

SMS/CKS Cross Country Meet at Vaughn's

Date: September 18th

Location: Vaughn's Creek XC Course, 7199 Hwy 100, Nashville, TN

Host Schools: Saint Matthew School and Christ the King

Race Schedule:

12:45pm	Coaches Meeting at Start Line	
1:00pm	K-1st Grade Girls	(3/4 Mile)
1:20pm	K-1st Grade Boys	(3/4 Mile)
1:35pm	2nd-3rd Grade Girls	(1 Mile)
1:50pm	2nd-3rd Grade Boys	(1 Mile)
Gap Period from 2:05pm-2:35pm to allow for course restructure		
2:35pm	4th-5th Girls	(1 Mile)
2:50pm	4th-5th Boys	(1 Mile)
3:05pm	6th-8th Girls	(2 Mile)
3:25pm	6th-8th Boys	(2 Mile)

TIMERS

There will be a race clock provided by the host schools. There will not be official timing. Similar to the Overbrook meet, individual schools are in charge of timing their own runners. We will follow the strict schedule provided above. If a school still has a runner on the course when the next race begins, it is your timer's responsibility to keep track of that runner(s) time and finish. The clock will reset once the next race has begun.

STARTING POSITIONS

Starting box positions will be drawn by each school during the coaches meeting at 12:45pm. Schools will remain in the same positions for all eight races.

PARKING

Please enter the park at the main entrance with the paved parking lot. Please do not enter through gravel lots. We will have four officers to direct you towards the entrance of the course parking lot. We then will have parent volunteers to assist and direct you to the proper spots. If you see tape or cones blocking an entrance, please do not enter. Do not block any cars in. Please abide by the parking attendants instructions.

ADDITIONAL INFORMATION

- Restroom facilities will be available.
- Athletic trainers will be onsite for any injuries.
- ONLY coaches are allowed on the course.
- NO PETS are allowed at the meet.
- Please do NOT crowd the finish line area. We will have a finish line chute. Only runners are allowed inside the chute.
- Advise runners to move promptly through the chute. They can then be greeted by coaches and parents after they exit the flagged area.
- Please pick up after your team. There will be trash bins all around the park. Please advise parents and athletes to clean up after themselves.
- Parents and coaches will need to stay off the course. If you have to cross the course, please do so only where there is a sizable break and walk quickly. Please show ALL runners the respect that they deserve.
- You may not run alongside the athletes. This is considered pacing and against the rules.
- If your team/school brings a tent, please stake it down. This is for the safety of all attendees and runners.

INCLEMENT WEATHER

In the event of inclement weather, a message will be sent via email to all Athletic Directors and posted on the DAC website. The decision will be made in a timely manner.

For any questions, please feel free to contact the Athletic Director at Saint Matthew School, Josh Edmondson, at jedmondson@stmatthewtn.org