



2018 Rattle Snake Rumble Cross Country Meet  
September 22<sup>nd</sup>, 2018  
Coach/Coordinator Information

**Schedule:**

8:00 am – Coach Meeting- Picnic Pavilions at Registration Table  
9:00 am – Middle School Boys and CARA 13-14 Boys 4K  
9:30 am – Middle School Girls and CARA 13-14 Girls 4K  
10:00am – CARA 8 and Under Boys & Girls 2K  
CARA 9-10 Boys and Girls 3K  
CARA 11-12 Boys and Girls 3K

**CARA events will begin when previous event has ended.**

**Registration:**

Registration - Excel spread sheet must be emailed to [sstone@fcgov.com](mailto:sstone@fcgov.com) no later than 9pm on Monday, September 17<sup>th</sup>, 2018.

Registrations will not be accepted after September 17<sup>th</sup>.

*CARA Agencies must register for this event. We do not use the CARA pull tags.*

**Check in:** Coaches day of registration/packet pickup will begin at 8:00am on Saturday, September 22<sup>nd</sup>.  
*Please let your parents know that coaches do the team check in!*

**Middle School Team Scoring/Awards:** Top 3 runners in boys/girls will be scored. Team awards given to first and second place. Individual awards will be given to top 8 finishers.

**CARA Awards (8-12 only):** Ribbons will be given per CARA Cross Country Rules.

**Chip Timing:** This race will be chip timed. All teams will receive the chips that will be attached to all runners' shoes, or bibs. The chip must be returned immediately following the race. Any unreturned chips will result in a \$25 per chip fee to the agency/school.



**Course Maps:** Course maps will be available at CARAtrack.com

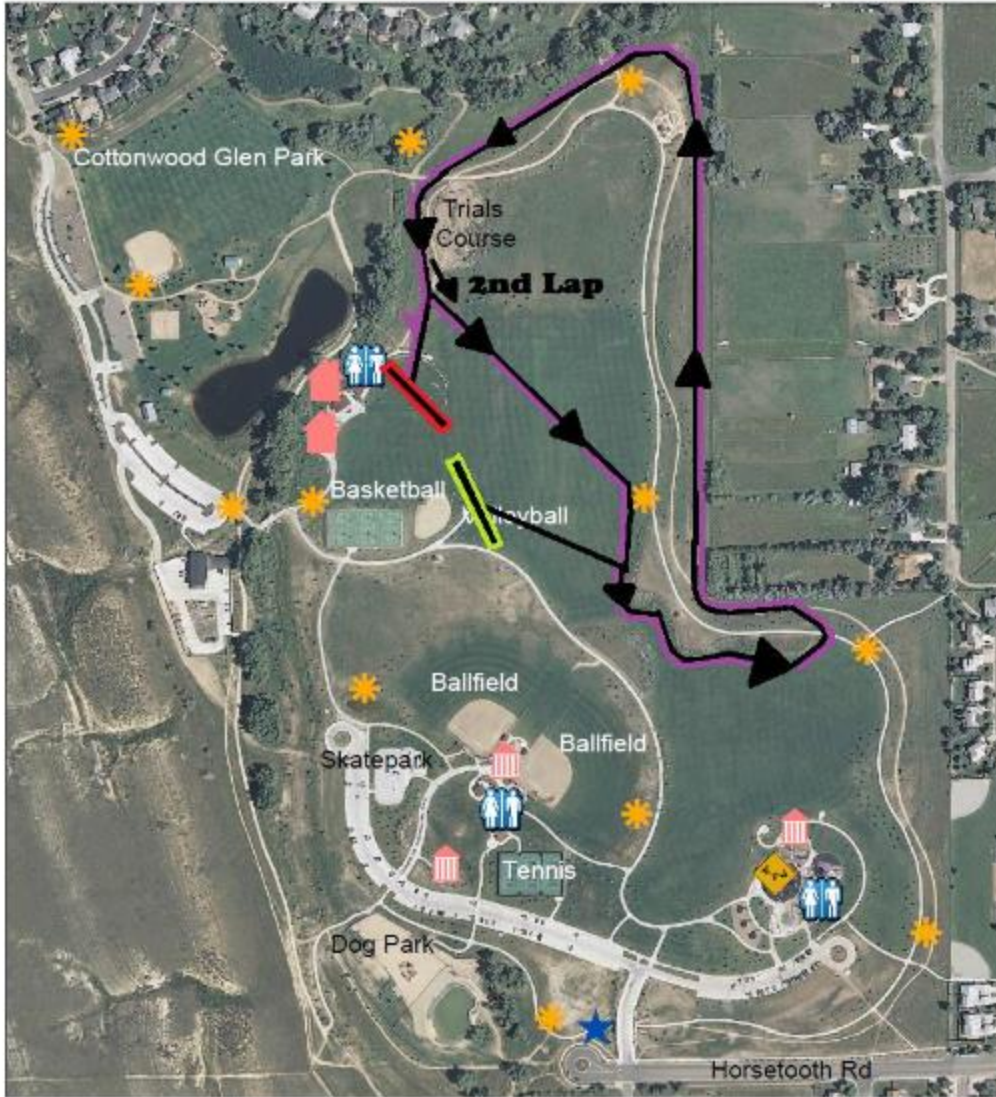
**Volunteers/Course Marshals:** We are in need of volunteers/course marshals for the meet. If you are interested please email [sstone@fcgov.com](mailto:sstone@fcgov.com)



# 2K Map



-  Green: Starting Line for the Race
-  Red: Finishing Line for the Race



Green: Starting line

Purple: 2<sup>nd</sup> lap

Red: Finishing line



Blue: 2<sup>nd</sup> Lap

Red: Finish Line

Green: Starting Line