

# KVAC Cross Country Championships 2021

(Updated Oct. 5th)

**Saturday, October 16th at Cony High School**

## Admission

\$6 for Adults

\$4 for Seniors and Students

**Girls Race 11:00** (Class A and Class B run together)

**Boys Race 12:30** (Class A and Class B run together)

JV Races (Sponsored by Cony High School)

**Girls JV Race 11:45** (Class A and Class B run together)

**Boys JV Race 1:15** (Class A and Class B run together)

**Coaches Meeting, Wednesday October 20th 6:00 at Cony High School**

**(Agenda attached to the end of this document)**

<b>Class A</b>		<b>Class B</b>	
Bangor	Lewiston	Belfast	Maranacook
Brewer	Messalonskee	Cony	Medomak Valley
Brunswick	Mt. Ararat	Erskine Academy	Morse
Camden Hills	Mt. Blue	Gardiner	Nokomis
Edward Little	Oxford Hills	Lawrence	Oceanside
Hampden Academy	Skowhegan	Leavitt	Waterville
		Lincoln Academy	Winslow
		MCI	

**Postponement: Should the event need to be postponed, the make-up date is Monday, October 18th with the Boys Race at 3:30, Girls Race at 4:15, and Combined JV Race at 5:00.**

**Entries:** Due via Team Manager to Dave Jeffrey [djeffrey@breweredu.org](mailto:djeffrey@breweredu.org) by 8:00 PM on TUESDAY, OCT. 12.

### **Instructions for Meet Entries**

1. Go to the Sub 5 website ([www.sub5.com/youth-pages/cross-country/](http://www.sub5.com/youth-pages/cross-country/)).
2. Download the Meet Events File
3. Open Team Manager
4. Select File, Import, Meet Events and choose the file you downloaded.
5. Once imported, go to the Meets tab. Click on the KVAC XC Championship Meet and select Entries, Entries by Event. This will give you 4 races to choose from Boys and Girls Varsity, Boys and Girls JV.
6. Place only your top 7 in each varsity race, no time is needed. Place all other athletes in the JV races. Changes can be made prior to the race.
7. Return to the Team Manager start page, select File, Export, Meet Entries and select the KVAC XC Championship Meet file and click export. (Be sure to see which drive the file is saved to).
8. Send file to Dave Jeffrey ([djeffrey@breweredu.org](mailto:djeffrey@breweredu.org)). Dave does not need rosters.

**Workers:** Each school must provide one (1) adult worker who should report to the registration table for assignment by 10:15 the day of the meet. **Please send name of worker by 8:00 PM on Tuesday, October 12th to Meet Director, Jason Allen, [jallen@mci-school.org](mailto:jallen@mci-school.org)**

### **Drop Off and Pick Up:**

Busses should drop off near the finish line area. They will then be directed to appropriate parking locations. Once the meet is concluded, busses may return for pick up.

### **Pre-Race Details:**

**Course Walks:** Teams that choose to, will be able to walk the course before the first race. However, time may be limited depending on your arrival, come with a plan. See separate attachment for course map.

**Team Areas:** Team areas should be set up along the school building to avoid interfering with the course.

**Team Packets:** Coaches should pick up team packets with competitor numbers and any other instructions upon arrival. Packets are available from Jason Allen near the finish area. Please check the roster inside your packet to make sure that all of your athletes are listed. If you have any meet day changes, communicate them to Brewer Timing Services at the finish line.

### **Race Details:**

**Competitor Numbers:** Please be sure Hip Numbers are worn on both hips (4 safety pins) and Chest Numbers are secured (4 safety pins). Make sure that hip numbers are centered on the seam of the shorts and are not obscured by the athlete's shirt, tuck in shirt if necessary. These are the numbers that the FinishLynx camera is taking a picture of.

**Athletes Reporting:** Please make sure Runners report to the Starting Line 15 minutes prior to start time for inspection.

**Starting Boxes:** All teams will receive a card identifying their starting box in their team packet, this is the same starting box for all races.

**Finish Line:** Runners should move quickly through the chute. They should not stay to congratulate competitors or teammate. It is very important for coaches to emphasize with runners that they should run through the finish line, and not slow down or stop on the line. If someone stops on the line the FinishLynx image may be unreadable. Tell your athletes to run as if the finish line were 10 feet beyond the actual finish line. **Coaches please tell the head timer if you have a runner that starts but does not finish.**

### **Post Race Details:**

**Results:** Results will be posted ASAP near the awards stand. Copies of results will be available ASAP after each race. Results will also be emailed to coaches and posted on Sub5.

**Awards:** Awards Ceremony will take place after conclusion of the last JV race. Plaques will be given to winning teams in each class (A&B) for Varsity. Ribbons to the top 3 teams in each class (A&B). Ribbons will be given to All-Conference teams in each class (A&B), 1st Team 1-7, 2nd Team 8-14.

### **Other Information:**

**Facilities:** Entrance into Cony High School will not be permitted. Portable toilets will be available. There will be a concession stand provided.

**Trainer:** There will be an athletic trainer on site. Teams should bring their own Med Kits.

**Questions to Meet Director, Jason Allen:** [jallen@mci-school.org](mailto:jallen@mci-school.org) or 356-8501

**KVAC Coaches Meeting Agenda**  
**Wednesday, October 20th 6:00 at Cony High School**

- 1. Confirmation of All-Conference Teams**
- 2. Selection of Runners of the Year**
- 3. Issues/Discussion- KVAC Cross Country**
- 4. Draft Schedule for 2022**
- 5. Other**
- 6. Voting and announcement of KVAC XC Coaches of the Year**