



NEW PRAIRIE HIGH SCHOOL  
 COUGAR CROSS COUNTRY INVITATIONAL  
 50<sup>TH</sup> ANNIVERSARY CELEBRATION

**2017 COACHES INSTRUCTIONS**

Packet pick up is located behind the concession stand.

We will run as close to the time schedule as possible. Have your runner's warm-up off the race course near the starting line after 8:00 a.m. Athletes will report to the starting line 10 minutes prior to race time to receive instructions and alley assignments. All races will be run at the conclusion of the previous race. This may be ahead of time schedule so be ready to go.

**September 17, 2016**

**Schedule of Races:**

Central Time Zone

7:00 – 8:00 AM  
 8:05 AM.  
 8:10 AM.  
 8:40 AM.  
 9:10 AM.  
 9:40 AM.  
 10:10 AM.  
 10:40 AM.  
 11:10 AM.  
 11:40 AM.  
 12:10 PM.

Check-in Behind Concession Stand  
 National Anthem  
 Girls Varsity Class A (TEAM CHAMPIONSHIP)  
 Boys Varsity Class A (TEAM CHAMPIONSHIP)  
 Girls Varsity Class AA (TEAM CHAMPIONSHIP)  
 Boys Varsity Class AA (TEAM CHAMPIONSHIP)  
 Girls Varsity Class AAA (TEAM CHAMPIONSHIP)  
 Boys Varsity Class AAA (TEAM CHAMPIONSHIP)  
 Boys Freshman/Soph. (TEAM CHAMPIONSHIP)  
 Boys Reserve Race  
 Girls Reserve Race

Eastern Time Zone

8:00 – 9:00 AM  
 9:05 AM.  
 9:10 AM.  
 9:40 AM.  
 10:10 AM.  
 10:40 AM.  
 11:10 AM.  
 11:40 AM.  
 12:10 PM.  
 12:40 PM.  
 1:10 PM.

\*Awards/Top 40 Individuals Top 5 Teams

***\*Awards will begin for each class shortly after the finish of the boy's race in that class.***

***Reserve race awards at the end of race***

**Athlete's numbers:** In your packet there is a number assigned for each athlete to wear during their race. Make sure athletes are wearing their proper **assigned numbers** and **matching numbered chip ankle strap** which identifies runner's name and school. **DO NOT** interchange girl and boy's packets assigned numbers, the computer will automatically disqualify wrong gender numbers.

*must wear on ankle!*

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**The athletes** will pin their number on the front lower section of their jersey and wear it during the race and strap their assigned chip on **their ankle**. *Before* athletes exit chute, the chip will be removed and turned in to official chute worker. **Coaches and parents need to remain clear of the chute area.**



**Extra Chips** that are not being used should be immediately turned in at the finish line area. A fee of \$30 will be charged for any chip not returned.



**Results and Ribbons:** Individual place ribbons and medals will be handed out inside the stadium at the track. Awards will **begin for each class shortly after the finish of the boy's race in that class**. We will start with the girl's awards first, giving boy's teams a chance for cool down and then report straight to the stadium for awards presentations. Results will be available as soon as we can get copies made at the completion of the races, and will be located in the stadium. The people handing out results are instructed to hand out **only to people** who give them the orange sheet. As the coach, you will have to make copies for parents and other interested parties connected with your school. We hope this will keep the number of results manageable and coming out as fast as possible. They will also be posted on [www.npusc.k12.in.us](http://www.npusc.k12.in.us), on the NPHS site under athletics, cross country.

***Thank you for being a participant in our invitational.***

*Thom Smith, John Arndt, David Dailey*

**NPCC Coaching Staff**