

# **GENERAL INSTRUCTIONS**

## **For athletes, coaches, spectators, teammates**

- 1- **This year, representatives of the horse park board are at this meet watching to see if damage is done by running events – please make parents & students aware**
- 2- **EVERYONE (Parents, Coaches, Spectators, Athletes) – MUST STAY OFF OF THE VERY NICE GRASS in the HORSE TRACK AREAS – extremely important**
- 3- **DO NOT CLIMB OVER FENCING –extremely important**
- 4- **DO NOT USE THE RESTROOM BEHIND BUSHES**
- 5- **Chest Numbers MUST be visible at the finish – 4 pins required to keep it down**
- 6- **If wearing a watch, raise your arms high or low at the finish-line so that number is visible**
- 7- **At starting gun, head between the two large cones in the distance.**
- 8- **Follow the dashed paint lines on the inside loop or the dotted paint lines on the outside loop**
- 9- **IF YOU SEE 2 cones, or 2 flags, you should run between them**
- 10- **IF YOU SEE 1 cone, or 1 flag, you should keep it on your left**
- 11- **DON'T RUN OVER THE TOP OF THE FLAGS – they are usually right on a hole & could cause injury – plus it destroys that marker for upcoming races. Be considerate – keep the flag just a half-step to your left. Running over the top of the flag is considered “running out of bounds” and could be cause for DQ especially if on a curve.**
- 12- **Coaches, spectators, & teammates risk a DQ if they run alongside an athlete for an extended length (20 steps) – it is considered a “Pacing” violation**
- 13- **ATHLETES – Don't jump in front of another athlete at the finishline or hook your arm in front of another runner – Just run forward. You could be DQ'ed for interference.**
- 14- **FINISHING RUNNER POLICY – In general, If an athlete is in distress coming toward the finish line, we will allow them to continue as long as they are making forward progress. If they stop or step/fall backward, they will not be allowed to finish so that help may be provided. Medical Personnel makes the ultimate decision in the interest of the athlete.**
- 15- **Always be aware of where you are, be sure not to stand in a running pathway**