

**Cross County Conference
Cross Country Championships
Host: Covington High School**

Date: Saturday, October 17, 2020

Course Preview: The course is available for visiting teams to practice on Thursday, October 15th and Friday, October 16th, from 3:30pm - 6:00pm.

Spectators: Spectators will only be allowed entry if they purchased a \$5.00 pre-sale parking pass from their coach or athletic directors. One pass gets two individuals in per car. **All spectators will be required to wear a mask. If you know of any spectators that will not wear a mask, please tell them to stay home.**

Concessions: There will be NO concessions available.

<u>Race Schedule:</u>	High School Boys	9:00am
	High School Girls	9:45am
	Junior High Boys	10:40am
	Junior High Girls	11:15am

Location: Covington Fraternal Eagles picnic grounds.

Directions: Picnic grounds driveway is located on the east side of Rangeline Road, 100 yards south of the intersection of Rangeline Road and Covington-Gettysburg Road.

- If traveling on State Route 36, turn south onto Rangeline Road (west of Covington) and travel approximately .8 miles to picnic ground's driveway.
- If traveling into Covington on State Route 41, turn north onto State Route 48 and turn west immediately on Bridge Street. Bridge Street turns into Covington-Gettysburg Road, which dead ends into Rangeline Road (grounds are 100 yards south on Rangeline)
- If traveling on State Route 48, see directions for State Route 41 above.

Entries: Entries are submitted on **Baumspage**. (NOT MileSplit)

Please register now if you have not.

Timing and Results: Timing will be done by Speedy Feet and results will be posted on their website, as well as Baumspage.

Awards: Awards will be given as indicated by the Cross County Conference Bylaws.

Teams: Ansonia, Arcanum, Bethel, Bradford, Covington, Franklin Monroe, Miami East, Mississinawa Valley, National Trail, Newton, Tri-County North, Tri-Village, Twin Valley South

Questions?: Contact Coach Josh Long - (937)418-6262 or Ashley Johnson (937)473-2552

Coaches Procedures:

1. **Please make sure you inform your parents and fans that they will only be able to enter the meet if they have purchased a pre-sale pass.** This pass must be visible when they enter the driveway for the meet. The pass allows two per car.
2. No spectators will be allowed in any area that has caution tape (only coaches and athletes). This includes startline, finish line and team camps. We also ask that no parents go into the wooded areas.
3. There will be no concessions available.
4. Your team will have an assigned camp site that will be connected to the finish area. No spectators are permitted in the camp area.
5. To receive your coaches packet and chips, you will need to turn in your Pre-Participation Screening Verification Form at that time. Failure to have that document will result in forfeiture of participation. Packets are located at the end of the pavilion closest to your bus.
6. All athletes will need to have a mask on or with them unless they are engaged in physical activity.
7. Limit your team's interactions with other teams as much as possible.
8. You will collect chips at the camp site and return them to the timing tent.
9. Please have your athletes warm up in the open areas away from other teams. Not in the woods. Do not proceed to the start lines until 5 minutes prior to the race. Runners should have masks on when when they arrive at the line until instructed
10. We will continue to package awards and they will be available shortly after each race is completed in the pavilion.
11. Please arrive early if you would like your team to be able to run/walk the course. Teams will not be allowed to run the course when races are happening.
12. **Bring plenty of water for each athlete, especially since there will be no concession available.** Have water at the camp area or give them bottled water once they finish. It will be your responsibility as coaches this year to ensure your runners stay hydrated and receive water immediately upon finishing.

Athlete Procedures

1. Warm up in open areas away from others. Stay out of the woods when warming up.
2. Do not report to the start line until 5 minutes before the race. Do not leave anything at the start line. Make sure everything goes back to camp before the race.
3. Once at the start line, no run outs or team huddles are permitted. Please just stand on your designated start spot.
4. **You must have a mask on in the start area.**
5. **Coaches will collect masks and take them back to camp.**
6. Once you cross the finish, you should continue straight back to camp and take off your chip. Camp is connected to the finish.
7. You must have a mask on when you are not running or racing.

Starting Line Changes (We have two starting lines)

- Eight teams will start where our normal line has been and all remaining teams will start approximately hundred yards in front of them. (Teams at the red start line will follow the red lines for the first part of the race).

