



PARTICIPANT ETIQUETTE

All runners must respect one another at the starting line, on the course, and in the finish chute.

BEGINNING OF THE RACE

- Starts can be crowded; make sure runners do not shove, jostle, trip, or push other runners.
- It is important to be aware of other runners (especially in the beginning of the race). Competitors need to be aware of their surroundings and what is going on.
- Extending hands and arms for balance or to prevent collisions are within competitive boundaries. Intentional acts of shoving, tripping, pushing, or unsportsmanlike conduct can result in a disqualification from the race.

ON THE COURSE

- Runners are not allowed to intentionally impede the forward progress of another runner.
- Athletes must keep their arms, elbows, and hands to themselves and may not use them to impede someone's progress to the finish line or at any other point in the race.
- RESPECT THE COURSE. Know the layout and adhere to the course markings. Do not cut corners or take other shortcuts.
- If an athlete is not in a race, they should be respectful of the runners and the course and be sure not to interfere with participants in an active race.

FINISH AREA

- Once runners have crossed the finish line, they should not shove or belittle other competitors. Cross-country is a sport in which runners support and congratulate each other after the race.

**PLEASE REVIEW THESE GUIDELINES WITH YOUR ATHLETES TO HELP ENSURE
THAT EACH MEET IS A POSITIVE EXPERIENCE FOR EVERYONE INVOLVED.
THANK YOU FOR YOUR COOPERATION!**