



Cross Country Course Setup & Safety

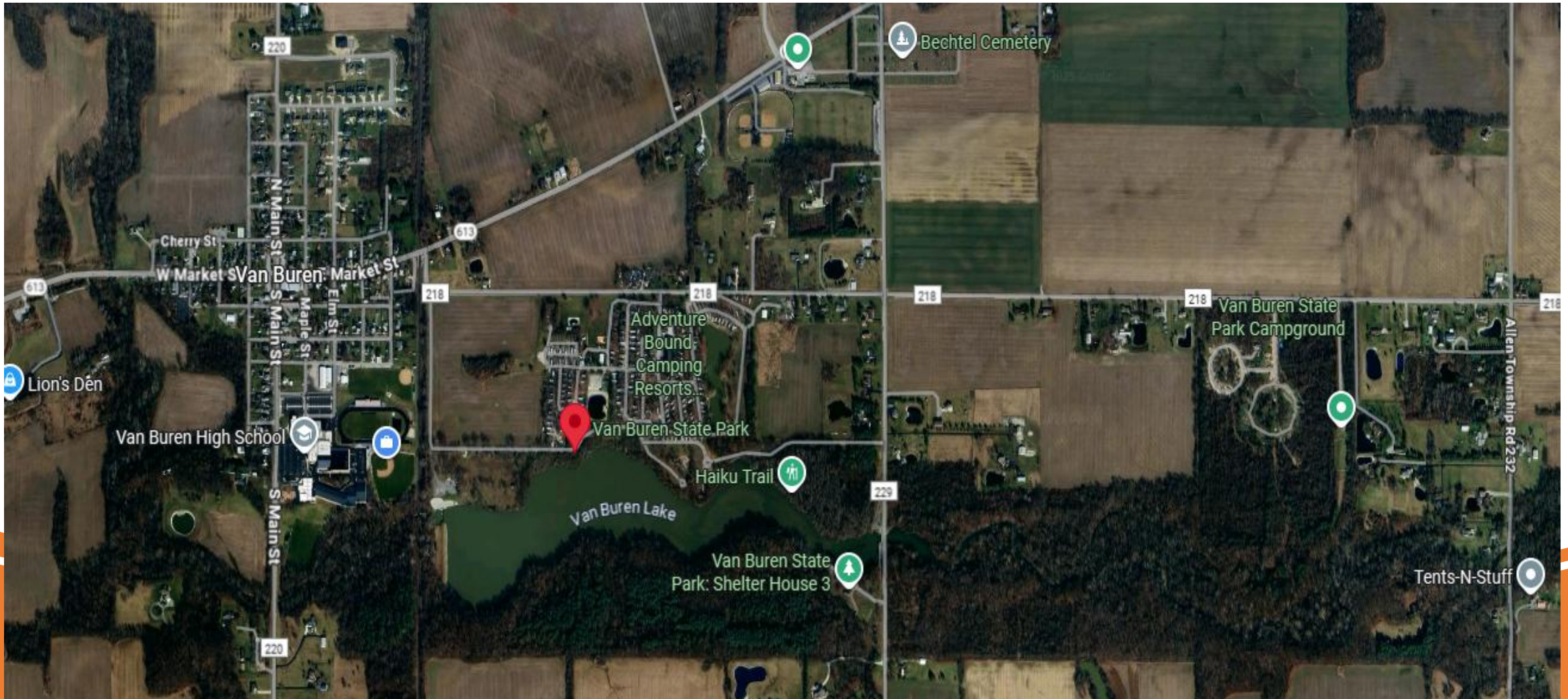
Adam Schumaker
Brian Beining





Our first course:

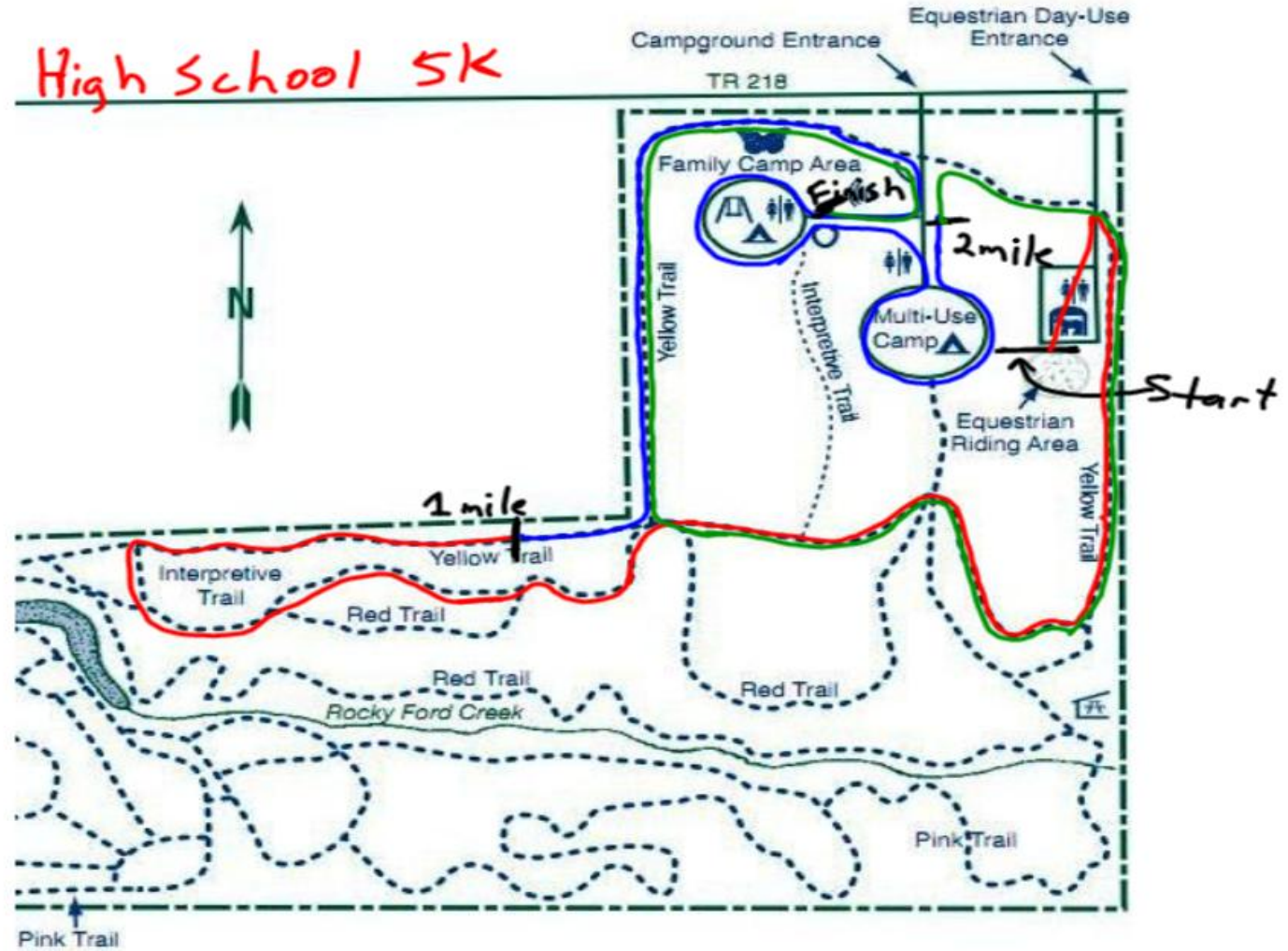
Van Buren State Park





Cross Country Course Setup & Safety

Brian Beining
Adam Schumaker





Cross Country Course Setup & Safety

Do we want to do this???

