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Subject: MCDC 2018: Final Instructions, Weekend Activities  
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DM



## Music City Distance Carnival

**Nashville, TN**  
**Fri June 1 - Sat June 2, 2018**

Hi folks!

Welcome to Nashville for those coming in from out of the area. The 16th Music City Distance Carnival is the biggest yet, with 388 runners (and still some kids to sign up - more on that below). I am excited to welcome runners from 28 different states, and representing 18 different nations.

Below are a few final notes and instructions. Please read carefully. apologies for only getting this out just now. Flight cancellations and housing plans falling through have caused me a few headaches and gray hairs!

Anyway...

The final meet schedule is on the meet website and is also below:

### **MEET SCHEDULE**

1 heat of each event unless otherwise specified. Where there are multiple sections, Section 1 (the fastest section) will run first.

### **DAY 1: FRIDAY JUNE 1st**

Track open for preview/workouts/shakeouts from 12:00pm to 6:15pm on Friday

### ALL-COMERS SECTION

6:30pm: Women's Open 800m

6:35pm: Men's Open 800m (2 heats)

6:45pm: Women's Open 5000m (sub-20)

7:10pm: Men's Open 5000m (sub-18)

### ELITE SECTION

7:40pm: HS Girls' 2000m Steeplechase

7:55pm: HS Boys' 2000m Steeplechase

8:25pm: HS Boys' 3200m

8:45pm: Men's 600m

8:50pm: Women's 5000m

9:15pm: Men's 5000m

## **DAY 2: SATURDAY JUNE 2nd**

### ALL-COMERS SECTION

5:00pm: Kids' Superhero Dash 200m

5:10pm: Kids' 400m Steeplechase

5:20pm: Elementary School Boys' 800m

5:30pm: Elementary School Boys' 800m

5:40pm: Middle School Girls' Mile (Gr. 6-8)

5:55pm: Middle School Boys' Mile (Gr. 6-8)

6:05pm: Women's Open Mile

6:15pm: Men's Open Mile (3 heats)

### ELITE SECTION

7:10pm: NATIONAL ANTHEM (performed by Megan Conner)

7:15pm: HS Girls' 800m | Pacer (63.0)

7:25pm: HS Boys' 800m | Pacer (53.0)

7:35pm: Women's 800m (2 heats)

7:55pm: Men's 800m (3 heats)

8:15pm: Women's 3000m Steeplechase

8:35pm: Men's 3000m Steeplechase

8:50pm: Women's 1500m (2 heats)

9:00pm: Men's 1500m (2 heats)

9:10pm: HS Girls' 1 mile

9:20pm: HS Boys' 1 mile

9:30pm: Men's 1 Mile

**TRACK WILL OPEN AT 4:30PM ON FRIDAY 6/1 AND 3:30PM ON SATURDAY 6/2.**

Athletes needing to get on a track for pre-meet workouts at other times are advised to go to E.S. Rose Rose Park [[google maps link](#)] has a great track, open to the public 24/7 that is only 2km from the Vanderbilt facility.

### ENTERING THE FACILITY

**ATHLETES:** Your name will be checked against entry lists at the gate and you will be given a wristband. Keep it for both days. In the event you lose it, you may use your bib number the next day to access the track. Parents accompanying their children in may share the same entrance.

Parents accompanying children under 12 may share the same entrance, and spectating parents may pay their \$10 admission fee at that entrance.

**COACHES:** Enter at the athlete entrance. Please identify yourself as a coach at the athlete entrance, and you will be given a wristband.

Only people with a coach, athlete, media, or meet crew wristband will be allowed on the infield, at any time.

Keep your wristbands for both days!

