

TIMING & COACHING INFORMATION

*Coaches must be responsible for the contents of the team packet.
It may not be possible to replace bibs and timing chips on race day.*

BIB NUMBERS

Your packet contains a bib number for each runner entered. Changes/substitutions must be made and approved by TSSAA 30 minutes before the race at the finishline tent.

Only seven may run. Please check your numbers against the ones listed on the front of your packet. Be sure all runners have the number assigned to them.

Please attach the bib number to the front of the runner's jersey. Use four pins in the holes provided. The number must be visible at the finish line. If wearing a watch, the runner should raise their arms above their head at the finish line to turn it off so that the number is visible.

TIMING CHIPS

Timing Chips will be provided for all competitors – Timing chips can be attached to either shoe. The chip number should match the bib number.

*Please note: Results are judged on the torso, not the chip. The chip is used to get a preliminary order of finish and the photo-finish is used to verify the official torso order of finish. Competitors should run through the finish normally – diving feet first will actually hurt their finish place.

Coaches MUST collect and return all timing chips to buckets near the finish line tent before leaving the meet. We ask athletes to return to their team camp after finishing. Runners can then remove the chip and give them to the coach to return.

OTHER INFORMATION FOR COACHES

Providing Water

Providing liquids during competition is NOT considered to be an aid or assistance.

Rule 4, Section 5, Art. 8 – It is an unfair act when a competitor receives any assistance from any other person that could improve that competitor's performance.

Chute Area

Please keep the chute area clear. No one should be in or around the chute except for the finishing competitors and race personnel.

Pacing violation

Coaches, spectators, & teammates risk a DQ if they run alongside athletes for an extended number of steps. It is considered a pacing violation.

Results will be posted at www.tssaasports.com following the completion of all races.