



**DOSA-CC**

## **MARYWOOD RETREAT CENTER – MEET 2**

**Date:** Thursday, September 19<sup>th</sup>, 2019

**Location:** 235 Marywood Dr, St Johns, FL 32259

TBD	Volunteers arrive for instructions and placement
3:30pm	Coaches meeting at finish line
4:15pm	Administrative announcements, Prayer, and Honors to the nation
4:30pm	Race 1 - Girls Varsity
4:50pm	Race 2 - Boys Varsity
5:10pm	Race 3 - Girls Junior Varsity
5:30pm	Race 4 – Boys Junior Varsity
5:50pm	Race 5 –Fun Run (K-4 <sup>th</sup> grade)
6:15pm	Awards

### **Volunteers Supporting the Race**

All volunteers are asked to arrive at the predetermined time to receive instructions about their duties during the race and allow time for the League Director to place volunteers where needed.

### **Coaches Meeting**

All coaches are asked to meet at the finish line to receive last minute instructions from the League Director.

### **Administrative Announcements**

Administrative announcements are made to the crowd followed by a prayer by the host school member and honors to the nation by the host school.

### **Race Sequence**

The following race sequence is followed as closely as possible. Delays or faster start times will be announced over the PA system at the race. Coaches are asked to have their runners at the start line at least 5 minutes before the start time for starter instructions.

### **Parking**

There are several parking lots near the church and school. As you go through the entrance to Marywood, you will see them to your right, park anywhere

### **Bathrooms**

3 port-a-lets are available near the finish line

### **Team Tent Area**

Teams may setup on the grass near the parking lot or where the team wants provided the location does not interfere with race operations.

### **Spectator Areas**

Spectators may view the races anywhere they wish outside the roped off areas around the start and finish lines and along the course if they wish. Please stay out of roped off areas. Please watch for traffic on the road, stay on the shoulder of the roads as much as possible. During



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starts, the road will be blocked to prevent traffic from entering the road until all runners have passed the traffic control point past the start line. After that, traffic may use the road closer to the start line until runners return.

### **Water Station**

There is a water station for runners at the finish chute. Coaches are encouraged to bring additional water for their teams.

### **Concessions**

Smoothie Truck is located in the area of the finish line

### **Start Line**

The Start Line is located just past the Marywood Retreat Center sign on the access road. All races start in the same box. The starter will have box assignments also.

### **Finish Line**

The finish line is located on the left side of the road opposite the parking lot closest to the point where the access road splits into two roads. The finish chute area is roped off, only race officials, coaches and volunteers are allowed in this area during the meet. Please keep runners away from the finish line who are not in the race.

### **Course Markings**

The entire course is marked with colored cones on both sides of the route. In cases where there is a tree line or fence on one side of the course cones will mark one side of the course and the tree line or fence will serve as the boundary of the other side of the course path. Flags and turn signs will mark the turn for different courses. The path to the course will also be painted on the ground at key turns.

### **Presentation of Awards**

Awards are presented after all races have finished. If an athlete cannot remain to receive his or her medal and team coach can collect them and issue them to the athlete later.