

## 2009 LEHIGH UNIVERSITY BROOKS PAUL SHORT RUN – FINAL MEET INSTRUCTIONS

### COACHES:

Welcome to Lehigh University's Goodman Cross Country Course for the 36th Paul Short Run. Please be aware of the large number of entries and be patient. We will have results as quickly as possible following each race. We hope that this competition meets your needs and we appreciate your cooperation with this event. Best of luck to all the athletes and coaches.

Lehigh Staff

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### PACKET PICKUP:

Team packets may be picked up at the band shell by the starting line on Thursday, October 1st from 2:00-6:00 pm or Friday, October 2<sup>nd</sup> from 8:30 am to 4:00 pm. **NO ENTRY CHANGES will be accepted after 2:00pm on Friday afternoon!**

### CHIP PICKUP:

Timing chips will be available for pickup on Friday only. Chips will be packaged by team and distributed at the band shell. **You will need to present your team roster from your packet in order to receive your chips.** (1 chip per college athlete & 1 chip per high school athlete) Following the race, it is the coach's responsibility to collect all team chips, package them & return them to the chip trailer following your team's final race. There is a \$20 per chip charge for each unreturned chip. Please be sure that the chips are securely fastened to your athletes' shoe. You will be billed for missing chips.

### START AREA:

The start & finish areas are located behind (North) the football stadium on Lehigh's Goodman campus. A water & ice station will also be posted behind the starting line.

### RACE SCHEDULE:

**Please review the Paul Short website for final race assignments!**

#### COLLEGE

- 10:00am JV/Open College **Women's** 6K Race (unlimited)
- 10:10am JV/Open College **Men's** 8K Race (unlimited) **On a Staggered Start**

All unattached, club and additional collegians may compete in the JV/Open races and **Must be at the starting line by 9:45am.** Please have your open men ready to move onto the start line **IMMEDIATELY** following the start of the Women's Open Race. There will be no team scoring or awards in the JV/Open races.

- 11:00am Men's College Gold 8K Race (10 runners)
- 11:45am Women's College Gold 6K Race (10 runners)
- 12:15pm Men's College Brown 8K Race (10 runners)
- 1:00pm Women's College Brown 6K Race (10 runners)
- 1:45pm Men's College White 8K Race (10 runners)
- 2:30pm Women's College White 6K Race (10 runners)

#### HIGH SCHOOL

- 3:15pm Boy's HS Brown 5K Race (10 runners)
- 3:45pm Girl's HS Brown 5K Race (10 runners)
- 4:15pm Boy's HS White 5K Race (10 runners)
- 4:45pm Girl's HS White 5K Race (10 runners)

All HS teams may enter a maximum of 10 runners in the varsity races.

- 5:15pm Boy's HS JV 5K Race (All teams- remaining runners)
- 5:45pm Girl's HS JV 5K Race (All teams- remaining runners)

**Note: All participating collegiate teams (regardless of Division) may enter a maximum of 10 runners in the Gold, Brown & White races.** Your additional runners may run in the JV/Open division. **All participating High School teams may enter a maximum of 10 runners in the Brown & White races.** Your additional runners may run in the JV division.

### START PROCEDURE:

1.) NCAA rules apply to all uniforms. 2.) Wear numbers on front chest and do not alter in any way. 3.) Report to designated starting box **15 minutes** before racetime. 3.) Chip should be securely attached to shoe. 4.) Each team is responsible for equipment pick-up. 4.) All JV/Open competitors must be at the starting line by 9:45am. Open men must be ready to move onto the start line **IMMEDIATELY** following the start of the Women's Open Race.

### FINISH PROCEDURE:

Please instruct your runners to run across both finish mats and move through the chute as quickly as possible. Athletes should return their chips to their coach immediately following the race.

**AWARDS:**

<b>12:45 PM</b>	College Gold Division (inside Football Stadium)
<b>2:00 PM</b>	College Brown Division (inside Football Stadium)
<b>3:30PM</b>	College White Division (inside Football Stadium)
<b>5:00 PM</b>	High School Brown Division (inside Football Stadium)
<b>6:15 PM</b>	High School White Division (inside Football Stadium)

In case of inclement weather, awards will be presented under the west side stadium overhang.

Individual awards to: 1) Men's & Women's Gold, Brown & White Race Champions (College & HS) 2) Top 20 college men & women in the Gold, Brown & White championship races 3) Top 20 high school boys & girls in the Brown & White championship races.

Team awards to: 1) Top 3 men's & women's college teams in the Gold, Brown & White Races (any division) 2) Top 3 boy's & girl's teams in the Brown & White HS championship races. 3) There are no awards for the college or high school JV races.

**RESULTS:**

Preliminary unofficial results will be posted behind the starting line on the boards at the water station. We will announce when final results become official and they will be posted on the scoreboard under the West side stadium overhang. **Due to the number of teams, copied results will not be provided to coaches.** Results will be posted electronically on the Paul Short web site [www.paulshortxcrun.com](http://www.paulshortxcrun.com) and the cross country page of the Lehigh web site [www.lehighsports.com](http://www.lehighsports.com)

**COURSE MARKINGS:** Run between white lines and/or natural barriers and color coded signs (red/left, blue/straight, yellow/right). **SPLITS WILL BE GIVEN AT EACH MILE.** Men's 8k course is the green course; women's 6k course is the brown course. Boy's & Girls 5k course is the gold course.

**RESTROOMS/ LOCKER ROOMS:** **USE FOOTBALL STADIUM ONLY** – Restrooms available under the Football Stands. Very Minimal shower facilities will be available on Friday 10:00-7:00pm. Please, do not use Rauch fieldhouse or any other building.

**PARKING:** Parking passes will be distributed in race packets on Thursday. Parking attendants will have a list of schools without passes and you will be permitted to park team vehicles in the designated Stabler lots.

**PROGRAMS/T-SHIRTS:** Programs, Lehigh and Paul Short merchandise will be for sale Friday. Brooks merchandise will be on display.

**UNATTACHED/OPEN ATHLETE PARTICIPATION WAIVERS:** Please turn in your signed participation waiver at the band shell during packet pickup.

**BROOKS COACHES GIFT:** Each coach will receive a gift coupon in their race packet. The first 200 coaches to present their coupon at the Brooks Merchandise Tent will receive a free Brooks gift.

**Team dinners/ Travel lunches:** **Please consider contacting Pasta La Vista. They are running the following team deals for the Lehigh University Brooks Paul Short Run. The restaurant is located approximately 3 miles from the race course and accommodated many teams in 2008.**

**Team Dinner Special \$12.00 per person (plus gratuity) includes:**

grilled chicken  
pasta  
salad  
garlic bread and  
drink.

**Seating times available please call to reserve time slots.**

**Box Lunch Special (can be delivered) \$6.50 per lunch includes:**

6 in. hoagie  
chips and  
water

**Please call in advance to place your order**

**Pasta La Vista  
1798 Broadway  
Bethlehem,PA. 18015  
(610)882-2299  
610-882-2215 Fax**