



2022 Rattle Snake Rumble Cross Country Meet
September 24th, 2022
Coach/Coordinator Information

Schedule:

8:00 am – Coach Meeting- Picnic Pavilions at Registration Table
9:00 am – Middle School Boys and CARA 13-14 Boys 4K
9:30 am** – Middle School Girls and CARA 13-14 Girls 4K
10:00am** – 8 and Under Boys & Girls 2K
10:20am**-- 9-12 Boys and Girls 3K

**** Times are tentative – each event will begin when previous event has ended.**

Check in: Coaches - day of registration/packet pickup will begin at 8:00am on Saturday, September 24th.
Please let your parents know that coaches do the team check in!

Middle School Team Scoring/Awards: Top 3 runners in boys/girls will be scored. Team award given to first place team. Individual awards will be given to top 8 finishers.

Youth Awards (8-12 only): Ribbons will be given per CARA Cross Country Rules.

Bib Timing: This race will be bib timed. Each registered athlete will receive a bib the morning of the race from their coach.

Course Maps: Course maps will be available at the end of this document.

Volunteers/Course Marshals: We are in need of volunteers/course marshals for the meet. If you are interested, please email zdelissio@fcgov.com.

Parking: Parking will be available at Spring Canyon Park, Cottonwood Glen Park, and Olander Elementary. Please use the north Spring Canyon and Cottonwood Glen lots first (accessible from Drake Rd. and Overland Trail), then overflow to the south Spring Canyon lot and Olander Elementary (accessible from Horsetooth Rd). Youth soccer games are being held on the southeast part of the park. This will not affect the cross-country meet, but they will be parking in the south lot at Spring Canyon so spots will be limited. Map Attached at end of this document.







1st Lap

2nd Lap



Parking Map



Primary Parking
Accessible by heading west on Drake to a left on Overland

Overflow Parking
Accessible by heading west on Horsetooth to the park entrance OR at Olander Elementary west on Horsetooth then north on Auntie Stone St.