

Hi Coaches,

Listed below is some PRE-MEET INFORMATION for you to use to prepare for coming to compete in the A.F. Bridges Invitational. It is going to be a great weekend for racing at the Steeplechase Course, I'm really looking forward to it and I hope you and your athletes are also.

Please feel free to visit the A.F. Bridges meet information page located at [www.alltraxtiming.com](http://www.alltraxtiming.com) to see a listing of the teams attending and to check your roster lists.

I highly suggest that you go to the website and check that all of your athletes are listed. It is crazy busy on Saturday morning and it will be impossible to add any new names. I need all changes (adds, substitutions, scratches) by Thursday at 6pm. You might notice that entries are split into middle school teams and high school teams. For example – Rossview has 2 teams in the meet...Rossview Middle School and Rossview High School. I split up other schools the same way if they had the same name but separate entries.

I will be posting the Starting Box assignments on the website on Friday. They will be available on race morning also.

#### FOR THURSDAY

1. I will be creating the packets (Thursday night). After that point, I can only take scratches or substitutions. Feel free to email them to me at [jmkaiser@mindspring.com](mailto:jmkaiser@mindspring.com). I don't need to know if an athlete is running Varsity or JV,...the coach just needs to make sure that only 9 athletes report to the varsity starting line and they wear the number assigned to them. All middle school athletes should wear the number assigned to them as well.
2. Weather does not appear to be an issue. If that changed for any reason, I will post a weather update on the [alltraxtiming.com](http://alltraxtiming.com) website.
3. Because we increased the distance of the middle school race to 2 miles this year, we don't have a map ready yet,...but I expect to post the middle school course map on Thursday night.

#### FOR FRIDAY

1. The course is available on Friday only because it is a public park. So I may see many of you out there while preparing the course. It will take all day to mark the course so if you arrive, be aware that you should bring a course map and prepare to explain the course to your athletes.
2. If you are coming to the course on Friday, bring your own water....and plan to use the restroom before coming. The portajohns on the infield are closed up until Saturday morning. I can point you or your athletes to a small building with a bathroom just off the course if you see me. I always suggest to coaches that they pack an extra roll or two of toilet paper.
3. The major parking entrance will be open along Old Hickory Boulevard for busses until about 6:00pm. DON'T have your bus driver go up that little bitty road (Vaughn Road) along the side of the course....it is really difficult to turn around. If it rains, the parks department may tell me to close the grass parking lot – if that happened, you should arrange for your bus driver to drop off your athletes and go to a public parking lot to wait, then use a cellphone to contact him/her when ready for them to pick-up.
4. Tell your kids to watch their footing. If you are not familiar with the Steeplechase, you should know that this is a "traditional" cross country course (bumpy in many places) and not a groomed "golf course" cross country course.

5. I'll be working all day Friday at the course and with various errands, so I won't be checking email until late, late in the evening. If you have an emergency question, you can call my cellphone at 859-492-9990. I'll check it periodically and return your call if I can.
6. BRINGING TENTS AND EQUIPMENT TO THE RACE COURSE – easier on Friday but the risk of theft is possible although not probable....you decide if want to take that risk. I probably would, but I might be a little more risk-tolerant.

#### FOR SATURDAY

1. TRAFFIC ADVISORY --- It would be good for you to inform your parents & assistant coaches planning to attend the meet about the traffic & parking as it impacts their arrival time. Just like Forrest Gump, you never know what you are going to get on race-day morning traffic. It is a simple two-lane road that "could" get backed up, so it is advised that folks plan to arrive a little earlier than they normally would. I don't anticipate it will be backed up much at all unless an accident or stalled vehicle occurred, but just in case, give yourself some extra time to arrive.
2. If traffic backups occur, it might happen that the traffic police will put a hold on any vehicles (except team busses and vans with a school name) from turning left into the main parking lot closest to the course. If traffic is backing up during the busiest time for arrivals (7:15am to 9:00am), they may stop allowing that left turn except for busses and team vans with a school name on the side. DON'T YELL OUT TO THE TRAFFIC POLICE from your window that you are a coach OR ask a question,...they will blow their whistle, give you a dirty look, and emphatically wave you to keep moving to other parking lots on Vaughn Road or across from the course.
3. Handicapped marked cars will be allowed the left turn in addition to school busses and team vans. We will keep some spots open near the front for handicapped parking.
4. PACKET PICK-UP is one of the first things you should accomplish once you arrive at the course. Pick up tent is near the finish line area. If I gave you an OK to bring your entry fee check on Saturday morning, bring it with you to packet pick-up.
5. There is a good chance we will use chip timing. If so, you will give each athlete the chip matching their chest number plus 2 twist ties. They use a twist tie to fasten a top hole to a shoe lace, and another twist tie to fasten a bottom hole to a shoe lace. They shouldn't lace the chip into their spikes.
6. TIMING CHIPS are not disposable, they MUST be returned after the meet. If a runner finishes the race, we will have many chip return buckets for them to deposit their chip before leaving the finish area. IF you have athletes that don't show up, you must return those unused chips to the chip return bucket at the packet-pick up tent! Chips not returned will result in a \$10 per chip invoice sent to the school athletic director.
7. Please tell your athletes not to crumple up their race numbers and to pin all 4 corners of the number so that it is easily visible at the finishline.
8. Bring extra toilet paper and water....you probably already do but I figure it can't hurt to say it. We have water at the finish line for athletes finishing races only.
9. Trainers/Medical Staff will be located behind the finish line area.
10. If your team has noise makers, that is great! – EXCEPT in the 5 minutes before a race starts when we have race instructions for the athletes. Please let them know.
11. Each team will get a trash bag....WE BEG that you tie your bag near your tent or team area and tell your kids to use that bag for any trash. It isn't fun picking up gunky banana peels, orange peels, & half full water bottles after the meet. Your team members should be responsible for picking up the trash in their team area before leaving the meet.

12. A wide variety of t-shirt souvenirs will be available on race day (short sleeve, long sleeve, technical fabric, etc).

Thanks for reading thru all that.

I really appreciate everyone and BEST OF LUCK!

Jim Kaiser