



LA84TM
Foundation



MT. SAN ANTONIO COLLEGE
WALNUT, CALIFORNIA

FINAL INFORMATION



FINAL INFORMATION PACKET

VERSION 1.0 - 12/07/22 @ 11:00 AM

*This important **FINAL INFORMATION PACKET** contains:*

- BUS/PARKING INFORMATION •
- MEDICAL INFORMATION •
- RFID TIMING PROCEDURES •
- COURSE MAP/RACE SCHEDULE •

If you have an questions or discrepancies, please contact Run4Fun Coordinator Kenneth Walter at kwalter@mtsac.edu. Please be aware of the Version Number of the Final Information Packet.

*Thank you very much for your support of the **LA84 Foundation Run4Fun!***

A VERY VERY VERY VERY IMPORTANT

REMINDER!

1. Please make sure that your runner receives **the correct bib number!**
2. Bib numbers are **unique** for each runner and are listed on your Team Entry List sheet.



ARRIVAL INFORMATION

VERSION 1.0 - 12/07/22 @ 11:00 AM

PARKING INFORMATION (see map)

1. No buses, vans, school or personal vehicles will be allowed to **PARK or DROP-OFF** on the South side of Temple Avenue.
2. **Bus Drop Off/Parking - LOT F** (*Please see enclosed MAP*). Buses will park in Lot F.
3. All vehicles (*vans, personal vehicles, etc.*), including buses, will park for FREE in Lot F.
4. If you park in any other public/student lot, there is a \$4 parking charge.

ENTERING THE STADIUM

1. Enter the tunnel (see map ❶), on the East side of Lot F, to cross (under) Temple Ave. and arrive at the stadium entrance (see map ❷)
2. **ADMISSION IS FREE**
3. The stadium track will host the start and finish of the race and will allow spectators a prime view from the West Grandstands.
4. THE EAST GRANDSTANDS will be **closed** and off limits during the Run4Fun



PACKET PICK-UP / GATE ADMISSION

1. Coaches will pick-up their team packet at Gate 1 (see map ❸). The packet will contain Athlete Bib Numbers and other important information.
2. Athletes must present their BIB NUMBER to pick up their free shirt at the **T-Shirt Pick-Up** (see map ❹)
3. It is IMPERATIVE that runners RUN WITH THE BIB NUMBER THEY WERE ASSIGNED!
 - a. See TEAM CONFIRMATION LIST for what Bib Number an athlete was assigned.

TEAM CAMP, PRE/POST RACE INFORMATION

1. **Team Camp Areas may only be set up in the second/upper level of the West Grandstands.** NO TENTS ARE ALLOWED IN THE STADIUM (Tents are not needed because the West grandstand is covered).
2. **Medical** will be located on the South Side of the Grandstands at the Field Level (see map +).
3. **Warm-Up Area** is located on the practice track and flex field (artificial turf field) (see map ❺).
4. **Check-In** is at the start line (see map \$), 10 minutes prior to each race. WE START ON TIME!!! Meet time is on scoreboard.
5. **Results** will be online only! →
6. **Awards Ceremony** will be held at 11:15 am on the field (midfield) (see map ❻). Everyone is welcome to come down onto the track for the ceremony.



RACE RESULTS
QR CODE



MEDICAL INFORMATION PACKET

VERSION 1.0 - 12/07/22 @ 11:00 AM

MEDICAL POLICY

- The number one priority of our medical staff is to respond to life threatening medical emergencies.
- Non-life threatening/minor injuries (example: scraped knees, minor cuts, etc.) may be treated if resources are available and time allows. Serious injuries take precedence and will be treated first.

COACHES MEDICAL RESPONSIBILITY:

- Bring a well stocked first aid kit with all the necessary supplies to care of your own athletes.
- Bring all athlete emergency information with you. Make sure emergency contact phone numbers and health condition documentation that medical personnel would need to be aware of are included.
- Bring all medications that your athletes require for their medical conditions. Make sure the medication is easily accessible and that you are aware of their location.
- In case of an emergency which requires a hospital visit, please designate an adult from your program (supervising adult, parent of patient) to accompany the ambulance to the hospital.
- **Bring plenty of water and sports drink with you to the meet. Invest in a water jug that will take care of your entire team.** Our water fountains may not suffice for everyone.

ALL OF THE ABOVE SHOULD BE BROUGHT TO THE EVENT SITE AND NOT LEFT ON THE BUS.

- It is important that your athletes eat and drink properly on and before race day.
- Please do not allow an athlete to compete if he/she is injured or ill. By sending them to the start line, the coach has certified that they are healthy and able to participate.

Thank you for your understanding and cooperation.

