

Listed below is the FINAL PRE-MEET INFORMATION for you to use to prepare for coming to compete in the Tennessee Classic. There will be some great racing at the Steeplechase Course, I'm really looking forward to it and I hope you and your athletes are also. There is a note below also,...but I'm including at the top of this email just so it doesn't get missed. There is a \$2 entry fee for anyone over age 18 except for coaches.

Please feel free to visit the Tennessee Classic meet information page located at www.alltraxtiming.com to see a listing of the teams attending and to check your roster lists....if you've sent me a change since Tuesday, I haven't had a chance to update yet....but I should have emailed you to let you know I did get it.

Starting Box assignments will be available on race morning.

ON THURSDAY

1. I will be creating the packets tonight 8pm (Thursday night). At this point, I can only take scratches or substitutions. Feel free to email them to me at jimkaiser@mindspring.com. I don't need to know if a specific athlete is running Varsity or JV,...the coach just needs to make sure the athletes wear the number assigned to them. You are limited to 7 per varsity team (unless you paid for non-scoring extras OR a B-team)
2. Rain does not appear to be an issue on Friday night/Saturday morning. Hooray....first time in a few years.

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. There used to be a small restroom building nearby BUT I'm predicting that they lock it this year. 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 from 2pm until about 6:30pm. 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.
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. There will be someone on site most of the overnight. SEE the SATURDAY note about dropping off equipment below in Item #2 !

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 and due to possible weather, 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 (8:15am to 9:15am), 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. **WHAT DOES THIS MEAN FOR YOU OR ANYONE ARRIVING WITH EQUIPMENT TO CARRY INTO**

THE COURSE? It means that you should plan to arrive before 8am if you want to avoid carrying a lot of heavy stuff from the parking lot across the street to the course. Remember, this will only happen if traffic starts backing up....but you and parents should be aware that from 8:15am to 9:15am, you might run into a situation where unmarked cars/trucks coming from the west on Old Hickory will be directed into lots other than the main lot.

3. NEW IN 2014!! You should definitely send out an email and tell your kids at practice to tell their parents that there will be a \$2 entry fee for anyone over 18 years of age (except coaches).
4. 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.
5. 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.
6. The plan is to use chip timing. If so, you will give each athlete the chip matching their chest number plus a twist tie. They thread the twist tie under the laces of their shoe and then pull the ends of the twist tie up thru the holes in the chip, then twist a bunch to make the chip secure to the shoe. They shouldn't lace the chip into their spikes. There is a picture at the packet pick-up of the appropriate method.
7. TIMING CHIPS are not disposable, they MUST be returned before leaving 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.
8. 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. They can fold the race number BUT don't crumple it.
9. Bring extra toilet paper and an extra water bottle or two....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.
10. Trainers/Medical Staff will be located behind the finish line area.
11. 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.
12. 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.
13. 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!