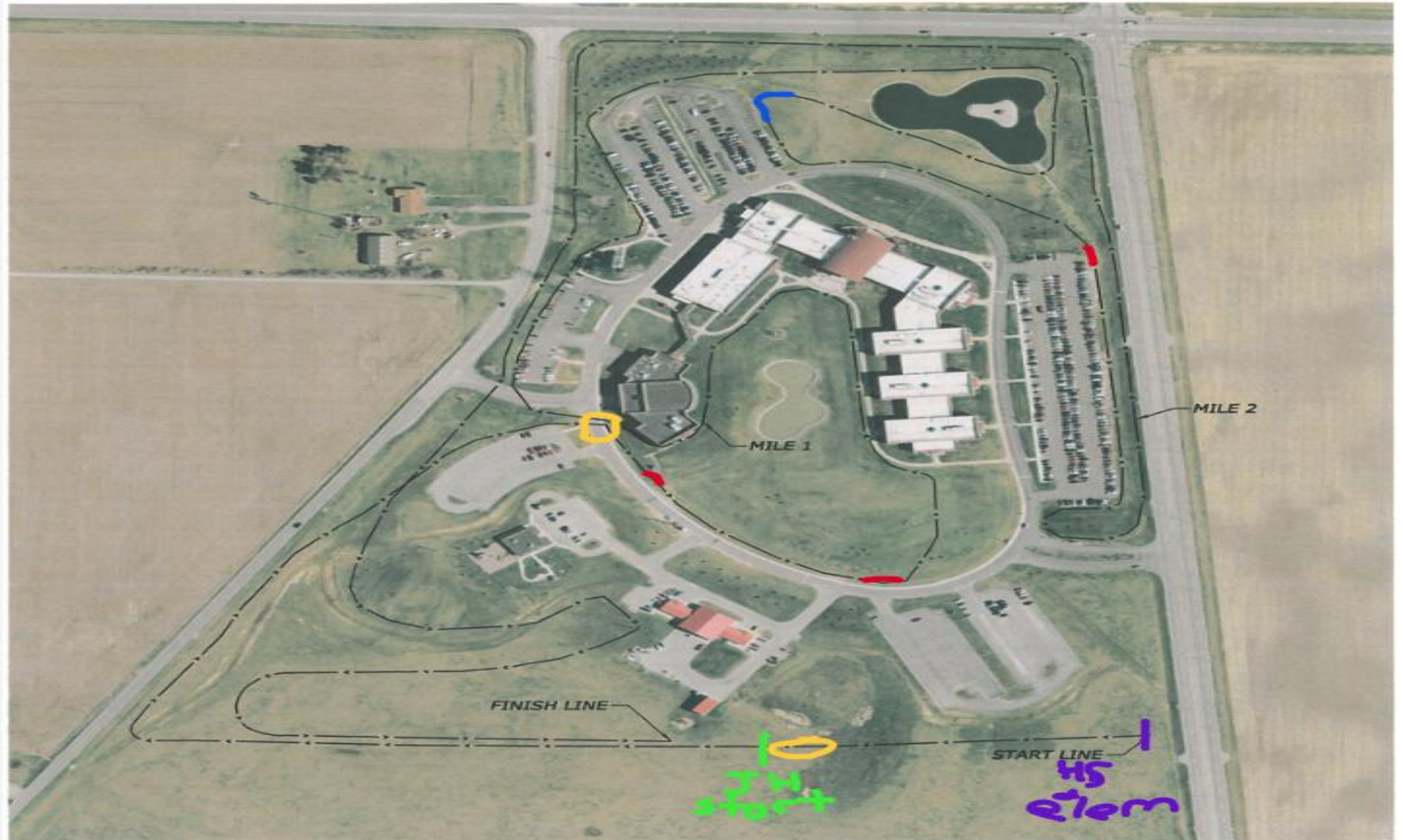
Time to get Serious!!!



All the files



2013 VAN BUREN BLACK KNIGHT CROSS COUNTRY INVITATIONAL





How do you measure a course?





Event Setup & Logistics

Pre-Event Planning

Course Approval & Measurement

- Confirm distance
- Measure course using a measuring wheel on the **shortest possible legal route** (inside tangents).
- Re-measure after mowing or course changes.

Course Safety Review

- Walk the entire course weeks before the event.
- Identify hazards: holes, roots, low limbs, uneven ground, wet areas.
- Plan reroutes when necessary.
- Ensure access routes for EMS.
- Mowing the course



Cross Country Course Setup Checklist

1. Course Planning & Design

- ☐ Verify course distance with accurate measurement tools (wheel, GPS as backup).
- ☐ Ensure layout supports smooth athlete flow—minimal sharp turns, safe footing, and clear progression.
- ☐ Identify and mark potential hazards (roots, holes, uneven ground).
- ☐ Plan a separation between athletes, spectators, and vehicle paths.
- ☐ Confirm the course meets NFHS/CHSAA regulations for width and safety.
- ☐ Coordinate with the lining company to review start/finish placement, lining mats, and equipment needs.

2. Start Area Setup

- ☐ Clearly define start line with paint, chalk, or cones.
- ☐ Ensure starting area width accommodates all teams fairly.
- ☐ Provide visible, numbered starting boxes if required.
- ☐ Maintain at least the first 100 meters of open, safe running space to reduce congestion.

3. Course Markings & Directional Aids

- ☐ Mark all turns with cones, flags, directional arrows, or fencing.
- ☐ Color-code markings if possible (e.g., blue flags left, red flags right).
- ☐ Use continuous markings to reduce confusion—especially in wooded or winding sections.
- ☐ Place marshals or volunteers at complex intersections.
- ☐ Walk or run the course to confirm visibility of all signage from an athlete's perspective.

