A few helpful reminders for Saturday, 14th November

Warm-up Area/Meeting Point/Starting Pens: Numbered stakes will be placed near the 'Grand Central Walk' for schools to meet children prior to warming up and the race.

Your starting pen number will be the same as your meeting point number. *You can check your school number on the lists, found on the 'Info' page of the website.*

7.15 a.m.: Please twist an arm or two to help set the course up at this early hour.

Marshals: Please supply the marshals you have agreed and ensure that they report to the race organiser's table by 8.30 a.m. at the latest. The event cannot start until all marshals are in place. Please encourage them to report on time.

Team Managers: Please hand in your medical forms when you collect your team result sheets on arrival and check through all information and instructions thoroughly before the first race.

- Remember, the first 5 from each school (3 in the case of a small school) constitute a scoring team. Teams with less than 5 (3 for small schools) runners will receive no score.
- Fill in the first 5 score sheet quickly and return it to the scoring tent immediately, followed soon after by the second score sheet.
- Fill in score sheets legibly, printed if possible.

Spectators: Please encourage parents to set off early for the event. The roads will be busy and there is always traffic congestion in the area with so many people all going to the same event. Therefore we strongly suggest that drivers car share and/or park in neighbouring roads, wherever possible. Better still, use public transport!

Please inform your parents that the Start/Finish Area is only for athletes and team managers. No spectators are allowed inside the blue rope area.

Team managers should stand to the side at the finish so as not to block the passage of the children. Please encourage the parents to respect the wishes of the marshals and stewards.

General: Please remind athletes:

- ✓ where to collect their warm clothing after the race
- ✓ to carry their asthma inhalers with them
- ✓ to tie up their shoe laces before the race and *not to wear spikes*

Finally: Assistance with helping to pack away equipment before the results are announced at the end, will be greatly appreciated.

Enjoy the morning! www.bpscca.co.uk