**SPECTATORS:** \$10.00 For both days (you'll get a wristband. Keep it for day 2!). Kids under 12 free.

**There will be a separate entrance (well signposted) for athletes and spectators.**

**Parents accompanying children under 12 may share the same entrance, and spectating parents may pay at that entrance.**

### **CHECKING IN**

You may check in with the clerk (white tent near the finish line) as early as 60 minutes before your race, but please check in for your event at least 30 minutes before the advertised start time, or risk being scratched. Any designated pacers must also check in to the clerk 30 minutes before to confirm.

Athletes running in the Elite HS races will have a bib number with their last name and respective state flag. Athletes running in the Elite Pro/Post-Collegiate races will have a bib number with their last name and respective National flag. Athletes running in the open section will get a numeric bib. We will supply pins and hip numbers at that time.

Please bring your spikes to be checked by the clerk. Note: Any Nike distance spikes with permanent spikes are okay.

This meet for the last 3 years, has run right on time. We WILL NOT run early.

Heat sheets are up on the meet website and are linked here. The heats have been seeded fairly, objectively, and transparently. Marks have been verified by me very carefully.

Nobody will be moved from one heat to another unless there is an absolutely extraordinary amount of scratches. Do not ask to be moved to a different section. This is up to the clerk and meet management.

### **LIVE STREAMING**

You'll need a FloTrack Pro account, but the meet is being streamed live both days

on Flotrack [at this link](#)



### **MCDC MEET MERCHANDISE**

MCDC Meet Merchandise will be available for sale. Our kick-ass, Meet Director-designed, buttery soft cotton/poly blend t-shirts will be available for \$20.00. Boco Gear MCDC Trucker Hats will be available for \$25.00. And, if Kinko's gets there sh\*t together, meet posters will be available for purchase for \$10.00.

### **CONCESSIONS**

Vanderbilt University has not been clear on providing me with permission on selling food. If I get the green light, I will be offering Chick-Fil-A Sandwiches, Gatorade, and Water on SATURDAY night only. There are a variety of restaurants within a 5 minute walk of the track.

### **BATHROOMS**

Bathrooms are located immediately to the North of the track in the Soccer stadium, and these should be well signposted.

### **WEATHER**

The weather forecast calls for a temperature of 85° F at the start of the meet on Friday, cooling off to 78° F for the final event. There will be some scattered thunderstorms but only about a 30% chance of rain. On Saturday, it will be a little warmer - 89° F when we start and around 80° F for the final event. Almost zero chance of rain.

### **AFTER THE MEET**

#### **SATURDAY NIGHT POST-MEET**

Upon the conclusion of the meet on Saturday, all are invited to the post-race part at Edley's Bar-B-Que in Sylvan Park. The address is 4500 Murphy Road, Nashville, TN 37209 | Phone: 615-942-7499

They are expecting a good crowd and will keep the kitchen open until

11:30pm/12:00am and the bar open until, well, that depends on you guys! Let's not disappoint them. This is a great chance to meet many of the elite runners and also buy your meet director a beer. Please note the address since Edley's has multiple locations in town.

### SUNDAY MORNING

For those who are not leaving town early Sunday morning, all are invited to a group long run on Sunday at 7:30am from the [Nature Center at Edwin Warner Park](#). The address is 7311 Highway 100, Nashville, TN 37221. We will do an out and back run along the Harpeth River Greenway. This is a very flat, scenic, mostly shaded asphalt greenway with a bathroom and a water fountain 5 miles out. I will supply fluids at the start/finish. You are free to go as far and as fast/slow as you like. I expect to have a variety of abilities and distances covered.

That's all I can think of for now. I hope you thoroughly enjoy the event, and that I get a chance to say hi to many of you, either at the meet, or at the post-race party or Sunday run.

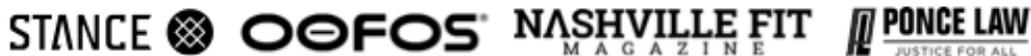
Many of you know how much work and my own money I pour into this event, and I really appreciate your support of it.

Looking forward to two days of great running!

Cheers,

Dave Milner

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