

Thank you for coming to the Annual Wave Mania Event at Warwick Valley! Home of the 2006 NYSPHSAA X-C Championship Course. Please read the instructions below.

1- Print Course Maps attached to meet homepage on milesplit

2- Print Race Assignments attached to meet homepage on milesplit

3- Print these instructions attached to the homepage on milesplit and READ THEM.

THE COURSE MAP and The Course:

The course as of today is in tremendous shape. All grass. We suggest $\frac{1}{4}$ "- $\frac{3}{8}$ " spikes. Look at labels on the map.

1. Start line
2. Finish line
3. Port a Johns- ***No building use, please tell athletes***
4. **Bus Entrance**- We hope to have people directing traffic, however it's been hard to get. Please enter lot at #4 on the map and pull around to #5 for Team drop. Please get your driver cell #. **Buses will NOT stay on site.** Call the driver when you are ready for pickup and standing at the load/drop area. Buses are to drop you, then park at our HS. To get to HS, pull out of the parking lot and make a left. Go to stop sign and bear right- WVHS is 200 meters past stop sign on the right
5. **Team Drop**- See above for instructions
6. Concessions - We will have drinks, bagels, fruit, candy, etc. Cash Only. **Wave Mania Shirts Available for \$20 each until we sell out. Design is on homepage.**
7. Frosh Loop Entrance- Roughly 1k into Frosh race athletes go left into this loop
8. **Spectator Parking** - Parking lots are not big, but we have 3 lots labeled # 8, and the 3rd is grass parking for overflow. **DO NOT PARK ON THE STREET.**
9. **JV Turn Around - JV Course is 2.61m. At this point runners make a right hand turn toward the corner of the soccer fence, fly downhill to the bottom of the soccer fence and make a very sharp 90' turn.**

If you see a cone in the middle of the course please be careful and leave it alone. This most likely indicates a gopher hole. When running through the fields as a spectator please use caution because they are deep. Most of the course holes have been filled as of today. Spectators please stay off the course, especially the finish straightaway where things can get narrow.

BIB NUMBERS:

The backs of all bib numbers contain the timing chip. Please DO NOT BEND the bibs. All Coaches from Section 1 and 9 are to collect bibs after this meet from all of your athletes as they will be used throughout the season in all meets timed by Fulton Accurate Timing. Sec 1 and 9 Coaches keep the bibs! **All other schools MUST Return the Bibs that are issued back to the timing table at the end of the meet in Numerical Order and in the same packet that the bibs were issued in to avoid any Charges!** Any issues with Bibs, missing athletes, etc please visit the timing table at the finish line and be very polite. The timer for this meet goes by the name of Julie Potter. She is my wife, play nice or she will give it right back. **Coaches supply own pins for team**

Packet Pickup- At the timing table at the finish line

Award Pick up: Top 20 medals will be handed out in the back of the chute. Plaques to winning team only can be picked up from the timing table at the finish line area (Coaches only)

Garbage- Coaches please have team clean site before leaving. Plenty of garbage cans on the field behind the start and finish line.

Race Assignments: I did the best I could to be as accurate as I could. Please contact me via text 845-987-6997 if your team is missing from a race and I will tell you which to go in. **If your team appears with an X but you are not in the race, do not worry about it.**

Finish Chute/Area: Please no coaches or spectators in this area. We need to keep it clear for athletes to fall, collapse, and keep moving. If we get congested we will have a problem. Instruct athletes to leave as quickly as possible. Tell non racing athletes to not be near the chip reader at the finish line while cheering on teammates.

Live Results: [Live Results](#) . No Printed Results

Any questions please ask.

Sincerely,
Mike Potter
Warwick Valley XC/Track