



2019 Rattle Snake Rumble Cross Country Meet
September 21st, 2019
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.

Registrations will not be accepted after September 16th.

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 21st.
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.

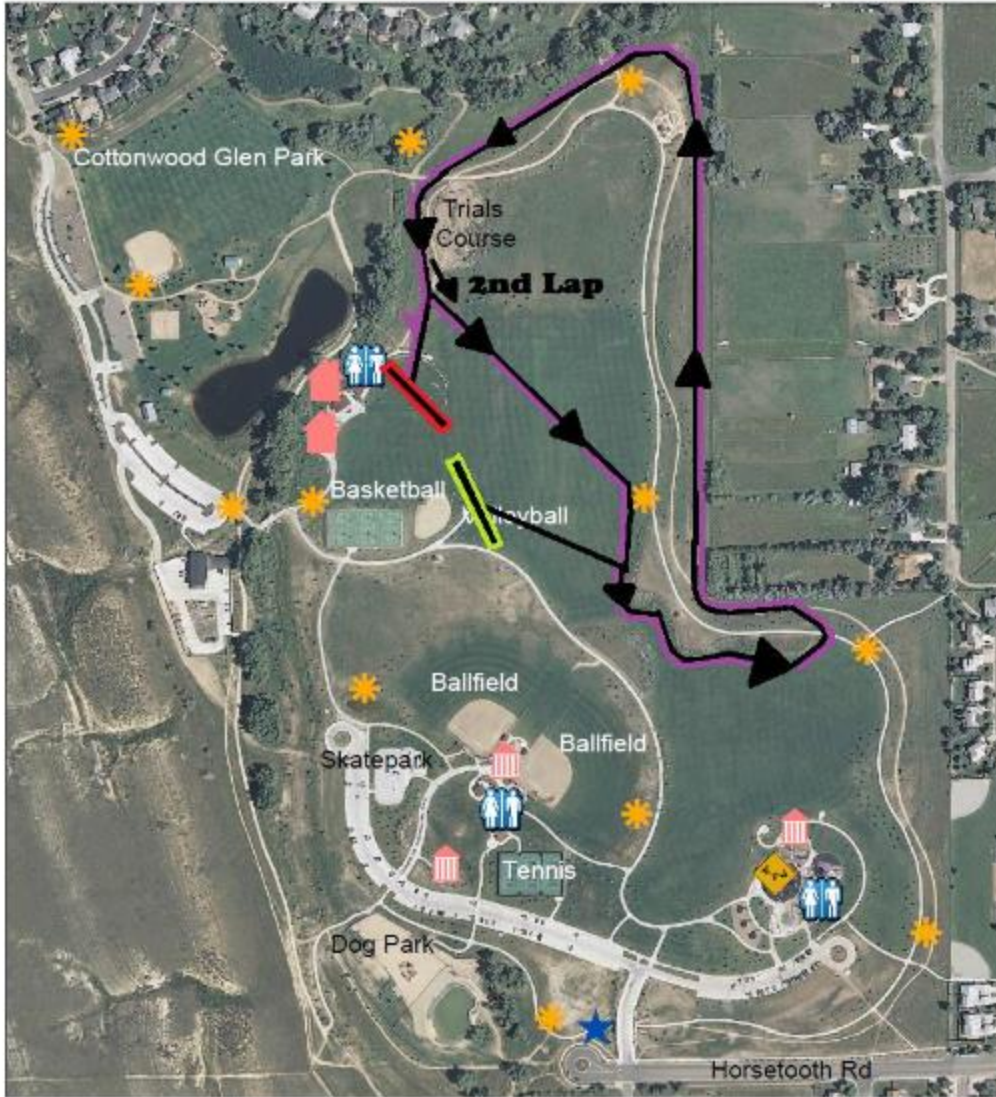
Bib Timing: This race will be bib timed. Each registered athlete will receive a bib morning of the race from their coach.

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 smendez@fcgov.com.



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



Green: Starting line

Purple: 2nd lap

Red: Finishing line



Blue: 2nd Lap

Red: Finish Line

Green: Starting Line