entry fees:**

HIGH SCHOOL BOYS: \$50.00	HIGH SCHOOL GIRLS: \$50.00
INDIVIDUALS: \$10.00	
LARGE TEAMS (OVER 15 ATHLETES PER GENDER) \$2.00 PER ATHLETE FOR EVERY ADDITIONAL (16 <sup>TH</sup> AND MORE) ATHLETE.	

Checks to Missisquoi UHS mailed to: John Lumsden, A.D. MVUHS, 100 Thunderbird Drive, Swanton, VT 05488, must be paid prior to issuing school envelop.

Late fees: additional \$30.00 per school, \$5.00 per individual

**Concession:** We have a food concession tent. Located on the varsity soccer field.

**Bathroom facilities:** There will be port-o-lets onsite

Please ask parents and spectators to leave their pets at home!

**Race guidelines:**

An athletic trainer will be available at the start and finish area. The trainer can be reached by contacting MVU AD John Lumsden or one of the MVU coaches.



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Every athlete must attach chips to his / her shoes – must see instructions bellow. Coaches are responsible for all chips issued to their team / school. There will be \$15 charge for every unreturned / damaged / lost chip. Every athlete must attach number with a bar code on the front of the uniform - please do not crumble it.

***Number on the chip must match an athlete's bib number.***

***All High Schools will provide safety pins for their runners.***

### **Bib Safety Pins**

- ***All Schools will provide bib safety pins for their runners.(2012 NVAC Coaches mtg.rule)***

### **Timing Chips**




- **Every high school athlete** will have assigned bib and **TWO (2) timing chips**.
- COMPETITOR'S NUMBERS AND CHIPS MUST BE ISSUED CORRECTLY ACCORDING TO THE TEAM ROSTER - INSIDE EVERY SCHOOL ENVELOP. ***Number on the chip(s) must match an athlete's bib number.***
- Every athlete must attach a chip to his / her shoe(s) - HS one for each shoe - using wire ties– must see instructions bellow. 4 wire ties (HS) per runner will be provided inside a school envelop.
- An athlete's shoe(s) is the only location for the chip.
- An athlete without chip(s) or a chip(s) attached at the different location than the shoe(s) will not be timed.
- Coaches are responsible for all chips issued to their team / school.
- ***Unused chips of non-participating athletes must be returned to the race finish before the race start.***
- Chips will be collected at the end of the finish chute.
- Athletes not finishing the race must bring their chips to the end the finish chute.
- There will be \$15.00 charge for every unreturned / lost / damaged chip.

### **Finish Line / Chute**

- ***There will be no single file finish chute.***
- Finish line cameras may be used to assure the most accurate order of finish.
- ***Finish line will be the 1<sup>st</sup> edge of the 1<sup>st</sup> timing matt of the running diretion.***
- Finish chute will be approx. 15 feet (5 meters) wide and up to 100 feet (30 meters) long.
- An athlete must cross all blue timing matts (up to 4 matts) at the finish than proceed to the end of the finish chute where his / her chip will be collected.
- There is no need to stay in the finish order after crossing the timing matts.



How to attach the chip to a shoe

<p><b>Step 1</b></p> <p>Thread the wire ties under your shoe laces</p>	
<p><b>Step 2</b></p> <p>Thread the IPICO Sport Tag onto the wire ties</p>	
<p><b>Step 3</b></p> <p>Secure the IPICO Sport Tag by twisting the wires ties firmly together</p>	
<ul style="list-style-type: none"><li>• Coaches are responsible for all chips issued to their team / school.</li><li>• The number on the chip must match an athlete's bib number. Chips will be collected at the end of the finish chute.</li><li>• There will be a \$10 charge for every unreturned / damaged / lost chip.</li></ul>	