

**Indiana State Pre-National Cross Country Meet Co-Sponsored by adidas and the Terre Haute  
Convention and Visitors Bureau  
Saturday, October 15, 2016**

1. Schedule:

9:00 a.m.	Course open to teams and spectators. Packet pickup resumes.
10:40 a.m.	Playing of the National Anthem.
10:45 a.m.	Women's Blue Race teams report to the starting line.
11:00 a.m.	Women's 6,000 Meter Blue Race.
11:20 a.m.	Men's Blue Race teams report to the starting line.
11:35 a.m.	Men's 8,000 Meter Blue Race.
12:00 noon	Women's White Race teams report to the starting line.
12:15 p.m.	Women's 8,000 Meter White Race.
12:35 p.m.	Men's White Race teams report to the starting line.
12:50 p.m.	Men's 8,000 Meter White Race.
1:15 p.m.	Women's Open Race participants report to the starting line.
1:30 p.m.	Women's 6,000 Meter Open Race.
1:50 p.m.	Men's Open Race participants report to the starting line.
2:05 p.m.	Men's 8,000 Meter Open Race.
2. Please park in designated areas. Officials will direct you to the correct area. Please do not park within 30 feet of the fence that borders the course. Team tents are allowed only behind the start line in the designated team area.
3. Please provide for the security of your own valuables. Gear will be bagged at the starting line and transported to the back of the chute exit for each race.
4. Race instructions will be given at the starting line. All runners report to the line 15 minutes before their race. The start will be in accordance with NCAA rules, a dropped flag at the firing of the pistol.
5. We will post results when they become available after each of the six races in four different places: on the green pole barn, on the Concessions Building, on the board in the starting area and on the board at the end of the chute. Complete results will also be posted on three web sites after each race: [www.gosycamores.com](http://www.gosycamores.com) [www.RecordTiming.com](http://www.RecordTiming.com) [www.xctownusa.com](http://www.xctownusa.com)
6. There will be a lead vehicle for each race. Please have your fans stand outside the course and/or behind the fence. A trainer's cart will follow behind the runners.
7. The course is clearly marked, and all kilometers are denoted by signs. We have designated two areas as coaches' boxes. We will have a coaches area roped off approximately midway down the straightaway. Please enter thru the west gate about 150 meters out from the finish line. Additionally, we will allow coaches on both sides of the straightaway, behind the rope that goes out approximately 100 feet, near the start line. This area will be for coaches only, not spectators. Please remember that athletes will be warming up for their races in that same area.
8. Spectators will be charged \$10.00 per person to enter. This will be collected as cars enter the grounds. Please advise your parents and fans of this. Please also advise parents and fans of the correct route into the Wabash Family Sports Center. Suggested routes for teams and spectators are listed in the Participant Manual in your packet.
9. Portable toilets are located at the starting line and near the finish. Additionally, there are restrooms in the Concessions Building located across the running surface from the finish line.
10. Only officials and competing athletes are allowed inside the fence at the finish.

11. The observation deck on top of the press box is for official use only.
12. The entry fee for the meet is \$400.00 per team (\$450.00 for non-USTFCCCA Members) (men and women separate).
13. Awards: the top 30 finishers in the Blue and White Races will receive an adidas award. The winning teams will receive a plaque. Please advise any of your athletes finishing in the top 30 to go to the adidas merchandising tent to get their award. They will be asked to show their number. There will be no awards ceremony; therefore, if you are a coach of a winning team, please also go to the awards table to get the team award.
14. For optional warm-up, Swalls Road, east of Tabertown Road, will be open for all runners.
15. You may run seven runners in the team race you are assigned to. All numbers eight through 12 runners will run in the Open Race for that gender. You may use any box in the Open Race for your other five runners.
16. We are using an amended check in procedure for this meet. The same procedure will be used at the NCAA Meet and the NCAA Regionals. Please read the enclosed sheet and follow those directions for checking your team in.