

MIDDLE SCHOOL CROSS-COUNTRY WESTFORD GLEN RUN INVITATIONAL

Date: Monday, October 6, 2014

Course: Start and finish at **Westford School**, Westford, Vermont.

Parking: Westford School

Time Schedule:

Junior HS Girls	4:00 PM	3.0 km
Junior HS Boys	4:30 PM	3.0 km
Junior HS Awards Ceremony		4:50 PM

All Schools will provide bib safety pins for their runners.

Awards:

Junior HS races
Ribbons for 1 st – 10 th Place
Participation Ribbons for all runners
Team Trophies 1 st , 2 nd and 3 rd Place

Entry deadline: Monday, September 29, 2014, 12:00 PM EST (noon)

Entry format: **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. Plan accordingly please.

Middle School - Team Entries – is four steps process:

1. Enter your team roster - *Athlete's grade must be listed.*
2. Enter your team into the meet.
3. Enter all your participating runners into 3000 m Run. Athletes on your team roster not entered into the event will not be registered. Your team entries will be confirmed on Athletic.net after the deadline.
4. Check your team entries on web. Team entries will be posted on the web site (link bellow) after the deadline. Coaches are required to check their team entries by Tuesday week of the race!!!
<http://bsdweb.bsdvt.org/~pdvorak/webxcrun/meets/westfentrylist.htm>

Meet Instructions – please inform your athletes about these new procedures

Bib Safety Pins

- **All Schools will provide bib safety pins for their runners.**

Timing Chips

Every middle school athlete will have assigned bib and **ONE (1) timing chip**.
COMPETITOR'S NUMBERS AND CHIPS MUST BE ISSUED CORRECTLY ACCORDING TO THE
TEAM ROSTER - INSIDE EVERY SCHOOL ENVELOP. **Number on the chip must match an
athlete's bib number.**

- Every athlete must attach a chip to his / her shoe - using wire ties– must see instructions bellow. 2 wire ties per runner will be provided inside a school envelop.
- An athlete's shoe is the only location for the chip.
- An athlete without the chip or chip attached at the different location than the shoe 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.




MIDDLE SCHOOL CROSS-COUNTRY WESTFORD GLEN RUN INVITATIONAL

- Coaches will assist their team athletes with chip attachment. There will be \$10.00 charge for every unreturned / lost / damaged chip.

Finish Line / Chute

- **There will be no single file finish chute.**
- **Finish line will be the 1st edge of the 1st timing matt of the running direction.**
- 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>Step 1</p> <p>Thread the wire ties under your shoe laces</p>	
<p>Step 2</p> <p>Thread the IPICO Sport Tag onto the wire ties</p>	
<p>Step 3</p> <p>Secure the IPICO Sport Tag by twisting the wires ties firmly together</p>	
<ul style="list-style-type: none">• Coaches are responsible for all chips issued to their team / school.• The number on the chip must match an athlete's bib number. Chips will be collected at the end of the finish chute.• There will be a \$10 charge for every unreturned / damaged / lost chip.	