



Ironton High School

Tigertown Cross Country Palooza

Due to state/county/district guidelines, there will be some changes to the meet for 2020. Ironton is only hosting a single meet. The Tigertown Cross Country Palooza is moving until later in the year. For the 2020 season due to the size of the venue, we can only allow 8 schools to attend. I am sorry for the inconvenience this year. Please remember that we are trying to follow all guidelines pertaining to face coverings and social distancing established by the OHSAA, the OATCCC, the Lawrence Co. Health Dept., and our school district guidelines.

Date:

Saturday October 10, 2019

Site:

Ironton Middle School 302 Delaware St. Ironton, OH 45638

Time Schedule Session 1:

10:00 Middle School Girls Race

10:40 Middle School Boys Race

11:20 High School Girls Sweepstakes

12:05 High School Boys Sweepstakes

Timing Chips:

Computer timing chips on race bibs will be used.

Entry Fee:

\$15 per individual \$60 per team (5 or more runners)

\$120 maximum for all high school and middle school

Make checks payable to: Ironton HS Athletic Department

Awards:

High School: Team trophies for 1-3, plaques 1-10 individuals, medals 11-20, ribbons 21-50

Middle school: Team trophies for 1-2, plaques 1-5 individuals, medals 6-10, ribbons 11-30

There will be NO awards ceremony. Team awards only to be picked up by coaches on race day. All other individual awards will be distributed at a later date.

Rosters:

Please submit your rosters to www.baumspage.com by Wednesday Oct. 7, 2020, 9:00am

Please include all runners who may possibly compete. It's easier to scratch than add runners.

Course:

Two laps with slight elevation changes and a short passage through a wooded area.

Please contact me if you have any questions.

Tim Thomas

Cell: 740-646-3669

School: 740-532-3911

Email: tim.thomas@tigertown.com

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Race Day Covid-19 Procedures

1. Coaches please conduct a temperature check of all coaches and athletes before leaving for the meet.
2. Spaces for team camps will be designated but will be available on a first-come-first-serve basis. Please maintain social distancing within the camp and with other participants and spectators. Please wear masks.
3. A coaches verification form will be available for coaches to fill out and sign at the packet pick-up tent.
4. 12' starting boxes will be set up with a 6' box between to ensure social distancing.
5. Masks are required to be worn to the teams' starting box. A team representative must be there to collect gear and masks (in a ziplock bag please). Please do not leave anything near the starting boxes.
6. A team representative will re-distribute masks near the finish line area after the race.
7. Teams will not arrive to the starting line sooner than 5 minutes before racetime.
8. Spectators must maintain social distancing and wear a mask. Stay 30' back from the racing course at all times! Do NOT go beyond the flags limiting access to the finish line.
9. Only team trophies will be available for pick-up by coaches. Individual awards will be packaged and distributed or mailed at a later date.
10. Teams will have a designated area after the finish shoot that they can receive water provided by their coach or team representative.
11. We will be using disposable timing chips on the race bibs. Do NOT fold or spindle the race bibs as it may damage the timing chip.
12. We hope to have tshirts and concessions for sale; however those details are still being worked out.