

2016 O.I.A. Preseason Cross Country Meet at Pearl City H.S.

coaches,

attached is the course map for this Saturdays race at Pearl City High School. The only difference this year is the finish location near the starting area. The course will be marked with cones and course marshals will be on the course directing runners.

There will be four races:

3:00 - JV girls

3:40 - JV boys

4:20 - V girls

5:00 - V boys

Last call will be 10 minutes prior to the start of each race. Each race will start promptly at the designated time. If runners are still on the course from the prior race, they will be allowed to finish.

for you to do

1) Submit a roster file in team manager format. If any freshman/sophomore is varsity, please identify them. If you are unable to send me a team manager roster, please email me one with first name, last name, girl/boy, grade, JV/V no later than THURSDAY.

I will send you your roster with comp #'s attached to use. Comp #'s will be used to identify runners at the finish line.

2) Bring your own permanent marker to write comp #'s on your athlete. Please write them large, legible, and BEFORE they put on sun screen.

3) Print out your own map. Maps will not be provided at the race.

water

Water coolers will be available at the finish area. There will be no water provided on the course. You may provide your own water for runners on the course as long as you do not impede other runners during the race.

restrooms

Restrooms are located underneath the stadium

trainers

Trainers will be available near the finish line next to the training room

parking/road access

All parking lots will be open. Please be aware that the stadium is currently under construction and normal walking access is closed through the stadium. Although the stadium parking lot is open for parking, there is no direct access to the start/finish area.

Vehicular access during the meet may be sporadic depending on where runners are. Vehicles wishing to enter/leave the campus may be asked to wait for running traffic to pass before they are allowed to proceed. Please inform all drivers to proceed with caution if leaving a parking lot while a race is in progress because runners will be passing through several parking areas.

Pearl City H.S. Cross Country 3 Mile Course Map

