

Harrison 2-Mile Invitational

Coaches: In order to run a great meet smoothly and on schedule, there will be minimal instructions from the starter prior to the start of each race.

Please ensure that your runners are apprised of all of the following information. It is suggested that you read this info to them.

1. Registered runners and ONE coach may ONLY enter the START area *when "1st Call" is made*—which will be 12 minutes before the scheduled start time. No other persons should accompany or be permitted at the start line after 1st call is made and thereafter.
2. "2nd Call" will be made 8 minutes prior to the scheduled start. "3rd and Final Call" will be made 4 minutes prior.
3. Runners will be called to their designated boxes and be dressed out in the uniform in which they will run *2 minutes* prior to the start.
4. The starter will instruct all runners to have their toes fully behind the start line and wish them well. At that time, the starter will proceed to a position in front of the field and have a whistle, red flag and gun.
5. At the scheduled time for the race, the starter will blow the whistle and extend his arms to each side—one hand will hold the red flag and the other the gun. *This action is equivalent to the verbal command, "On your marks."* All runners should take a poised running stance fully behind the start line and remain still and steady (motionless).
6. *When the running field is motionless for 2 seconds*, the starter will raise the flag and gun over his head. The flag will drop simultaneously with the firing of the gun—denoting the **start of the race**.
7. If any runner(s) fall(s) due to contact *and* resulting in an unfair start, multiple gun shots and a whistle will sound—directing all runners to return to the start line for a restart.
8. It is always each runners' responsibility to remain on the course during the race. If a runner should exit the designated course, he/she must re-enter the course from the same point of exit. Failure to do so may result in disqualification.
9. Runners are reminded to not touch or make physical contact with any spectator or person who is off the course. If a runner should fall, be injured

or become ill, or need assistance, the runner may be asked “Do you need help?” If the runner doesn’t want assistance, he/she should say or gesture that they are okay. Once a runner is touched by someone rendering assistance, the runner is considered disqualified.

Also, no other person should be running alongside runners, close to the course. This action could constitute “pacing” and the runner may be disqualified.

10. At the finish line, all runners should continue to proceed through the finish chute and remain in the same order as they finished. If any runner needs assistance after the race, volunteers will be made available to render aid.
11. After the race, runners should return to their team tents via a route that is designated and away from the start line. Please follow the directions of all marshals and volunteers.
12. Have a great race and good luck!

Coaches, please ask everybody associated with your team—including spectators, family and friends—to follow the directions of the marshals and officials as to where standing is permitted. Your cooperation is greatly appreciated.

Thank you,

Vince DiCecco

Starter/Official, USATF