

**NASSAU COACHES XC INVITATION 10/15/08
ORDER/TIME SCHEDULE**

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|----------------|-------------------------|-------------|-----------------------------|
| 1:00 PM | BOYS JV | 150+ | FINISH ON BOARD SIDE |
| 1:07 | GIRLS JV | 100- | FINISH ON ROPE SIDE |
| 1:25 | BOYS SOPHS | 98 | BOARD SIDE |
| 1:40 | BOYS FROSH | 90 | ROPE SIDE |
| 1:50 | GIRLS SOPHS | 80 | BOARD SIDE |
| 1:57 | GIRLS FROSH | 50+ | ROPE SIDE |
| 2:40 | BOYS CLASS VAR. | | BOARD SIDE |
| 2:47 | GIRLS CLASS VAR. | | ROPE SIDE |
| 3:00 | BOYS VARSITY | | BOARD SIDE |
| 3:07 | GIRLS VARSITY | | ROPE SIDE |

There are four chutes, 2 on board side and two on the rope side. We will use these two chutes to control each race, switching chutes as necessary. We will give out medals in the chute as you leave the chute. In all races each runner will receive a place card and have their number recorded at the back of the chute. In the JV races, coaches will keep the place cards – and do not need a score card. In all other races, coaches will complete all info on the place card, complete a team score with all info, and turn this into the score table asap. Do not complete a score card unless you have a team score. (finish 5 runners)...Boys races use a green score card, girls races use a tan score card. Teams that do not finish five runners...coach completes place cards and brings them to the score table. Team plaques to first three teams in each race. Scores will be announced and the top finishers will be posted at a designated place.

In the first part of the trail – two way traffic is possible. All runners should keep to the left side of the trail – runners going out on the course, and those finishing.

Teams must report to the starting line early – even before races are called. We will stick to the time schedule. Only the varsity races have assigned starting boxes. In other races, teams and individuals report to the line and the starters will line the field up. BE EARLY! The races are close together, and must go off on time.