

1st Annual Hillsdale Fighting Knights' Joust
Saturday, September 17, 2022
Crystal Springs Course, Belmont CA

Welcome to Hillsdale High School's Fighting Knights' Joust! This early season opener is set up by student grade levels and gender. Our goal is to open the season by giving teams an early season Crystal Springs benchmark with this unique format.

The meet is sanctioned by the Central Coast Section for all schools in California. The Crystal Springs courses are 2.95 miles and 2.13 miles of rolling hills, all run on trails. The layout of the course is excellent for both runners and spectators.

The Crystal Springs Course is located in a residential neighborhood. Please respect the private property in the area. Do not go on to people's property to get water or for any other reason. Please do not block people's driveways. Coaches are requested to review the course rules with their athletes and bus drivers. Fines will be issued for those that do not follow the parking and clean up rules in the Crystal Springs Handbook.

Reminder: There are no dressing rooms at Crystal, so have athletes arrive ready to compete.

REGISTRATION:

The Knights' Joust will be run with grade level divisions. We are limiting the meet capacity this year, so please only enter those athletes you know will compete so there is space for the other schools.

Athletes may not "race-up" or "race-down" divisions. No race additions are to be made on meet day, only substitutions. If you have an athlete that is not entered in any race, but would like to run him/her IN PLACE OF an athlete who is already entered, simply have the athlete wear the race number of the person they are replacing and inform meet management within 30 minutes of their race completion. Runners without bib numbers are not allowed to race. All administrative changes need to be addressed within 30 minutes of the completion of the final race of the day.

Registration will be done online at <http://www.athletic.net>. Please enter your athletes by grade and **make sure you register your athletes by 8 PM, Monday, September 12th, 2022.** **This is our absolute entry deadline. No race day entries will be accepted.**

*****IMPORTANT*****

If we reach maximum entries for the meet prior to the September 12th deadline, we will close entries at that point. Please note, in addition to our overall entrant limit, we may set limits on the fields for each grade/gender level to allow for an appropriately sized race in each divisional race.

ENTRY FEES:

Entry fee is \$10/runner

Max fee is \$400/school

The fee is based on the total number of runners entered from your school.

Make checks payable to Hillsdale High School Cross Country.

Mail to: Hillsdale High School, attn: Chris Lucey, Cross Country Coach, 3115 Del Monte Street, San Mateo, CA 94403

You may also hand deliver your check to the meet. Payment (along with proof of having an emergency medical kit and hard copies of medical forms) will be required to receive your numbers and chips.

The DEADLINE to REGISTER is 9/12/22 at 8 PM or race capacity, whichever comes first!

COURSE

The course for the Freshman and Sophomore races will be 2.13 miles. The Junior and Senior races will be the existing 2.95 mile high school course. The wearing of spikes is prohibited.

SCHEDULE

Coaches should have their athletes at the starting line at least ten minutes before race time to receive instructions. Athletes are responsible for being on time for their race. Coaches will be responsible for gathering times for any runners taking greater than 30 minutes (25 for F/S) to complete their races.

PRELIMINARY RACE SCHEDULE:

RACE	DISTANCE	START TIME
FROSH BOYS	2.13 Miles	9:00 AM
FROSH GIRLS	2.13 Miles	9:20 AM
SOPHOMORE BOYS	2.13 Miles	9:40 AM
SOPHOMORE GIRLS	2.13 Miles	10:00 AM
JUNIOR BOYS	2.95 Miles	10:30 AM
JUNIOR GIRLS	2.95 Miles	11:00 AM
SENIOR BOYS	2.95 Miles	11:30 PM
SENIOR GIRLS	2.95 Miles	12:00 PM

AWARDS CEREMONY: 12:45 PM

PACKET PICKUP

Race Numbers and chips may be picked up at the entrance to the Crystal Springs course starting at 8:00 am on Saturday. Coaches are the only ones who can pick up a school's packet. In order to pick up your packet:

- 1) Coaches must show they have the required medical kit and physical copies of their athlete's medical emergency/permission forms with them at the meet and sign the required for confirming said items are present. **NO EXCEPTIONS**
- 2) All entries must be paid in full prior to the meet or a check for the full amount of entries must be provided at the check in tent.

Awards

Medals to the top 10 finishers in each race.

MERCHANDISE

A limited number of Hillsdale's Knight Joust meet long sleeve t-shirts will be available for sale the day of the meet.

FACILITIES

Chemical toilets and drinking fountains are available at the course.

There are no dressing rooms, so have athletes arrive ready to compete.

Please respect the private property in the area. Do not go on to people's property to get water or for any other reason.

Please do not block people's driveways.

Coaches are requested to review the enclosed course rules with their athletes and bus drivers.

Teams are required to clean up their own areas and pack out their trash and debris.

ELECTRONIC DEVICES

The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. It is on the honor system, but athletes are expected only to use the basic stopwatch function of said devices in competition.

QUESTIONS

Contact Meet Director and Hillsdale Coach Chris Lucey at luceycw@yahoo.com or 415-577-6521 between 9 am and 8 pm.

Rules for using Crystal Springs:

- At no time is there to be anyone up on water tank hill.
- Buses are to drop off athletes after the last house on the right side of Hallmark Avenue. After dropping off the athletes, the buses are not to turn around using the driveways. They should use the streets. Also, the **buses and cars may not double park** while dropping off the runners. If they do so and a police officer observes them, they will be

given a ticket. Further, the school will be subject to banishment from the course in the future.

- There is to be no throwing of objects, including rocks, frisbees and footballs. No music boxes that others may hear are allowed. Personal CD players/ radios are okay **in team areas**.
- There is to be no hanging out in residential yards. These yards are private property. Athletes may not go onto Hallmark Dr after the meet unless accompanied by their coach and, then, only if their bus is ready to pick them up.
- There is no smoking or pets in the park. Please remind the parents.
- Each team is responsible for clearing their own trash before leaving their area.
- Plastic bottles or cardboard should be placed in the recycle bin and all other items in the dumpster box. Do not use the Hallmark Park garbage containers.
- Medical cards—hard copies are required to be on hand
- No warmup on streets or on course. Athletes warm up on path alongside the course that starts at the toilets

Timing

Scoring