COACHES MEDICAL CHECKLIST

- ☐ **ATHLETE EMERGENCY INFORMATION**
medical history, medications, emergency contacts, physician information, insurance information
- ☐ **ATHLETE MEDICATIONS**
inhalers, pills, other personal medication
- ☐ **WATER JUG / SUPPLIES /FOOD**
Is your team properly prepared (food/hydration) for a long day ?
- ☐ **ATHLETE CONDITIONING**
Are they ready to run?
Are they properly hydrated?
Have they had the proper nutrition?
- ☐ **CoVID**
Follow all current Covid-19 Guidelines

If you are missing any of the supplies please make sure that you have them prior to entering the stadium. Thank you for your cooperation!





RACE RULES AND PROCEDURES

VERSION 1.0 - 12/07/22 @ 11:00 AM

1. Rules

- A. Any runner that fails to adhere to the following rules will be disqualified and not scored.
 - 1. Runners must cross the finish line with the RFID Bib Number they were assigned.
 - a. Runners must securely attach their BIB number to the front of their shirt, with 4 safety pins, in an upright and readable position. Upside down bibs will not transmit and will not be scored.
 - b. Runners who cross the finish line using another persons bib number will be disqualified
 - c. Name corrections must be made prior to the start of the race.



2. Packet/Box Pick-Up

- A. Coaches must inspect the packet/box to verify that it contains all of RFID Bibs for your runners listed on your Team Confirmation Sheet.
 - 1. *The Confirmation Sheet lists the BIB NUMBER TO BE USED BY EACH OF YOUR RUNNERS!*
 - 2. Any discrepancies should be immediately reported to the Finish Line Staff.

3. Race Procedures

- A. All runners MUST REPORT TO THE START LINE A MINIMUM OF 10 MINUTES PRIOR TO THE START OF THE RACE.
- B. All runners must have their RFID Bib Number attached to the front their shirt/jersey in an upright and readable position.

4. Course Access

- A. The entire course, **with the exception of Stadium Floor**, is accessible for viewing to fans and coaches.
- B. Please be aware of the races going on to prevent interfering with competing runners.

5. Protest or Concerns

- A. All race results are FINAL, 30 minutes after race result is posted.
- B. All protests, concerns or discrepancies must be reported immediately after the race by the teams coach at the Finish Line.

Thank you for your support of the LA84 Foundation Run4Fun!

RACE SCHEDULE

RACE #1
GIRLS 6TH
9:00 AM

RACE #2
BOYS 6TH
9:20 AM

RACE #3
GIRLS 7TH
9:40 AM

RACE #4
BOYS 7TH
10:00 AM

RACE #5
GIRLS 8TH
10:20 AM

RACE #6
BOYS 8TH
10:40 AM

**AWARDS
CEREMONY**
11:15 AM



**RACE RESULTS
QR CODE**



2000 METER COURSE

HILMER LODGE STADIUM/MT. SAC CROSS COUNTRY COURSE
1100 NORTH GRAND AVENUE | WALNUT, CA 91789





MAP LEGEND

LA84 FOUNDATION RUN 4 FUN

COURSE MAP LEGEND



START LINE



FINISH LINE



COURSE PATH



RUNNING DIRECTION

TEAM ARRIVAL PROTOCOL

1. **PARKING**
All vehicles and buses must park in Lot F. NO PARKING CHARGE.
2. **ENTERING THE STADIUM**
Use the TUNNEL (1) from Lot F to Front of Stadium
3. **TEAM CHECK-IN (3)**
Please pick up your Bib Numbers, information, etc.
4. **T-SHIRT PICK-UP (4)**
Athletes must be wearing their bib number and line-up behind the shirt size they would like to receive.
5. **TEAM CAMP**
All team camps will be in the West Grandstands. Grandstands are covered at the top. NO TENTS NEEDED OR ALLOWED.
6. **WARM-UP**
Use the Warm-Up Field/Track (5) to warm-up
7. **CHECK-IN (6)**
Check in at the Southwest Corner of the track 10 minutes prior to the start of your race.
8. **AWARDS (7)**
Top 3 runners and top team will receive their awards in the middle of the stadium field. Immediately after each race.

MAP LEGEND



PARKING LOT F
Parking (Buses/Cars)



WALKING PATH



ACCESS TO OPEN AREA



BRIDGE/OVERPASS



BLOCKED ACCESS



MEDICAL - ATHLETIC TRAINING ROOM
Medical stationed throughout course



RESTROOMS



TUNNEL ENTRANCE
Lot F to front of stadium



STADIUM TICKET-BOOTH/WILL CALL



TEAM CHECK-IN
Packet Pick-Up



T-SHIRT PICK-UP
Runners must be wearing their bib#!



WARM-UP FIELD/TRACK



RACE CHECK-IN
Arrive here 10 minutes prior to your race



AWARDS AREA