



Bay Rockets Invitational
Saturday, October 10, 2020
Cahoon Park, 27600 Lake Rd
Bay Village, OH 44140

Coaches and Athletic Directors,

We are excited to host your school for the Bay Rockets Invitational on Saturday, October 10.

The following teams are participating: Avon Lake, Bay, Keystone, North Olmsted, Olmsted Falls, Westlake

Race Times (Adjusted from the original schedule):

9:00 am: Varsity Boys (top 7)

9:40 am: Varsity Girls (top 7)

10:20 am: Open Boys (anyone under 35 minutes)

11:00 am: Open Girls (anyone under 38 minutes)

Entry Fee: \$200 per school. Please make checks payable to Bay High School and mail it to Bay Athletic Department, 29230 Wolf Rd, Bay Village, OH 44140.

Registration:

You are going to need to register on Baumspage at..... Registration is open from now until Thursday, October 8 at 8pm. When you arrive, you will pick up your envelope at the brown shed. Please have one coach pick up the envelopes per school.

Timing:

We will be using FAT timing so each runner will get a bib with a chip. This will be a disposable bib so no need to pull the tab. We will have the runners name written on the bib so the bib needs to go to that specific runner. Results will be posted on Baumspage and will not be posted at the meet.

Course Map: Please see the attached course map.

Post-Race:

At the conclusion of the race, runners will be allowed to cool down. We ask that once runners finish their race, they need to cool down on the east side of Cahoon Rd away from spectators and runners in subsequent races.

Finish Line:

We will have designated areas for each team to grab a water bottle as we will not have a chute. We will have an athletic trainer at the finish line to assist any athlete. We will not have a chute set up at the finish line as it will be a more open finish area. **Parents and spectators will NOT be permitted near the chute area.**

Restrooms:

We will have 5 porta-johns available for athletes and spectators.

Team Camps:

We are asking that teams socially distance in an area and not have the small camps that normally are associated with cross country meets. **No parents/friends/spectators are allowed in the team area.**

Masks and Social Distancing:

All athletes need to wear a mask unless they are warming up, competing, or cooling down. All coaches need to wear masks. All athletes need to be socially distanced unless they are competing in the race. All coaches need to be socially distanced.

Spectators:

To reduce the number of spectators, I am going to ask your help in only allowing immediate family members to attend. This includes parents/guardians, siblings, or anyone living in the house. I would ask that you help us in communicating this to your families. No additional friends or family members will be allowed to attend. We will have personnel there to help with compliance of masks and social distancing but we ask that you communicate to parents that all spectators need to have a mask and need to socially distance.

Please see the additional guidelines as it relates to the meet.

See you Saturday, October 10!