

Zane Trace Invitational 2024

Coach's Packet

Special note:

We have had to change our course this year due to a construction project. Please advise your athletes to walk the course even if they have run here before. We will have signs set up at all trail junctions. Make sure your runners read them during their walk through to avoid any confusion during the race. The changes in the course have caused two choke points at gates on the course, please advise your runners to not try to run in a pack through these gates. After passing through the first choke point coming out of the soccer field the ground is loose gravel and then a little while later the runners will cross over a portion of asphalt near the softball field. Please advise your runners that spikes are not a good idea due to these areas on the course.

- The lead vehicle will not be running through the baseball field portion of the course, but will pick the runners back up as they exit this portion of the course.
- The tent area will be in the baseball field (outfield only). The course runs completely around this area so be cautious not to set up on the running area.
- There will only be one exit open from the tent area. Students, parents, and coaches are expected to listen to instructions on when they can and can not cross the course once races have begun.
- Shirts and Sweatshirts and bake sale items will be available under the home bleachers in addition to the regular concession stand.
- A fun run will be held and sign ups will be at a table as parents walk in.
- We will have a senior walk between the MS Boys race and the HS Girls race
- Box numbers will be in your packet on Race day.

Race Times

MS Girls - 10:00am

MS Boys - 10:30

Senior Walk - 11:00

HS Girls - 11:15

HS Boys - 12:00

Fun Run - 12:45

Packets with team and individual awards will be available at the finish line after the conclusion of the HS Boys race. Thank you for attending our invitational. We hope everyone has an enjoyable experience and shows sportsmanship to all competitors.

5000m do upper loop
twice w/ baseball
field
3200m one time
through course

