

HOST INFORMATION FOR CROSS COUNTRY JAM @ CDS

Good Afternoon, Coaches, Athletic Directors and Athletes,

We are very excited to host this week's Cross Country Championships here at CDS. It's going to be a great day! The course is amazing and the weather is looking great! Bring on the runners!!!

Here is all the info you should need for this week's event! Questions, please let me know. Most important!! Please read the Bus info very carefully.

Start Times:

Coaches Meeting 8:45 am

8:50 am Course walk 300m

9:20 am National Anthem and Team introductions

Girls Open – 9:30 am

Boys Open – 10:10 am

Girls Championship - 10:45 am

Boys Championship - 11:25 am

Noon – Award Ceremony

**** All times are approximate**

Busses

No buses will be allowed on campus. All athletes must drop in front of the school. Please have your teams here no later than 9:10 am.

CDS School Info: 344, Cheomdandong-ro, Seo-gu, Incheon (22742)

Drop off should be between 8:00 am and 9:05am Please drop your athletes off in front of the school. Please, please, please do not allow your BUS to pull into Campus. We will be expecting 9-12 buses so it could get crowded. After dropping off, buses can park up the street next to the empty lot. Keep in mind this area of parking is also an active construction zone. Athletic council members will be there to meet your bus and take you to your tent

Race Director – Clint Barnes 010 4363 9543

Assistant Director – Eric Salopek

Parents are welcome at CDS and on the course. **Parking will not be an option**. Parents will need to find parking by the campus. There are a couple parking lots that are close by.

Weather: Sunny with a high of 14. Morning will be chilly. Cold weather gear is recommended.

Race Info: We have created a fast, fun and beautiful 3k course. The race will start/finish on the CDS Soccer field. This loop course will follow the local river. River will always be on the **left** shoulder. Coaches you will have limited access to your runners. This is an open course but with very little car traffic, there is a chance of the public being on the trails. The race will be led by a member of our race staff. They will be on bikes to help the athletes with directions and make sure there are no problems on the course. Another race staff member will be following the last runner to also make sure there are no problems. Both bikes will be a distance away from the runners to make sure there is no pacing. There is one aid station at about 1k. If athletes are having problems this is where they can stop. We will provide a car for them to get back to campus. Athletes that use any part of the fencing to aid in their finish or impede another runner can be disqualified from the race.

Course preview

<https://www.youtube.com/watch?v=fk4KNBfjzs0>

Problems with the preview please let me know.

Starting Spots. We will draw for starting spots at the coaches meeting. Race commands. Runners set and then the whistle. False starts will be indicated by repeated whistles after the race has begun up until 100m. The result of a false start will be the restart of the race with the original line-ups. **Finish Line**, Athletes will get a card of their placement. After receiving this card please have your athlete continue to move forward to the score table. Please remind them to stay in line. **PLEASE, remind them to stay in a line**. Athletes that wander off before the score table will be disqualified.

First Aid/Injuries

Our nurse will be onsite. I am also a trained EMR. If you need emergency assistance please let us know. Coaches you will be responsible to help your athletes at the finish line. Our staff will not be assisting any athletes at the finish line. Coaches should also be prepared with a first aid kit to help your athletes if needed. Extreme emergencies please call 119!

Please make sure your rosters are correct before the race. Any changes must be made by 8:30am on race day. No changes will be made prior to the start of the race

Restrooms will be located inside the middle school gym. Please do not allow your students to walk around our school and use any other bathroom

Concessions: We will have a small concession stand at the race. There is also a CU, E mart 24, lots of Ice cream, Mega Coffee and small food options about a 5 min walk from campus.

Tents Each team will be assigned a tent where you may place your stuff. **First come!**

KAIAC Violations Runners are permitted to stop or walk during the course of the race but they may not cut corners or deviate from the laid out course. Runners may not be assisted toward the finish of a race by fellow competitors, coaches, or spectators. Athletes are **not allowed** to run with **Air Pods** or other music devices in their ears. Athletes caught by our race marshals will be disqualified at the end of the race. Coaching is permitted along the route and at the start/finish line. Coaches, parents, fans are never allowed to run alongside an athlete at the finish line. Please get your teams to the finish line area and help cheer other runners on. Please also come help the last runner across the line.

Need a great movie to motivate your kids?

Mcfarland USA, If you or your teams have not seen this, it's a great running movie.

Coaches, I think that is it! Questions please let me know.

Have a great week!