

Coaches' instructions and start information

Denny Stevens Invite 2020

- Masks must be worn in team area unless warming up or cooling down.
- Spectators must wear a mask at all times and stay in designated areas.
- Porta johns are separated into spectator and athlete usage.
- Team camps are below the dam and must be spaced out. **Camps must be at least 30' from the course and 60' from the finish area.**

Start line:

- We will have three waves per race. Waves will start approx. every three minutes **by official gun start**. Finish times will be live and waves will be combined to produce overall results, and results will be uploaded after all waves finished.
Clock at finish will be based on Wave 1 start.

- Each team will be randomly assigned a box and wave, with the goal of around 50 runners in each wave. The box and wave will be the same for every school in the HS Varsity and HS Open on Tuesday to avoid confusion.

PLEASE DO NOT CHANGE WAVES.

- Each wave will have seven teams assigned.

- Teams arrive at start line 5 minutes before race time. **Please be on time and social distance**. There are **no run-outs** and **no team huddles** at starting line. Wave 1 will be on the starting line in assigned box number. Wave 2 and 3 will be behind starting line in marked area behind assigned box number. After Wave 1 leaves, Wave 2 will move forward to assigned box number on starting line and prepare for start. After Wave 2 leaves, Wave 3 will move forward.

- *Note to HS coaches, you do not have to designate top seven athletes before the varsity race.

Finish line:

- Bottled water will be headed out at the end of the finish and athletes are to keep moving back to their team camps.