4. Terrain & Surface Safety

- ☐ Inspect entire course for holes, loose gravel, wet patches, or uneven ground.
- ☐ Remove debris such as sticks, rocks, or low-hanging branches.
- ☐ Mow grass to an appropriate height prior to race day.
- ☐ Create alternate routes if conditions become unsafe (wet grass, mud, frost).
- ☐ Check bridges, crossings, or pavement transitions for traction and stability.

5. Mid-Course Logistics

- ☐ Ensure safe placement of water stations (if used) away from the main running line.
- ☐ Position spotters at hills, narrow sections, or blind spots.
- ☐ Confirm emergency vehicle access points to key locations on the course.
- ☐ Mark spectator zones clearly to prevent crowding on the course.

6. Finish Area Setup

- ☐ Clearly mark the finish chute with fencing, cones, or rope line.
- ☐ Ensure the chute is long enough to prevent athlete backup.
- ☐ Provide an adequate clearing area beyond the finish for athlete recovery.
- ☐ Position lining equipment (chute blocks, mats, cones) with protection from weather.
- ☐ Coordinate with the lining company to verify setup, power sources, and backup equipment.
- ☐ Assign volunteers to direct athletes through the chute efficiently.

7. Pre-Race Safety Check

- ☐ Walk the entire course the morning of the event.
- ☐ Verify all markings remain in place after weather, wind, or foot traffic.
- ☐ Re-evaluate any hazards based on changing conditions (rain, frost, mud).
- ☐ Confirm communication plan with medical staff and meet officials.
- ☐ Ensure all volunteers understand responsibilities and hazard protocols.

8. Post-Race Procedures

- ☐ Debrief with officials, coaches, and volunteers about safety concerns.
- ☐ Note any course adjustments needed for future meets.
- ☐ Remove all course markings, fencing, and debris.
- ☐ Restore the facility or park to its original condition.

Who	Qty.	Item	When	Details	
Adam ▾	6 5 gallon	Paint	Wedne... ▾		
Adam ▾	3	Vehicles	Saturday ▾		
All ▾		Course Set up	Wedne... ▾	Ropes, peanets, Finish Ch	
Brian ▾		Power	Wedne... ▾	Make sure we have acces	
Brian ▾	3	Ext. Cords/Spliter	Wedne... ▾		
Brian ▾	1	Battery Charged	Wedne... ▾		
Brian/... ▾		Workers	▾	https://docs.google.com/s/	
Brian ▾	3	Water Jugs	Saturday ▾	https://docs.google.com/s/	
Brian ▾	600	Cups	Saturday ▾		
Brian ▾	2	Clock	Saturday ▾		
Brian ▾	2	Tents-one for team	Saturday ▾		
Adam ▾	8	Bungee/Ratchet Straps	Saturday ▾	Tent Tiedowns	
Brian ▾	1	Riser	Saturday ▾		
Brian ▾	1	Backdrop	Saturday ▾		
Brian ▾	3	Tables	Saturday ▾		
Brian ▾	6	Chairs	Saturday ▾		
Justin ▾	10	Orange Trash Bins	Saturday ▾		
Owens ▾	15-20	Cones	Friday ▾		
Brian ▾		Check/Update Signs	▾		
Brian ▾		Email out Info Sheet	3 week... ▾		
Brian ▾		Start Allys	wedne... ▾		
Brian ▾		Tape Clear roll	▾		
Brian ▾		Trash Liners	▾		
Brian ▾		Sinage	▾		
Brian ▾		No Spike Signs	▾		
▾		Empty 5 gallon buckets	▾		



Course layout

Start Area

Wide enough to accommodate all teams

Assign starting boxes and clearly mark lanes.

Rope, flags, or barricades to prevent spectators from entering.

