

**65<sup>th</sup> NEPSTA Division II  
Cross Country Championships  
Roxbury Latin School  
Saturday, November 14, 2009**

Welcome to the 65<sup>th</sup> Annual NEPSTA Division II Cross Country Championships.

**Schedule of Events**

10:30-12:30	Registration in athletic center
11:30	First course walk leaves from start
12:00	Second course walk leaves from start
12:30	Third course walk (jog) leaves from start
12:50	Coaches meeting in athletic center
1:25	Girls' Varsity teams to start
1:30	<b>Girls' Varsity Race Begins</b>
2:10	Boys' Varsity teams to start
2:15	<b>Boys' Varsity Race Begins</b>
2:55	Girls' JV teams to start
3:00	<b>Girl's JV Race Begins</b>
3:40	Boys' JV teams to start
3:45	<b>Boy's JV Race Begins</b>
4:30	Refreshments available in athletic center
5:00	Awards Ceremony in athletic center

**Arrival/Parking/Before the Race**

Please follow instructions of RL security for parking when you arrive at Roxbury Latin. All vehicles must park on Quail Street.

Shower and changing facilities will be available both before and after the races, though there will be no lockers available for runners. Please take appropriate action for securing your valuables. Please bring your own towels.

Schools are encouraged to set up meeting/resting areas near the start/finish lines. There should be room to set up a team tent in this area.

Trainers and EMT's are available for emergencies only.

**Starting Instructions**

Boys' and Girls' coaches will draw separately for their teams' starting position upon arrival at Roxbury Latin. Teams should use the same starting position for jv and varsity races. You must have seven runners in the varsity race in order to enter any runners in the jv race. Runners may wear

watches. Five minutes before the start of each race, runners will be called to the start line. Two minutes before the start, runners will be instructed to remove sweats and make last minute preparations. Teams which are not ready should signify so by raising hands. To start the race, two commands will be given:

- 1) runners set, 2) gun

### **During the Race**

The course is marked by a white line. The course is also marked with colored poles: blue means straight through, red means left and yellow means right. Splits will be given at the one-mile and 2-mile marks. Pacing, running alongside a runner, or giving aid to a runner is prohibited and may result in disqualification.

### **At the Finish**

Runners will cross the finish line and enter a chute. A judge in the chute will determine the order for close finishes. There will be no ties. The finish will be videotaped. Chute control officials may re-order runners to re-establish correct finishing order. Near the end of the chute, the perforated portion of the number will be removed and the runner's number will be recorded. Runners must be sure to pin assigned numbers to the front of race jersey so they are clearly visible. Do NOT pin the bottom perforated portion of the number to the jersey. It is important for runners to maintain finishing position for the entire length of the chute.

### **Awards**

Plaques are awarded to the top three teams in each varsity race. Any ties in team scores will be broken by the official tie breaker – the winner is the team with the best sixth runner. The first 15 runners in each varsity race receive a medal and “All New England” status. The first 15 runners in each jv race receive a ribbon. There are no team awards for the jv races.