

## **Fluvanna XC Meet**

**Fluvanna MS, Goochland MS, Powhatan MS**

**Date of Meet:** Wednesday, March 24, 2021

**Site of Meet:** Pleasant Grove XC Course, Palmyra, VA – 2 mile MS Course

**Directors:** Melanie Kennedy (434-249-8358)

### **Time Schedule:**

**2:30** Course opens

**3:00** Girls Middle School 2 mile Race

**3:25** Boys Middle School 2 mile Race

**Entry Information:** Entries are due by 9:00pm on Tuesday, March 23

Entries will be done online through Milestat. Be certain to change the Filter to “Show All”. Please enter all athletes that may run in the meet. It is easier to have the names in the computer ahead of time even if they don’t actually run in the meet.

- When the team arrives at the course they will receive an entry list with each athlete’s race number and a sharpie marker.
- Please write the race number from the entry list on the back of each runner’s right hand using the sharpie marker. Please write the number on their hand before their warm-up so that it is easy to read.
- At the end of each race, finishers are to proceed through the chute to have their race numbers recorded in the order of finish. If an athlete is unable to proceed through the chute, please have a coach walk through the chute in that position with the race number. It is very important that athletes stay in order through the chute to get the times to match up with each finisher.

### **Parking:**

- Buses are to park in the front field. Teams will need to walk back to the start finish area near the barn.
- Spectator parking will also be in the front field.

**ADDITIONAL INFORMATION:**

- PLEASE HAVE ATHLETES BRING THEIR OWN WATER.
- **ALL COVID RULES SET BY VHSL WILL BE FOLLOWED. MASKS MUST BE WORN UNLESS ATHLETES ARE RACING. PLEASE PRACTICE SOCIAL DISTANCING**
- **EACH ATHLETE IS ALLOWED 2 SPECTATORS**

**Results:** Results will be available for each team once the final race is completed. Results will also be posted on milestat and emailed to the coaches.