



## **2020 Great Lakes Conference Cross Country Championships**

**Saturday, October 17, 2020  
Cahoon Park, 27600 Lake Rd  
Bay Village, OH 44140**

Coaches and Athletic Directors,

We are excited to host your school for the Great Lakes Conference Cross Country Championships on Saturday, October 17.

**The race times are listed below.**

### **Session 1: High School**

9am: HS Varsity Boys (top 7 runners)  
9:40am: HS Varsity Girls (top 7 runners)  
10:20am: HS Open Boys  
11am: HS Open Girls

### **Session 2: Middle School**

12:30pm: MS Varsity Boys (top 7 runners)  
1pm: MS Varsity Girls (top 7 runners)  
1:30pm: MS Open Boys  
2pm: MS Open Girls

### **Registration:**

You are going to need to register on Baumspage. **Registration will be open beginning Thursday, October 8 and will run until Thursday, October 15 at 8am.** 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 maps.

For the high school race, in order to accommodate for the construction on Rose Hill, we have modified the course. Please review the new course which does have the runners run into the woods twice.

For the middle school race, the course is the same it has been in the past.

**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.**

**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.

**Awards:**

Due to large gathering restrictions, we will not hold a large awards ceremony after the races. Great Lakes Conference Championship t-shirts will be distributed to the top 7 runners in each varsity race (high school boys & girls, middle school boys & girls) at the team camps.

**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 17!