

MCAL Cross Country Championships
Wednesday, November 7, 2018
Indian Valley College, Novato

MEET DIRECTOR

Tim and Diana Fitzpatrick, Marin Catholic High School
fitzpa@comcast.net
(415) 260-7951

ENTRIES

Coaches must submit all entries via www.ezmeets.com by Wednesday, October 31, 2018 at 7:00 pm. See Instructions below.

RACE SCHEDULE

2:15 pm	Boys Race B (unlimited entries)
2:45 pm	Girls Race B (unlimited entries)
3:20 pm	Boys Race A (Limited to 15 athletes per school)
3:50 pm	Girls Race A (Limited to 15 athletes per school)

AWARDS

The following awards will be presented after the last race:

- Pennants to each boys and girls championship team
- Medals to the Top 10 boys and girls (MCAL First Team All-League)
- Ribbons to the 11 to 20 boys and girls (MCAL Second Team All-League)

CHIP TIMING

The MCAL Cross Country Championships will utilize chip timing. Chips are disposable and will be pre-attached to the bib numbers. The runner simply wears the bib throughout the race, crosses the finish line with mat-like sensors, continues to move through the shoot and leaves the corral area. Each runner can keep the bib. Coaches can pick up their team packets on race day from the timer near the finish line.

RESTROOMS AND CHANGING FACILITIES

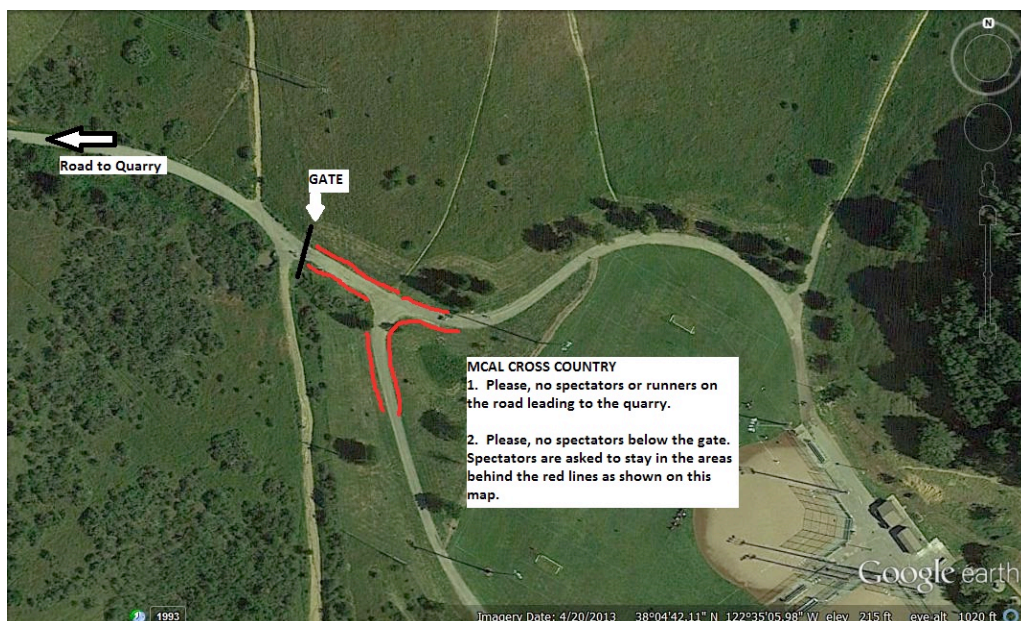
There will not be any changing facilities. Runners should come to the meet in their team uniforms. Portable toilets as well as one restroom building will be available at the race. These facilities are not adequate as changing rooms.

PARKING

Parking is not free at Indian Valley College. Please purchase a daily parking permit for \$4 at one of the dispensers and avoid a parking ticket. IVC will ticket cars without parking passes.

SPECTATORS

We ask that all spectators respect the wishes of the course monitors. Spectators are not allowed below the lower gate near the 4-way intersection, or on the road to the quarry. We thank you for your cooperation.



RUNNER WARMUP LOCATIONS

Runners are not allowed to use the road to the quarry for warming up. Please warm up on the roads in and through the college campus, away from the race course.

SCHOOL RESPONSIBILITIES

Each school is responsible for helping at the meet as follows:

School	Responsibility
Branson	Finish line chute Personnel (4 people)
Drake	Course set up
Marin Catholic	Race Director, Starter and Post Race Ceremony
Novato	Manager of Course set up, permits
Redwood	Course Monitors (4 people)
San Marin	Manager of Clean up and take down
San Rafael	Clean Up and take down
Tamalpais	Manager of Finish Line, Course monitors (3 people)
Terra Linda	Port-a-potties, Manager of Course Monitors (3 people)

COURSE MONITORS MEETING

Coaches, if your school is responsible for course monitors, please have them meet at the finish line at 1:45 pm for instructions from course monitor manager Warren Lanier.

REGISTERING RUNNERS WITH EZMEETS (COACHES ONLY)

1. If you have not received an EZMeets password, please email Tim Fitzpatrick at fitzpa@comcast.net to get one.
2. Go to EZMeets.com.
3. Find the MCAL Championships and click on "entries."
4. Pick your team using the scroll down menu.
5. Enter your password.
6. Click on "Boys" and then click "Do It." The next page may say "B Entries." "B" stands for "Boys", not our "B" race.
7. **Before entering your boys' roster, please confirm that the contact information in the upper left hand corner of the page is accurate. Please update it with current information. This is especially important for new coaches.**
8. You can now enter your boys' roster. Each runner has to be entered individually along with the runner's grade level. Enter all male runners, whether they are Varsity or JV.
9. Once done with the boy's roster, please click "sign in again for a different sex". This will take you back to the "log-in" page where you will repeat the procedure to register your girls' roster. Enter all female runners, whether they are Varsity or JV.
10. Registration closes on Wednesday, October 31st at 7:00 pm, one week before the race.

Note: When using EZMeets registration, there is not a differentiation between Varsity (Race A) runners and JV (Race B) runners. Coaches will designate who is Varsity (Race A) and who is JV (Race B) on race day by placing individuals in the appropriate race. Varsity race is limited to 15 athletes per school. JV is unlimited.

MCAL COURSE MAP. Mile by mile. Course is 3.00 MILES.