Course Markings

Use consistent color scheme for marking the course

3m Step back line in different color than everything

Mark:

- Mile markers or kilometer splits

- Lead vehicle/runner path

- Finish chute lane

Use ground paint or chalk

Spectator Flow

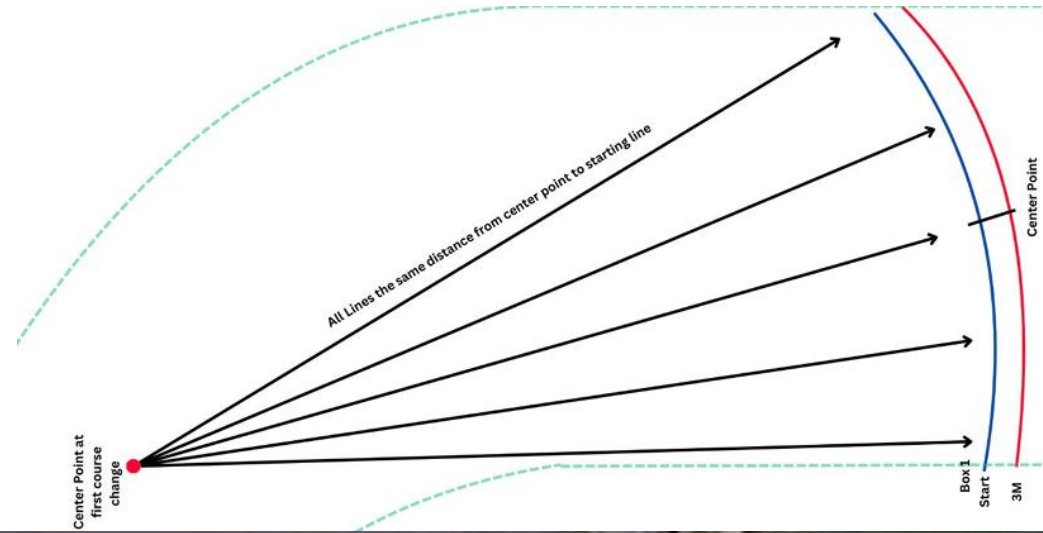
Mark spectator areas to prevent interference.

Rope off crossing points; assign volunteers as crossing guards.

High-visibility signage for “Athletes Only” zones.



Start Line Layout





Race-Day Logistics

Parking & Traffic

Clear signage for bus drop-off and parking lots.
Volunteers directing traffic taking & tickets.
Designated emergency vehicle access routes.

Team Check-In

Registration tent near parking.
Provide maps, bibs, chips (if applicable), schedule, and coach instructions.
Reserve a team camp area away from the course path.

Officials & Volunteers

Starter
Clerk
Course marshals (every major turn, crossing, or potential shortcut)
Finish-line crew
Timing crew (chip or manual)
Medical personnel
Lead Trail Vehicle Drivers
Provide radios or communication plan.

Meet Management

Roll Course
T-shirt set up
Awards set up
Results set up
Athlete Hydration Station



Timing & Results



Finish Area Setup

Clearly marked finish line arch or chute.

Designated lanes for chip timing mats.

Backup manual timers with stopwatches.

Adequate space for runners to move through safely.

Water tables beyond the chute and congestion areas.

Results Processing

Live results (if using chip/timing company).

Coach review window for scoring issues.

Posting boards or digital screen.

QR codes linked to results page.



Safety & Emergency Management

Food & Drink

Should you feed officials and workers.

Medical Setup

On-site athletic trainer or medical team.

Ice tubs or cold immersion system in high-heat situations.

Accessible EMS route.

Hydration station near finish.

Weather Plans

Fog Delay

Lightning policy (30–30 rule).

Heat index protocols (state-specific).

Adjust schedule or cancel if unsafe — with clear communication to teams.

Findlay Owens District Cross Country Championships

3200 Bright Rd, Findlay, OH 45840

Division IV, III, II

Saturday, October 18, 2025

\$10 Adults \$5 Students

<https://ohsaa.org/tickets>

<https://sites.google.com/vbschools.net/nwdfindlay>

Race	Time	Division	Dist. Teams	Adv. to Tiffin Reg.
#1	9:00	Girls Div. IV	22 Teams	9 Team/Top 18 Individ..
#2	9:40	Boys Div. IV	21 Teams	9 Team/Top 18 Individ..
#3	10:20	Girls Div. III	12 Teams	7 Team/Top 14 Individ..
#4	11:00	Boys Div. III	13 Teams	7 Team/Top 14 Individ..
#5	11:40	Girls Div. II	16 Teams	8 Team/16 Individ..
#6	12:20	Boys Div. II	15 Teams	7 Team/14 Individ..

In the event of fog or inclement weather, we will push back D IV Races to follow D1 races.

D2 and D1 will remain as scheduled. Communication will be sent out through

Ohio.milesplit, email, and X(Twitter) @brianbeining the morning of, if this is the case.

