

FIYA Cross Country
Preseason Video Agenda

1. Purpose of this Video (0:06)
2. FIYA (2:17)
3. Dates & Locations of FIYA Cross Country Meets (3:25)
4. Divisions & Courses (5:44)
5. Registration & Fees (10:23)
 - a. How to Create an Account on Athletic.net (11:00)
 - b. How to add a FIYA XC meet to your ANet account (14:35)
 - c. How to add/delete athletes on your ANet account (15:45)
 - d. How to register your athletes for each meet (17:45)
 - e. How to pay for cross country meet (21:45)
6. Cross Country Meet Day Logistics (23:50)
 - a. Meet Day Schedule (24:30)
 - b. Cross Country Packet (26:21)
 - c. Start line instructions (30:22)
 - d. Running the course (31:20)
 - e. Disqualification rules (33:42)
 - f. Finish line instructions (36:00)
 - g. Awards (37:40)