KAIAC X-Country Meet @ Cheongna Lake Park

Wednesday, October 2, 2019, 4:00 p.m.

A vs. A, A vs. B, B vs. B

Bus Parking\*\*

The best place to enter the Lake Park is through the large bus parking lot indicated on the map on the last page of this document. Once parked there, you will simply turn left (north) on the track and walk to the large Korean style pavilion (also indicated on the map) that will serve as the meeting point for all teams. It is about a 600 meter (8 minute) walk to get there from the bus parking lot.

\*\* Please note that your buses should NOT be going to our school address. They should be going to the Cheongna Lake Park address directly listed below\*\*

Course Location

Cheongna Lake Park (청라호수공원)

Incheon, Seogu, Gyeongseo-dong 947-2 (인천 서구 경서동 947-2)

Restrooms

The restrooms (W.C.) are located left (north) of the bus parking lot. It is about a 300 meter walk (4 minutes) and on the way to the main meeting point. Please use them prior to coming to the main meeting point. Students can change here as well if need be.

Course Information

The main course is a 4.3 kilometer long loop around the lake. I have adjusted the starting point by 700 meters (back towards the bus parking) so that students are running a full 5.0 kilometers. This is indicated on the map as the red line. So runners will pass the finish line twice. Once at the start of the race and then at the very end of the race to finish it. Students must stay on the running/walking path (clearly marked) at all times except for when they pass through a 100 meter long construction zone. Due to the construction, there are cones in place that safely lead the runners onto the bike path and out of any oncoming traffic. I will lead the runners from the meeting point (pavillion) to the starting line 10 minutes before each race starts. The finish line will be the main meeting point, in front of the Korean style pavilion.

Course Marshals

The CDS Athletic Council will be marshaling the course. You can find them wearing bright yellow vests and waving red batons. They will be stationed around the starting line, finish line, and places where there are turns and every 1 kilometer around the track. The course is marked every 100 meters on the ground.

Nurse Information

CDS will have our staff nurse, Ms. Park, on site for the event. Her mobile phone number is 010-5599-0767. She will be equipped with medical kits and will be able to help in the case of an injury / dehydration. Please make sure that your athletes are staying hydrated at all times.

Concessions

Our athletic council should be selling snacks and drinks throughout the race. Items could include water, sports drinks, sodas, bananas, nut packages, energy bars, sandwiches, chips, and crackers. Encourage students to bring small bills, if possible. Thank you!

Schedule

3:00 p.m. Arrival & Warm-up

3:30 p.m. Coaches Meeting & Course Walk-through

4:00 p.m. Girls Varsity Race

4:40 p.m. Boys Varsity Race

5:20 p.m. Open (Girls/Boys) Race

6:00 p.m. Finish & Departure

Start times are approximate. Each race will be started with the blow of a whistle. Hopefully everything will be wrapped up at around 6:00 p.m. We have booked until 6:30 p.m. so if teams want to stay and eat at the pavilion after the races finish they can.

Scoring

We will be utilizing the [Cross Country Race Results](https://docs.google.com/spreadsheets/d/1gJPTcn81ofFug8yXgVzYbuq3ffK3k4YZwXgbAakB1ns/edit?usp=sharing) sheet which has already been prepared. Please make sure that any roster updates are made before the race and that each runner is clearly marked with a number on their upper right arm. Black permanent markers will be provided. Runners will be timed and handed a popsicle stick with their place on it once the cross the finishing chute, and must immediately report to the scorers table. Flopping down on the ground is NOT acceptable!

Sincerely,

Shawn Monette

Athletic Coordinator

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Course Map

