



Keystone Cross Country Icebreaker

Schedule August 24th 2020

Lorain County Equestrian Center 13630 Diagonal Rd., LaGrange

Entry Fees: \$175 per school, **make checks payable to Keystone High School**

Meet Notes-Please Read Fully:

Keystone Local Schools is very excited to host the 2020 Icebreaker Cross Country Meet at the Lorain County Metroparks! We appreciate everyone's patience while we finalized the details. Keystone, Lorain County MetroParks and the Lorain County Board of Health collaborated together to put forth a set of expectations that will allow the maximum number of schools and runners to compete while ensuring everyone is safe!

Below is a list of expectations for our event. On the next page you can see the race schedule, please note it has changed since the last draft.

General Guidelines

1. We ask that no spectators attend this event to maintain low crowds. With the sheer number of runners and schools we prefer the park is reserved for runners to maintain a safe environment.
2. To keep track of the number of vehicles at the park, each coach please fill out the transportation Google Form in this email. If a parent is providing transportation to the event please indicate it on the Google Form and Coach Habenicht will reach out to the coach to provide necessary information for the driver.
3. EVERYONE who is not actively competing or preparing to compete must wear a mask while at the park!
4. It is everyone's responsibility to enforce mask and social distancing rules! Please keep everyone accountable for proper guidelines.
5. We may need to ask other coaches to help out at the finish or starting line, if you are available to do so please let Coach Habenicht know. His email address is tom.habenicht@keystoneschools.org.

6. To accommodate the number of teams we are going to limit the number of participants from each school. A high school team can have 25 participants and a middle school team can have 12. These numbers were picked after extensive calculations and experimenting to allow the maximum number of teams and participants at the event.
7. We ask that only participants attend the meet.

Arriving to the Event

1. We ask that you arrive no earlier than 1 hour prior to the first race in your POD.
2. When you arrive the event staff will work to make sure you receive your packet when your bus arrives. If for any reason no event staff comes to the bus, then the coach can depart the bus to the main tent by the finish line.
3. Each team will be given a camp space, the team should stay in the vicinity of the camp space. The team may choose to stay on their bus as well.
4. There will be no team tents allowed at the event. We will an effort to ensure there is shade available at camp.

Warming Up and Starting Line

1. While warming up teams should group their team in groups of no more than 8. Each group should warm up separately and run at a different part of the park. For example if you have 17 runners you can have your runners go in 2 groups of 6 and 1 group of 5.
2. The team should not arrive at the starting until 5 minute before race time.
3. At the line there will be boxes for each team, and within each box there will be a series of X spaced apart. Each athlete will stand on their X. I recommend putting your faster runners in the front and slower in the back. Since we will be spacing 6 feet apart the runners in the back will end up running a little bit more, I recommend that those runners wear a watch. They can start it when they cross the starting line and stop it when they get to the finish line. This way those runners can get an accurate race time.
4. There will be no run outs, team cheer etc at the starting line.

After the Race

1. Once they cross the finish line, runners should immediately return to their camp and put on their mask. If your team has a system to put their masks on at the finish line that is preferred.
2. Bottled water will be available only in emergency situations, runners should plan to return to camp and drink their water the race.
3. We ask teams to leave as soon as their race is complete. If you are sharing transportation with another team from your POD(for example a boys and girls team that shares a bus) then you must leave after the POD.
4. For cool downs we ask that you leave the park itself, down the road are two wonderful parks(Carlisle Reservation and the Duck Pond). I would recommend you travel there for your cool down.
5. Results will be posted online but not at the facility.

We can have a GREAT event but we need all of your help! Please comply with these guidelines and volunteer to help out at the start and finish line to help kick off the start of the season!

Icebreaker Race Schedule

POD 1

Middle School Girls Race 1

Race Time: 12:15

Teams: Avon, Black River, Brookside, Cloverleaf, Columbia, Keystone, Wellington, Midview, Norwalk, Strongsville

Middle School Boys Race 1

Race Time 12:45

Teams: Avon, Black River, Brookside, Cloverleaf, Columbia, Keystone, Wellington, Midview, Norwalk, Strongsville

POD 2

Middle School Boys and Girls Combined

Race Time: 1:45

Teams: Olmsted Falls Boys and Girls, Open Door Boys and Girls, Vermillion Boys and Girls, Firelands Boys and Girls, Buckeye Boys and Girls, Oberlin Boys and Girls

High School Boys Race 1

Race Time: 2:15

Teams: Strongsville, Steel, St Ignatius, Avon

POD 3

High School Race Girls 1

Race Time: 3:30

Teams: Black River, Brookside, Buckeye, Clearview, Cloverleaf, Columbia, EC, Lutheran West, Oberlin, Wellington

High School Race Boys 2

Race Time: 4:15

Teams: Black River, Brookside, Buckeye, Clearview, Cloverleaf, Columbia, EC, Lutheran West, Oberlin, Wellington

POD 4

High School Race Girls 2

Race Time: 5:45

Teams: Firelands, Keystone, Midview, Norwalk, Olmsted Falls, Strongsville, Avon

High School Boys Race 3

Race Time: 6:30

Teams: Firelands, Keystone, Midview, Norwalk, Olmsted Falls, Vermillion