



Fleet Feet XC Classic

PRESENTED BY:



ARNOLD CITY PARK

TUESDAY, AUGUST 30, 2022

RACE DAY INSTRUCTIONS

When you pick up your team packet **you should receive enough t-shirts for all of your submitted athletes**. Please do your best to distribute the provided sizes to your team. If you end up with extra shirts, please return them to the race HQ. **If you need to swap sizes, we will do our best to accommodate you at the end of the meet.** The race shirts conform to MSHSAA gift regulations.

A coaches meeting will be held at 4:45pm at the finish line. Please bring any roster changes to the meeting and turn in any unneeded numbers to Race HQ prior to the races.

Races will be timed with a chip timing system, using video review as backup. Coaches will not need to fill out finisher cards. To ensure that your team is accurately scored, **each athlete must wear their assigned race number on the front of their torso** and attach it with four safety pins. Do not allow them to fold the numbers or remove the timing chip from the bib.

A medical tent - staffed by Athletico Physical Therapy - will be located near the finish line for athletes with minor injuries. In case of an emergency, dial 911 and request EMS assistance at Arnold City Park.

The tentative schedule is as follows - The second, third and fourth races may start a few minutes early, but each race will be preceded by a "ten-minute warning" pistol shot. Please ask your athletes to pay attention to the race announcers.

5:00 – JV Boys

5:30 – JV Girls

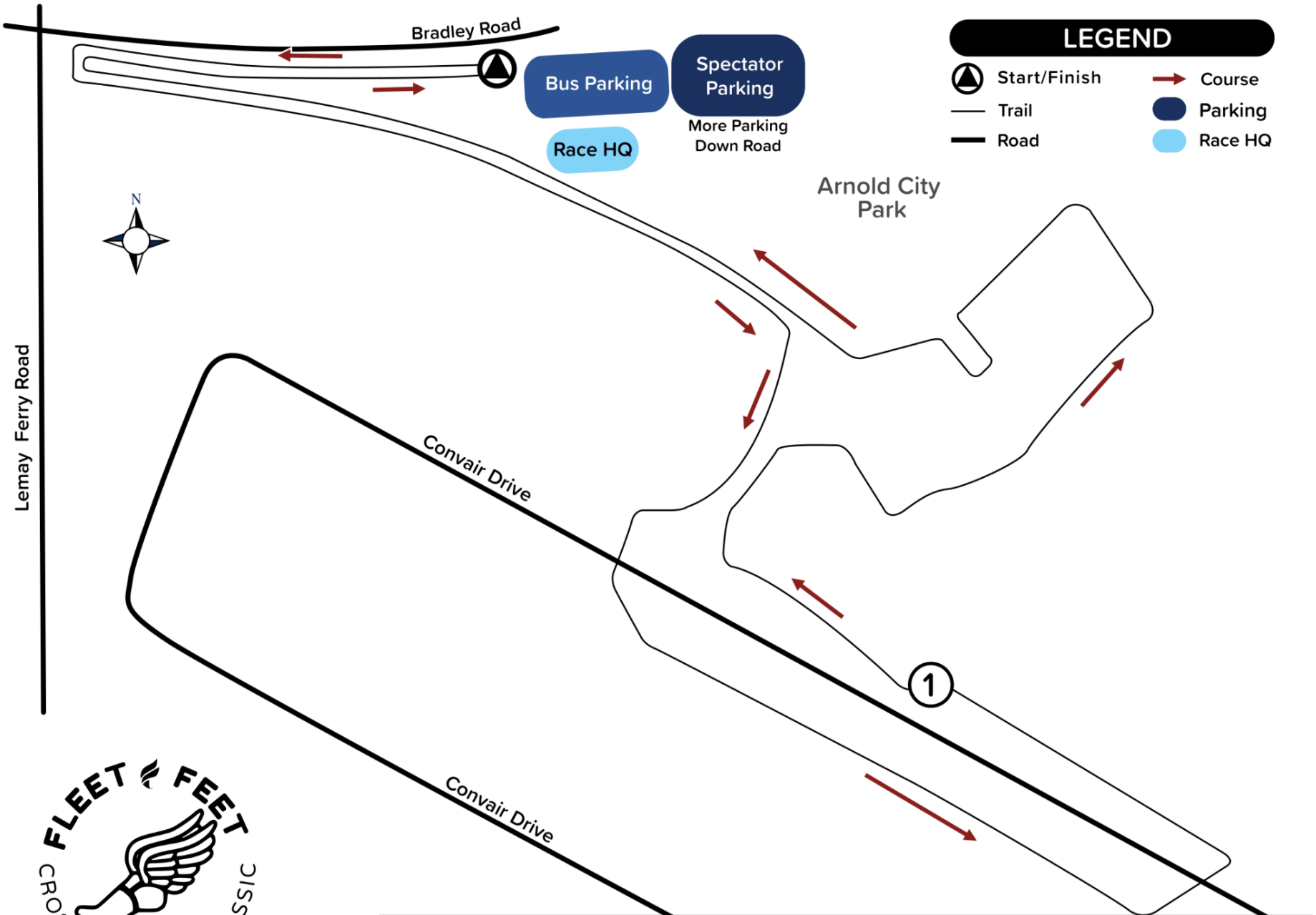
6:00 – Varsity Boys

6:30 – Varsity Girls

Box Assignments were randomly drawn and can be found [here](#).

The awards ceremony will begin about 7:10. Water and Gatorade will be provided post-race for participants along with cookies to refuel as they wait for the ceremony. Live individual results will be available at the results tent, team scores will be announced at the awards ceremony and posted at www.fleetfeetstl.com/xc live and will be uploaded to MileSplit following the event. Race photos will be posted online approximately three days after the meet.

THANK YOU FOR PARTICIPATING



ARNOLD RACE COURSE AND PARKING MAP