**Fluvanna XC Meet**

**Fluvanna HS, Monticello HS**

**Date of Meet:** Wednesday, October 2, 2019

**Site of Meet:** Pleasant Grove XC Course, Palmyra, VA – 5 km HS Course

**Directors:** Rose Brogan (804-380-2637), Tom Casto (434-796-7996), Melanie Kennedy (434-249-8358)

**Time Schedule:**

**4:00** Course opens

**5:00** Girls 5 km Race

**5:45** Boys 5 km Race

We will start the boys race once all girls have finished.

**Entry Information:** Entries are due by 11:59pm on Tuesday, October 1st

**PASSWORD: FLUCOXC2**

* 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 to 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.
* Spectators will also park in the front field.
* Handicapped persons needing to park closer to the start finish area should ask the parking attendants and they will be allowed to park in the parking lot behind the Pleasant Grove House Museum.
* A water station will be available by the exit of the finish chute.

**Tents:** Team tents will be allowed on the grassy area between the barn and the tree line near the stage.

**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.