EVENT GUIDELINES

## WHERE

Niwot High School
8989 Niwot Rd,
Niwot, CO 80503

## CAR PARKING

Car parking is available in front of the school (above the track), and below the track.

## TIME

9:00AM-1:00PM


## CHECK IN

- You are required to check in at the "Troop Events Athlete Management" Registration tent near the finish line on the track (The orange square with " $R$ " on the map), 5-10 MINUTES before your scheduled race start time to receive your race hip and chest number.
- Runners in each heat, will then walk over to the start line of the race distance entered. The race start line for the $800 \mathrm{~m}, 1500 \mathrm{~m}$ and $5,000 \mathrm{~m}$ are shown on the above map.


## RACE FINISH

- When you finish your race, please vacate off the track immediately.


## TIMING

All races will be electronically timed (F.A.T)

## RESULTS

Results will be posted on-line after each race. Results can be found - HERE.

## HYDRATION

All participants are responsible for their own water/ hydration needs.

## CLOTHING

Please make sure you have adequate attire for the event. The weather forecast is currently predicated with a low of 36 F and a high of 58 F .

## SPECTATORS

All spectators must stay off the in-field and away from the start/ finish lines areas.

## NO ANIMALS ALLOWED

There are NO dogs permitted at the track.

## BAD WEATHER

In the unlikely event that we have bad weather such as lighting, a decision will be made whether the event will be delayed or stopped. Your safety is paramount, and the weather can turn bad very quickly!

## TOILETS

There are 2 portable toilets, and they are highlighted on the map (Page 1) with the green square with " $T$ ".

## FIRST AID

Chris Wentz from Event Medical Specialists, LLC will be on-site as our EMT and to provide our First Aid and Medical.

## VOLUNTEERS

Please show your appreciation by being courteous at all times and listen to all announcements that they are making.

## SCHEDULE OF EVENTS

| 800 M | HEAT 1 | $9: 00$ AM |
| :--- | :---: | :---: |
|  | HEAT 2 | $9: 08 A M$ |
|  | HEAT 3 | $9: 16 A M$ |
|  | HEAT 4 | $9: 24 A M$ |
|  | HEAT 5 | $9: 32 A M$ |
|  | HEAT 6 | $9: 40 A M$ |
|  | HEAT 7 | $9: 46 A M$ |
|  | HEAT 8 | $9: 52 A M$ |
|  | HEAT 9 | $9: 58 A M$ |
|  | HEAT 10 | $10: 04 A M$ |
|  | HEAT 11 | $10: 09 A M$ |
|  | HEAT 12 | $10: 14 A M$ |
|  | HEAT 13 | $10: 19 A M$ |
|  | HEAT 14 | $10: 24 A M$ |
|  | HEAT 15 | $10: 29 A M$ |
|  | HEAT 16 | $10: 34 A M$ |
|  | HEAT 1 | $10: 40 A M$ |
|  | HEAT 2 | $10: 55 A M$ |
|  | HEAT 3 | $11: 05 A M$ |
|  | HEAT 4 | $11: 14 A M$ |
|  | HEAT 5 | $11: 22 A M$ |
|  | HEAT 6 | $11: 30 A M$ |
|  | HEAT 7 | $11: 38 A M$ |
|  | HEAT 8 | $11: 45 A M$ |
|  | HEAT 9 | $11: 52 A M$ |
|  | HEAT 10 | $11: 59 A M$ |
|  |  |  |
|  |  |  |


| 5000 M | HEAT 1 | 12:10PM |
| :---: | :---: | :---: |
|  | HEAT 2 | 12:40PM |

- A race may fall behind schedule, BUT it will never start ahead of schedule.


## START LIST

Start list for all races can be found - HERE.
If you have any questions or concerns, please don't hesitate to contact me.
Lee Troop
Race Director
Ph: 720-532-5549 OR email: lee@teamboco.com

