



Dover Cross Country

Invitational

2020

## COACHES,

Please read over the following information **carefully** for important information about this year's invitational. There are changes to be aware of in order for our meet to be aligned with health and safety recommendations and requirements passed on to us by the Tuscarawas County Health Department, as well as the Governor of Ohio's suggestions and mandates. We are looking forward to holding a safe, competitive meet this year!

## RACE ENTRIES

- We have limited our invitational to 12 schools with 12 entries per team to keep race sizes down to 150 runners or less.

## OHSAA SYMPTOMS CHECKLIST

- Coaches will be required to bring completed OHSAA Symptoms checklists for all runners--please complete these as runners load the bus and be prepared to turn them in upon arriving at the meet.
  - You can find this form on Baumspage and can turn these in when picking up your teams' packets.

## SPECTATORS

- We are asking that **ONLY** immediate family members (2 parents) no more than 4 attend the meet.
- Spectators should wear masks and maintain social distancing while at the meet.
- There will be painters tape every 10 feet on rope to allow social distancing of families, while cones will normally be 10 feet apart for social distancing. Please remember not to congregate before, after, or during the races.
- We are requesting that you leave as soon as reasonably possible after the race you are watching

## TEAM SET UP SITES

- Set up should be along the pool fence or near bus parking.
- Only coaches and athletes are allowed within 6 feet of the team set up site.
- Please bring only NECESSARY equipment and supplies--plan to use your school bus as shelter in inclement weather, and maintain at least 10 feet from other schools.
  - It is the recommendation of the OATCCC to not allow tents.

## MASKS FOR ATHLETES AND COACHES

- Coaches should be wearing masks at all times.
- Athletes should be wearing masks whenever they are not warming up, running, recovering, or cooling down.
- In order to mitigate the risk of COVID-19, athletes who refuse to wear a mask should be instructed to stay home, and we will see them next year.

## TOURING THE COURSE

- Maps are located on Baumspage, and there will be minimal touring of the course. Please restrict walking or running the course to before races begin in the morning at 9AM.

## STARTING LINE

- We will be setting up our starting line to allow social distancing between teams; boxes will be 6 feet apart, and runners will be staggered by dots in each box.
- It is the responsibility of the coach to line up runners in the box and ensure distancing.

## FINISH LINE

- Water will only be given at the finish line in *emergency situations*. Coaches are responsible for bringing water for their team(s).
  - We will have a marked off area at the finish for runners and coaches ONLY. This area will be marked, so teams know where they can safely set up coolers with water.
  - ONLY COACHES AND ATHLETES ARE ALLOWED IN THIS AREA. Runners need to wear a mask when leaving this area.

## RACE SCHEDULE

- High School Boys 9AM
- High School Girls 9:45AM
  - End of session 1--high school spectators and teams should leave as quickly as possible after cool downs.

- Middle School Boys 12PM
- Middle School Girls 12:30PM
  - End of session 2--middle school spectators and teams should leave as quickly as possible after cool downs.

\*All races will start at the scheduled time--we will NOT be starting any race early.

## LOCATION

- This year's meet will again be held in Dover City Park near the Dover Pool (3000 Tremont Avenue Ext, Dover, OH 44622) and Dover Middle School (2131 N Wooster Ave, Dover, OH 44622)
  - Busses will park in the pool parking lot (and others may park here only if handicapped spots are needed) .
  - Spectators can park at Dover Middle School, along the main road through Dover City Park, and on top of Deis Hill (please reference course maps)

## PACKETS

- Coaches can pick up packets at the main pool entrance upon arriving at the meet and also turn in the OHSAA Symptoms Checklist.

## CONCESSIONS & T-SHIRTS

- There will NOT be an open concession stand this year per the Health Department's request to help mitigate transmission of the COVID virus.
  - Plan on bringing water and snacks with your team for the day!
- We will be selling t-shirts via pre-sale ONLY this year. The order form for our shirts will be sent to head coaches' email.

## NO BIDDY RACE THIS YEAR

- To be clear, there will be NO biddy race this year, but it will hopefully continue next year.

## COVID-19 PRECAUTIONS, SUGGESTIONS, & PRACTICES

- Per the Tuscarawas County Health Department, to mitigate the risk of spreading COVID-19...
  - ALL athletes, coaches, and spectators are required to wear masks due to the meet being run in a public place--runners may discard masks while racing, but must have them on before and after each race.
  - Each coach **MUST** fill out and turn in their **OHSAA SYMPTOMS CHECKLIST**. These will be turned in upon arrival to the meet, and be kept in case we need to contact trace in the event of someone testing positive for COVID-19 after the race.

- All spectators, coaches, and athletes must practice social distancing when possible.
- All volunteers will be wearing masks and have their temperature checked prior to the start of the meet.

#### QUESTIONS

- If you have any questions, please contact our varsity coach, Steve Sparks at [sparks@dovertornadoes.com](mailto:sparks@dovertornadoes.com) or our athletic director, Tim McCrate at [mccratet@dovertornadoes.com](mailto:mccratet@dovertornadoes.com).

We are looking forward to seeing you on the 12th!