

Coach's Reminders and Instructions

We want to congratulate you and your team for an excellent season. We understand the amount of hard work and commitment it takes to reach this level of competition. We hope your day on Rim Rock is exciting and memorable. The following is a list of reminders to help make your day run more smoothly and insure your athletes have the best day possible.

We will have a coaches' meeting at the starting line, 10 minutes prior to the start of each race.

1. Please make sure your athletes are in compliance with the uniform rule. Our starter will check them at the line as well. We don't want to have to disqualify anyone at this meet especially for this reason.
2. Please instruct your athletes to continue running into the chute. Every year we have several runners stopping (and collapsing) right at the line.
3. Inform your athletes that we have over 40 course marshals to make certain they follow the correct course.
4. Results will be available at the trailer shortly after each race, please bring your results coupons with you. The results will also be posted on freestaterunning.com and heartlandtiming.com by Saturday evening.
5. Please help preserve the course by picking up any trash that is around and please notify us if you see anyone damaging the course in any way.
6. If you need to file a protest please do so at the trailer and we will resolve the situation as quickly as possible.
7. Good Luck today and we hope to see you again next year.

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