



Friday Night Lights XC Festival

September, 8th 2023

Hosted By: Mount Tabor High School

FNLXC is sanctioned for border states only by the NCHSAA. **MIDDLE SCHOOL aged athletes** are not allowed to compete in any of the races for the high school portion of the meet even if allowed by your state association. All athletes in the high school races must be in grades 9-12. The middle school portion of the meet is before FNL and is for grades 6th-8th only.

Meet Schedule:

3:30 PM Park Opens

5:10 PM Middle School Girls (2 Mile)

5:30 PM Middle School Boys (2 Mile)

High School Meet Begins - Unlimited Entries in JV Races

5:50 PM Developmental-Mixed Gender 2 Mile Should complete 2 Mile Course in 22 Minutes

6:12 PM JV Girls Race Clock Stops @ 28 Minutes

6:40 PM JV Boys - Junior/Senior Race Clock Stops @ 26 Minutes

7:00 PM - Lights Come On! (Sunset 7:37)

7:06 PM JV Boys Freshman/Sophomore Clock Stops @ 27 Minutes

7:31 PM **National Anthem - Varsity Division Races Begin** - You may race **UP TO 10** athletes in your assigned Varsity Race (Meet Director has ultimate authority on Varsity Race Assignments)

7:34 PM Girls Open Race Clock Stops @ 26 Minutes

8:00 PM Boys Open Race Clock Stops @ 25 Minutes

8:25 PM Girls Invitational Race Clock Stops @ 25 Minutes

8:50 PM Boys Invitational Race Clock Stops @ 25 Minutes

9:15 PM Girls Championship Race Clock Stops @ 25 Minutes

9:40 PM Boys Championship Race Clock Stops @ 21 Minutes

10:05 PM FIREWORKS! Sponsored by Town of Kernersville

10:30 PM Park Closed Safe Travels!

Teams must report to the start line 15 min prior to start time listed for inspection by the meet referee.

TIMING: Flash Results - ATHLETE CHIP goes on one shoe.

MATCH *Bib & Chip Number* to the *Athlete Name* list in your packet!

Splits along with team scores will be available at the 1 & 2 Mile marks.

LIVE RESULTS: Available at FlashResults.com

ADMISSION: **All Spectators \$10** Cash or Online Sales. Ages 5 & under Free.

A portion of the gate fee goes to the Town of Kernersville for facility upkeep and course enhancements. (Only NCHSAA Coaches passes are honored for free admission)

AWARDS: Top 10 athletes will be awarded medals for all races and the medals will be handed out in the chute. The Top 2 Teams will be awarded our legendary team trophies made of handcrafted wood for all Varsity Division 5k races and will be awarded on the main stage.

Please come for pics and your trophies on the stage after results are finalized and posted online.
No trophies are awarded for the JV and developmental races.

BUS PARKING: Buses should pull into the park and you will drive your bus PAST the finish line and into the lower lot to unload your teams and equipment by the softball fields. Early buses will be sent to the lowest lot by the soccer fields (like at the NCHSAA state meet) with later buses parking in the softball field lot.

TEAM CAMPS & START BOXES : Team tent areas are divided into three areas. Group A is on the main stage field adjacent to the finish line. Group B on the actual start field which you can access via the fenced access area that parallels the finish line straight away. Group C will set up team camps in the softball field next to the lower portion of the course. Team camps are chosen by returning teams who were on the podium last year and the number of years they have attended FNLXC.

SPECTATOR PARKING: All cars will be directed by the Kernersville police to park in the large field adjacent to the park entrance. **Only** handicapped parking, buses, officials, volunteers, and vendors may drive into the park. Your team parent(s) carrying team gear in their personal vehicle will NOT be allowed to drive into the park. Send it on the bus or be prepared to carry it in! There are a couple tailgate locations that a team can purchase for \$100 to set up a grill, tables etc. adjacent to the start line and be able to drive in equipment. Email: TaborXC@gmail.com

REGISTRATION: When entering your athletes online only enter those competing. There is no race to "choose". Just enter all athletes competing under their respective gender. You, the coach, determine which of your athletes compete in the JV races and which athletes will run in your assigned varsity race. The coach will choose up to 10 athletes to compete in your ***assigned*** Varsity race and all others must compete in any of the JV options before the National Anthem. Championship or Invitational teams cannot put their B team in the Open race. That is a Varsity race for 35 teams.

[Packet Pick Up Location Request Form](#)

Packet Pick Up is located at the **GARMIN** tent at the finish line. After you pick up your packet inside you will find your race numbers with the TIMING CHIPS which must match the bib number and be fastened to the athlete's shoe with accompanying twist ties. Bibs, timing chips, pins, trash bag, Varsity Race Box Assignments and wristbands for all competing athletes plus 2 coaches bands per gender will be provided wristbands will correspond with the number filled out on the form for your coaching staff needs. You must put on your athlete and coach wristbands before entering the team area or start area. *Team managers and athletes NOT competing CAN receive wristbands when you pick up your packet if they come with their team at check in. Just ask! They just have to check in all at once and enter together.*

DO NOT ENTER ANYONE ONLINE THAT IS NOT COMPETING !

CONCESSIONS: Chick Fil-A, Kona Ice, Sliders Street Food, Crazy Dog, Goodness Grace Us and other food will be available adjacent to the finish line in the gravel parking lot. These vendors will also serve drinks.

WATER: A water station will be provided to all athletes at the finish line. Teams should bring their own water coolers as well for team camp areas.

T-SHIRTS: A "Friday Night Lights" t-shirt will be available for purchase for **\$25** at the JDL Fast Track Tent. Only 800 will be available and they always always sell out! A portion of apparel proceeds goes to the JDL/Camel City Track Foundation that provides opportunities to underserved groups in the area and free use of their facility. Pre Order: [HERE](#)

MEDICAL: 2 MD's, 4 certified trainers, and 1 transport ambulance will be on site. Medical will be located just outside the finish line chute. **Please have one coach, parent, or other team designee positioned outside the chute area to help your athletes that may need assistance.** A Gator will be positioned with an MD aboard to attend to emergencies on the course. Please follow the instructions of all police, emergency personnel, fire department and event crowd managers.

RULES: ALL NCHSAA RULES WILL BE FOLLOWED.

NO FACE PAINT or GLOW PAINT allowed. Follow NCHSAA rules and instructions from the starter, course marshals, parking attendants, finish line officials, and everyone else volunteering their time to help pull off this event.

MEET OFFICIALS:

Meet Director: Patrick Cromwell - Mount Tabor HS

Referee: Rodney King (USATF)

Clerk of Course: Chris Page - Mount Tabor HS

Starter: Robert Youtz - (USATF)

Finish Line Referee: Jordan Morris (Oak Grove)

Games Committee: Paul Scruggs (Panther Creek) Nate Newsome (West Forsyth)
and Jason Bochert (Holly Springs)

Course Umpires & Marshalls - Mount Tabor HS Parent Volunteers