



CSM Crystal Springs Cross Country Course
2017 Newsletter,
June 21, 2017

Dear Race Directors and Associates of Crystal Springs XC,

It is the Race Directors responsibility to make sure this information is passed on to all coaches involved.

Attached the 2017 proposed Course Schedule and Course Use Contract.

Please check the schedule carefully. I have had to move a couple of dates because CSM will be hosting the NorCal Community College Championships on Friday, Nov. 3rd, a set date, and since CSM is in charge and responsible for the course and it is their home course, they get the first choice. Also, be sure to check the starting time of the first race of the day.

If you haven't already done so, be sure to contact Peter Tapia and have an EMT assigned to your meet. You are not allowed to have competition unless he/she is on site. Be sure Peter Tapia EMT knows the starting time of your first event. Contact Peter at specialmed1@yahoo.com.

Last year we had several schools show up without their medical cards for each athlete. Some school districts have the medical information on their cell phones. **Information on cell phones will not work for our situation at Crystal.** If you have an athlete that must be transported to a hospital, the cell phone will have to go to the hospital with the ambulance. What happens if you later have a second athlete that has to go to the hospital? There will be no medical information/permission to treat to accompany that athlete. This year, Permission to Treat info on a cell phone only **will not be accepted**. **There must be medical information on a separate card or form for each athlete. No exceptions.** The host school is responsible for making sure that all participating schools and coaches know this information.

- Over the last several years, clean up of the course after the competition has not been good. In some cases, it has been terrible. **Place your GARBAGE in your TRASH BAGS and the trash bags IN THE DUMPSTER.**
- **All recyclable items (bottles and cardboard) must be carried back to your school or your home. Dumping recyclables in Hallmark Park will not be tolerated.**
- **Dumping your recyclables in Hallmark Park is UNACCEPTABLE.**

There will be a \$200 to \$500 clean-up bill added to your course use fee if you leave any materials on the course or in Hallmark Park, from gum wrappers to bits of Kleenex. Clean-up includes the areas around the chemical toilets. (latex gloves are available in the scoring shed) **The course does not have custodial service or maid service. The course is to be left spotless. If I have to clean the course or I have to hire help to clean up the course, a clean-up bill will be sent to the host school.** Failure to pay their clean-up fee will prevent that host school from hosting another meet at Crystal in the future and will ban that school from running at Crystal, including Championship events like League or CCS.

If you are planning on using my timing/result services, you must contact me each year and make arrangements. Don't assume that just because you used this service in the past that it will automatically be done again this year.

Have a great summer.

Bob Rush

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