



DISTANCE RUN & WALK
1-MILE (WALK) / 3000 METERS / 5000 METERS
Sunday, September 10

ALL RACES WILL BE ON THE BREBEUF JESUIT CROSS COUNTRY COURSE.

9:00 AM	1-Mile Race Walk START
9:30 AM	3000m Run & Walk START
10:15 AM	5000m Run & Walk START

Awards will be presented as division results are tabulated.
Stay near the finish line until your division is sent to Awards.

Runners and walkers should report to the **STARTING LINE** at least 15 minutes before the reported start times. Races will begin on time.

UNIFORM SPECIFICATIONS

- The following is the approved uniform/equipment list and is required for athletic competition: running shorts, basketball shorts, biker shorts, sweatpants, jogging pants, t-shirts, tank tops, sweatshirts, athletic shoes, tennis shoes, basketball shoes, running shoes, and cross-trainers.
- The following uniform/equipment list will disqualify the individual from athletic competition if worn: denim slacks or shorts, casual wear, dress slacks or shorts, tennis shorts, button-down casual shirts, golf shirts, shirts with collars, ads for alcohol or tobacco products, hard-sole shoes, sandals, and hiking boots.

COACHES' CHECK-IN

- Check-in begins at 8:30 AM.
- Coaches must check-in near the START LINE.
- Coaches will check in with the Clerk of the Course.
- Coaches will pick up bib numbers, safety pins, course maps, etc.

BIB NUMBERS

- Bib numbers must be worn on the front and on the outer most layer of clothing.
- Safety pins will be provided.
- 4 safety pins per competitor will be provided.
- **USE ALL 4 PINS in the 4 corners of the bib number.**
- Runners or walkers without bib numbers will **NOT** be allowed through the finish chute.
- Walkers will have a bib number 1100 - 1199.
- Runners will have a bib number 1200 & higher.

STARTING PROCEDURES

- Walkers will line-up behind runners on the starting line.
- Once all competitors are situated, the starter will blow his/her whistle to gain everyone's attention.

- One verbal command, “**ON YOUR MARKS**”, will be used. Then a .22 caliber gun will be fired to start the race.

COURSE PROCEDURES

- The Brebeuf Jesuit cross country course is one of the best in Indiana. It combines open, grassy areas with scenic trails. There are hills, but are manageable for prepared athletes.
- **For the 1-Mile Walk, the course will be a 400m loop contained entirely within the cross country course’s main straightaway. The loop will contain NO hills and will NOT enter the woods. It will be safe for athletes in this event. Athletes will walk this loop 4 times.**
- Over 40 course marshals will be used throughout the course. They will be directing runners and walkers. In addition, double painted lines will be used to direct competitors through open, grassy portions of the course.
- Coaches and spectators are expected to follow the instructions of the course officials. They are providing a fair and safe competition to all competitors. Please follow their instructions. Failure to do so will result in your competitor’s disqualification and your dismissal from the race course.
- Non-competitors may **NOT** pace a competitor during the race. Pacing is running or walking alongside a competitor. Pacing disqualifies a competitor – **NO WARNINGS** – only one instance is needed for disqualification.
- Walkers must keep one foot on the ground at all times. Course marshals will be stationed throughout the course to determine if a walker is running. Three infractions by one walker results in his/her disqualification.

FINISH LINE PROCEDURES

- Competitors who have finished may stand alongside the race course to cheer on teammates. However, once a competitor finishes, he/she is now considered a spectator and may **NOT** pace a teammate. Pacing in this instance will disqualify **BOTH** the finished competitor and the yet-to-finish competitor. Even though the first competitor finished, the results are not final until awards have been given.
- Coaches, in potentially colder or wet conditions, please meet your runners and/or walkers at the finish line with any warmer clothing or change of footwear needed.
- All finishers should remain near the finish chute until their division is dismissed to Awards.

AWARDS

- Awards staging is located along the leftfield foul line on the Brebeuf Jesuit baseball field.
- Awards presentations will take place on the stage there.
- Awards will begin once division results are tabulated and all competitors report to Awards staging.

DIVISIONS & PROTESTS

- Race management created divisions in which males and females compete separately.
- Age divisions may be combined to provide balanced competition.
- Not all divisions have the same number of competitors.
- Divisions, based upon qualifying scores, were created to provide the best chance of success for all competitors.
- Please discuss any questions with Meet Directors Kirk Hazelett, Aaron McRill, or Jeff Mohler.