

# Peoria High School Cross Country Invitational

October 4, 2025

## PRE-MEET INSTRUCTIONS

**NOTE:** Coaches having questions should see Brien Dunphy in the finish area.

- 1) Each coach is responsible for making sure uniform/undergarment rules are followed when their runners report to the Clerks of the Course at the starting line. When possible, runners should tuck in shirttails; bare midriffs are not allowed. The Clerks will ask that sweats be removed to check these items.
- 2) **Computer tags** for each runner are **integrated into the bib** and are **distributed to the head coaches in their packets**. Coaches are responsible for assuring each runner reports **wearing the correct bib number, pinned in each corner** to the front of the jersey.
- 3) **The Clerks of the Course will check in athletes in their boxes**; therefore, it is very important that runners report in a timely manner, and teams report as a complete group. **You should report no later than 20 minutes before race time and be done no later than 5 minutes before race time**. After the runners are checked in, they may continue to prepare for the race. **No runner will be allowed to start a race unless they have been properly checked in** and equipped according to the Clerks of the Course.
- 4) **Approximately 5 minutes before race time, runners will be called to their starting boxes for final instructions**. There will be no further run outs after this call. We will make every attempt to start the race exactly on time. **Nothing is to be left in the starting boxes after the start of each race**.

### TIME SCHEDULE

RACE	REPORT TO BOX	FINAL INSTRUCTIONS	START
Girls A / AA	no later than 8:40	8:55	9:00
Boys A / AA	no later than 9:25	9:40	9:45
Girls AAA	no later than 10:10	10:25	10:30
Boys AAA	no later than 10:55	11:10	11:15

- 5) **Runners must completely cross all finish mats to be sure the computer tags are read**. Finish time will be based on the order in which the tags are read at the finish line. Finish place will be determined by video review.
- 6) At the end of the meet, we **will not collect** bib/tags.
- 7) Air horns will be used to alert athletes, coaches, and fans to **clear the course** in the event of lightning. Athletes and coaches are advised to seek shelter in their buses. Listen for announcements to return to the course.

Thank you. Enjoy the meet!