



## Pickerington Panther XC Invitational 2025

### Coaching Instructions

**Please read the meet instructions carefully and share them with your team, as well as with parents and spectators. These instructions are for the safety and consideration of everyone. Please review the new course map and discuss the minor changes made to the course.**

**Arrival and parking** - Coaches, construction is complete, team parking will once again be in front of the course entrance behind the building. See attached map.

**Campsites** - Upon packet pickup, your team can select a site for team camp in the retention pond, on the soccer practice fields, or around the baseball and softball fields. If you wish to camp outside of the staging area next to North High School or by the jr. high, feel free. Please stay away from the construction site.

**Water** - Water is available at the end of the race outside of the finish chute and at the athletic trainer. Please provide water to your athletes at team camps.

**Warming up** - Please warm up outside of the cross country course or on the course when races are NOT in progress. The woods will be CLOSED during all races for warming up. Have your athletes enter and exit at the team entrance and not through the spectator exit.

**Race Times/Departure** - The schedule is set. We want each race to go off on time. It is the coach's responsibility to make sure his/her athletes are capable of finishing the race in the specified amount of time (see schedule). If an athlete impedes a race, he/she may be pulled from the course by the trail gator.

**Finish Corral/Awards** - The finish corral will have a finish chute for the top 45 runners. Runners are to cross the finish line and then exit the area as quickly as possible. Runners will have disposable bibs, so there is no need to return timing devices. Awards will be handed out to athletes as they cross the finish line, and team awards can be picked up at the white tent 25 minutes after completion of the race. Results will be posted ONLINE and on site. It is the responsibility of the coach to pull up results and pick up the award for the team.

**Concessions/Food Trucks/Restrooms** - Concessions and food trucks will be available on the day of the event. Restrooms will be available in the stadium and at the start line.

**Ticket Sales** - Tickets will be sold at the gate. Tickets are also available online at:  
<https://www.pnathletics.com/north-events>

**Box Assignments** - Boxes will be assigned randomly by meet management. Box 1 will be located on the left side as you face the course. Larger box numbers will be near the tree line.

**Starting line** - A dashed line will be placed 3 meters behind the starting line. Athletes will be instructed to stand behind the dashed line until notified by the starter. At which point they are to run up to the starting line.