

CYO CROSS COUNTRY MEET MAIL

WEEK OF OCTOBER 16,
2017



And now, on to the grand finale...

THIS WEEK - "THE DIOCESAN MEET"
FRIDAY, OCTOBER 20

CROWN BEACH, ALAMEDA

Meet Director – Tim Chavez, Tony Lawson

**Host Parishes / Set Up – St. Joseph, Alameda, St. Philip Neri,
Holy Rosary**

Head Marshalls – Frank Knafelc, Peter Petit

First Aid – St. Bede, St. John (SLz), QAS

Finish Line Awards – Sr. Denise, St. Michael, All Saints

Results – Corpus Christi, Piedmont

Clean Up Crew – St. Mary, St. John (SLz), St. Felicitas

THE DIOCESAN MEET WILL BEGIN EARLY!! The Coaches Meeting will be at **4:30 p.m. sharp** The first race, K-2 Girls and Boys Race, to start at **5:00 p.m. sharp!!** Please tell your runners to be prompt.

TEAM COLORS / NAME TAGS – There are **NO TEAM COLORS** this week. Each team in a grade group will run against all other teams. IT IS IMPORTANT THAT THE RUNNER'S NAME AND THE PARISH/SCHOOL ARE ON THE NAME TAG WITH **THE APPROPRIATE PARISH/SCHOOL ABBREVIATION!** (Also, be sure to indicate **BOY OR GIRL** for the K-2 race participant labels!) If you use the incorrect abbreviation, there may be issues with crediting your team with the results!

AWARD PRESENTATION – Individual awards will be distributed at the finish line, team award presentations following the meet. Certificates will be available for all participants. *Plan to stay for the Awards Presentation and Closing Prayer; a nice way to end the season and the pizza will wait.*

COURSE SET UP / VOLUNTEERS – Host parishes should have volunteers at the park early to help with course set up (about 3:00 - 3:30 p.m.) ***We welcome help from anyone else who can get there early.*** While there are host parishes for the meet to help with setup and pickup, we ask that all who can come and help! We are going to need ***LOTS OF VOLUNTEERS*** to host this meet. Remember that each parish should provide at least three persons to work the finish or work as course monitors. Volunteers have been great this year!

QUALIFICATION – *As per Diocesan rules, a runner must have competed in a preliminary meet prior to the Diocesan Meet to qualify to participate in the Diocesan meet. Due to last week's cancellation, participation in the relay meet WILL COUNT as one of the meets to qualify.*

SOME IMPORTANT NOTES FOR THE MEET!

CROWD CONTROL – For the safety of runners, spectators and runners not in competition must be in the spectator areas ONLY! Also, coaches, please stay away from the finish line timer!

STARTING LINES – Plan for only ONE runner per school/parish allowed on the first THREE starting lines. The meet director can change the number of runners, depending on room. Please have your top runners “numbered” to avoid extra sorting time and hurt feelings! Also, K and 1st grade runners MUST be on the back lines if running in a 3-5 race. K runners must be on the back lines if running in the K-2 race.

K – 2 RACE – The first race of the meet. It will be for both Boys and Girls, although awards will be broken out by gender at the finish. We will have individual awards for this age group, but no team awards. Have your runners ready to go early, with a 5:00 start. Be sure to indicate **Boy or Girl** on your runners' tags or the finish line will back up. TK runners in the Fun Run only.

SPORTSMANSHIP – A reminder that runners must avoid interfering with other runners or obstructing them. Penalties include switching places or, if flagrant, disqualification by the Meet Director. Remind your runners of this rule and that CYO has high standards of sportsmanship!

PARKING – There is parking at the park close to our venue and also at a small lot at Washington Park (on 8th Street) but lots can fill up quickly. There may be a charge (\$5. per car) to park in the lot if the Park District opens the parking kiosk. Also, be respectful of the neighbors when parking in a residential area – DO NOT BLOCK Driveways. Carpooling is encouraged!

SOME FINAL REMINDERS – Remind your runners to be fully hydrated for the meet, including drinking plenty of fluids in the days prior to the meet. Again, remind your parents to park only in designated parking spaces!

Pray for good weather!

We look forward to a great conclusion to our season!

