



New Hampshire High School Cross Country Committee

Cross Country Finish Line Protocols

The following guidelines should serve to mitigate congestion and confusion at the XC finish line:

- Run through finish line and continue moving toward the finish line corral.
- Continue moving forward after crossing the timing mats so as to not impede the athletes behind you.
- Don't talk to family, friends or coaches until you exit the corral area.
- Finish order does not have to be maintained after crossing the timing mats.
- If you become ill, step outside the corral.
- Do not intentionally cross the finish line simultaneously with teammate(s).
- Listen to the officials!