Finish Line Changes

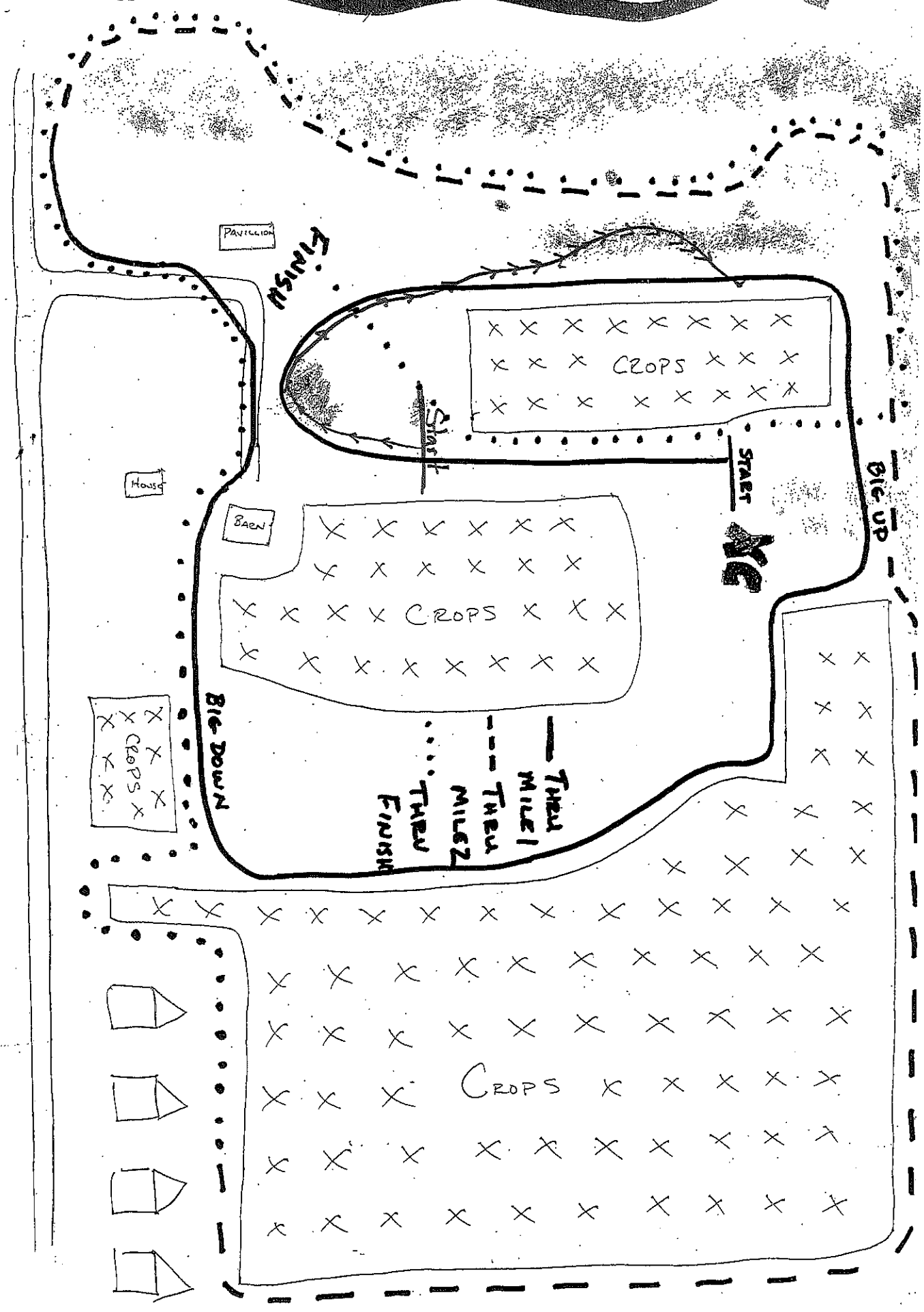
- Our finish line will be in the same area, but it will be connected to team camps. We ask that a coach be close to the finish to help get your runners back to your camp as soon as possible.

Race Schedule

We have allowed more time between some of the races to make sure that our start lines are clear before athletes arrive at the start line for the next race and also to allow parents to leave if they do not want to watch the next race.

- **High School Coaches I ask that if you have a boy that cannot finish in 40 minutes that you pull them before they go into the woods the second time after the two mile.**
- **High School Coaches I ask that if you have a girl that cannot finish in 50 minutes that you pull them before they go into the woods the second time after the two mile.**

HIGH SCHOOL



JUNIOR HIGH

