

## Coach Infield Pass

Due to the structure of the course and the number and closeness of the races, infield access will be tightly controlled and limited. One coach armband is included per team packet (checkered armband). This is the only one that you will be issued.

## Awards

ROC: Individuals 1-30, Teams 1-3  
Adult Open: 1-5 Individuals (M&W)  
JV: Individuals 1-15, Teams 1st  
Others: Individuals 1-15, Teams 1-2

Ceremony will be held at the horse statue. On Friday will be informal, following each division. Saturday will be collective and formal at 11:00. If you cannot stay for ceremony, please see meet headquarters, **awards will not be shipped.**

## T-Shirts

\$12, while supplies last, not available online. Cash or check only. Small, Medium, Large, XL, XXL.

## Parking/Admission

**All vehicles** that are not buses or officially marked school vans will be charged **\$5** for parking. We are not charging for admission—so this should be reasonable. Parking fee is for ONE DAY ONLY.

## Lane Assignments

There are no lane assignments, as is meet tradition, it is first come first serve. You want a certain lane? Make sure you go out there and get it! One team per lane. JV races will be run road race style and team lanes will not be enforced at all.

## Medical Tent

EMS and athletic trainers will be located in the infield, near the finish. This will provide the quickest access to a down athlete on the course in case of emergency.

## Roster Changes

There will be no roster changes on the day of the meet. You are free to switch an athlete from varsity to JV (or vice versa—this does not effect our timing. However, we will not add any additional athletes to your roster. And all athletes running must have a number, no exceptions.

Next flrunners.com meet on the calendar...

## Middle School State Track & Field Championship

With regional qualifying meets  
in five regions around the state!

Details coming in January, keep watching  
flrunners.com for details!

## Schedule of Events

All races 5K unless otherwise noted  
% = At the barn

### Friday, September 30

3:00 Coaches Meeting for Friday Races %  
3:50 Junior Varsity Girls Blue  
4:10 Junior Varsity Boys Blue  
4:30 Small School Varsity Girls  
4:45 Small School Varsity Boys  
5:00 Track Shack Large School Varsity Girls  
5:15 Track Shack Large School Varsity Boys  
5:30 Middle School Girls 2M  
5:45 Middle School Boys 2M  
6:00 College Women 5K  
6:30 Direct Athletics College Men 8K  
\*\* Rolling awards after every division \*\*  
7:15 College-Bound Senior Information Session %  
8:00 Coaches Meeting for Saturday Races %

### Saturday, October 1

7:20 Junior Varsity Girls White  
7:40 Junior Varsity Boys White  
8:10 Opening Ceremony for Elite Races, National Anthem  
8:20 Track Shack Girls Race of Champions  
8:40 Track Shack Boys Race of Champions  
9:00 Varsity Invitational Girls  
9:15 Varsity Invitational Boys  
9:30 MF Athletics Varsity Girls Open  
9:45 Stephen Feinberg Memorial Varsity Boys Open  
10:00 Open/Community Mixed (with prize purse)  
11:00 Awards Ceremony

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# Little Everglades 5K Course

