

KiDSMARATHON™ Informational Sheet

Norwich Free Academy – May 24, 2014

Registration 9:15 –9:45

C'mon KiDS . . .Let's Get Moving

1. Start your morning on May 24th with a **good breakfast** and remember to bring along lots of water, especially if the weather is hot and humid! We will have nutritious snacks at the site. We also are asking runners to bring a canned good for donation to a food drive associated with the event!
2. **Registration** is from 9:15 – 9:45 at the entrance to the gym / track at Norwich Free Academy, 305 Broadway, Norwich, CT, 06360 Only the teacher / coach needs to register. We will issue a box to each school with all the materials / directions.
3. Here's your **checklist**: Proper running shoes & socks, your favorite shorts and school spirit T-shirt, sweats if you need to keep warm. It is strongly recommended that schools wear their school spirit T-shirt or a similar color shirt – easier to supervise!
4. ***It is strongly recommended that each school bring a sign / banner to post on the infield where KiDS will meet at the end of the parade.*** Schools line up and “parade” into the infield as announced over the PA. Parents & fans go to the spectator stands.
5. **Lavatories** are located adjacent to the track entrance.
6. Introduction & Welcome – 10:00
7. Parade and National Anthem – 10:05
8. Warm-up Exercises – 10:15 - NFA Track Team – All participants to the infield! Parents in the stands!
9. Running your last leg of the KiDSMARATHON! 10:30
10. Schools are assigned heats – 10:30,10:45, 11:00.
11. **Everyone cheers** the runners – runners from the infield, parents in the stands.
12. Each teacher / coach will administer the **awards** in the infield at the conclusion of the heats. Program should end at 11:15.
13. **“Finishing is winning . . .winning is finishing”**
14. Inclement weather /postponement – log onto www.casciac.org