Fog Delay Timeline:

10:20 D3 Girls, 11:00 D3 Boys, 11:40 D2 Girls, 12:20 D2 Boys,

1:00 D4 Girls 1:40 D4 Boys

Entries close on Monday, 10/13/25 at 5 PM all Divisions

Entry Information: Ohio.MileSplit and <https://sites.google.com/vbschools.net/nwdfindlay>

Substitutes: Substitutions may be made on Ohio Milesplit until 5pm on Monday the 13th. (bbeing@vbschools.net). On race day, you will need to make substitutions on the form from .. Greater XC. See them in their van by the finish line.

Practice: Practice @ Owens will be permitted Oct. 15-17. The course will not be marked out until Thursday or Friday.

Uniforms: Please ensure your Athletes are following the expectations with uniforms and/or have the exemption form from the OHSAA. Please review expectations prior to arrival! Found here: [Uniform Regulations](#)

In Packets: Assigned bibs/chip, 4 safety pins per bib (goes on the front of jersey)



Communications

Ohio Milesplit/Baumspage/Athletic.net

Contact information for Meet Manager

Map

Timeline

Spectator information

Weather protocols

Team camp areas

Coach Packet

Include:

Chip/bib instructions

Meet director contact info

Pertinent Information for day of

Van Buren Black Knights

Cross Country Invitational 2025

Date: Saturday, September 20, 2025 Time: Course Opens..... 8:00 am

Location: Owens Community College, 3200 Bright Road, Findlay Ohio

****All vehicles MUST use the Bright Road entrance****

[HS MEET Page](#)

[MS MEET Page](#)

Facilities: Owens Building will be closed. Porta Restrooms will be available.

Spectators: There will be a \$5 admission charge. Spectators are not permitted in the team camp area, starting line, or finish line.

Buses/Team Camps: Please enter and exit using the Bright Rd entrance. The other entrance will be closed because of runners crossing the drive at that point. Please park buses in the front lot. **The first row of parking towards the finish line is reserved for handicapped parking.**

Entry Fee: **\$200 per school**. Please pay prior to arriving. Checks should be made out to the Van Buren Athletic Dept. 217 S. Main St. Van Buren Ohio 45889.

Entry: We will be using online entries through [Oh.Milesplit.com](#). We will not allow any runners to run on the day of the meet who were not entered by 4:00 PM Tuesday, September 16th. If you have questions, contact Meet Manager Brian Beining at bbeining@vbschools.net.

Course: High school will run 5000 meters around the Owens Campus. Middle school will run 2 miles around campus. Course maps are on Milesplit for you to familiarize your student-athletes. Feel free to print it off.

[HS Course Map Link](#)

[MS Course Map](#) (Start is the same as HS now)

Awards: Medals for the first ten places in each race. 1st, 2nd, and 3rd place team trophies will be awarded approximately 20 minutes after the race is completed. Please come to the tent by the finish line to receive your trophy.

Coaches: Please pick up packets upon arrival in the Orange and Black tent by the tall building at the finish line. Results will also be posted on Milesplit.

[Teams and Division Assignments](#)

T-shirts: Will be available at the meet.

No Water: No water will be available except for emergencies!

Reminder:

NO Bikes

No Pets

3m back line at start

Watches must be stopped overhead if stopping at the line.

-If the stopping of a watch interferes with RFID, you will be disqualified. OHSAA rule.

Fun Run: There will be a 1-mile fun run for elementary-age kids at 8:30 am. The cost is 2 dollars. Please fill out the form below prior to showing up. Registration Link : <https://register.chronotrack.com/r/88372>

Coaches: Please get this link to any families that may be interested in running the fun run.

Pre-registering saves a ton of time day of.

VAN BUREN

BLACK KNIGHTS

INVITATIONAL

Saturday

September 20, 2025

Course opens: 8:00am

1-mile fun run: 8:30am

HS Girls: 9:00am

HS Boys: 9:40am

MS Girls-All: 10:20am

MS Boys-All: 10:50am

Online entry using

[Oh.Milesplit.com](#)

Deadline for entries

4:00PM

Tuesday

September 16th.

Entry Fee **\$200 Dollars**

Due by day of the meet



Awards & Post-Race Flow

Awards tent/table in visible area.

Team scoring posted quickly.

Podium or backdrop for photos.

Clear pathway so crowds do not congest the finish area.



Tear-Down & Debrief

Remove all signage, flags, and trash.

Check grounds for equipment.

Cleanup to satisfy host requirements.

Post-event meeting with staff to review improvements.



Questions?

Brian Beining

bbeining@vbschools.net

Adam Schumaker

aschumaker@vbschools.net

