**INSTRUCTIONS FOR TEAM MANAGERS**

**MLL(5) ROSSALL SCHOOL, FLEETWOOD - SATURDAY 11 FEBRUARY 2017**

Dear Team Managers

Please find the instructions for the Mid Lancs. League cross-country (5) at Rossall School, Fleetwood on Saturday 11th February 2017 below and do your best to spread these instructions to your club's cross-country runners.

***DIRECTIONS****: Leave the M55 at Junction 3 and take the A585 to Fleetwood. Continue for nearly 10 miles and turn left onto the B5409 Rossall Lane. The main gate into Rossall School is opposite where Rossall Lane meets Broadway but don't use this entrance. Turn left and enter the School by the southern gate. Be careful turning as this is a busy road.*

*Local runners will no doubt approach via the coastal road.*

***Parking****: Parking is straight ahead from the gate. Follow marshals' instructions.*

***Club Tent Parking****: A tent pass is attached. One member from each club may display the Tent Pass in their windscreen. They will then be directed to the spaces nearest to the tent area on the school fields.*

***Registration****: Registration is in the sports pavilion.*

***Food for Sale****: The Rossall catering staff are putting on food for sale in the dinning hall. There will be tea and coffee, chips, hot dogs etc. Bring money to support their efforts.*

***Toilets****: Find six portable toilets behind the sports pavilion.*

***Care of School Property****: Please keep mud out of buildings, don't cut corners on courses which is unfair to others and can damage sports pitches and wash dirty running gear at home.*

***Badges****: Badges including year flashes for 2015-2016 and 2016-2017 will be on sale at Registration at £2 each for those who have four attendances in those seasons.*

***Compulsory Club Vests****: All runners are expected to wear club vests.*

***Return of Trophies****: Return trophies won in 2015-2016 to the box at Registration and sign the form.*

Looking forward to seeing you on the 11th. Best wishes.

Dawn