

## **Lancaster City Schools Bob Reall Cross Country Invitational Procedures**

In accordance with OHSAA/OATCCC Recommendations; Teams participating in the 2020 Bob Reall Invitational must complete OHSAA temperature/symptom checks for all athletes and coaches immediately prior to travelling to the Lancaster High School cross country venue.

All coaches and athletes must wear masks and practice social distancing upon arrival at the Lancaster High School Cross Country venue. Athletes and coaches, other than the head coach, shall remain in transport vehicles until released to enter by venue personnel. Venue personnel may be identified by "safety yellow" shirts.

The Head Coach for each visiting team shall approach the check-in table at the Lancaster High School Cross Country venue. The visiting Head Coach will complete and turn in a Verification Form confirming temperature/symptom checks were performed for all athletes and coaches immediately prior to travelling to the meet venue.

One coach at a time shall approach the check-in table, with waiting coaches maintaining at least 6' social distance.

Venue personnel will provide meet information packets, including timing chips, starting box assignments, course maps and field credentials) to the Head Coach responsible for each team. The Head Coach and a venue representative will return to the team vehicle and release the remaining coaches and athletes to move to their camp area.

Teams and coaches will be led by venue personnel to their assigned camp area. No spectators are permitted in the team camp area. Tents are not permitted in the camp area. No team food/meal spreads are permitted in the team camp; however, individually packaged snacks are permitted but may not be shared.

Visiting teams shall be responsible for their own supplies, including masks, individual water bottles, towels, changes of clothing, etc., to be kept in separate packs for use only by the individual athlete or coach.

All coaches and all spectators must wear masks at all times while within the Lancaster High School Cross Country venue, including the Ohio University – Lancaster property. No access is permitted to LHS or OU-L campus buildings.

Athletes must wear masks, except during warm-up, racing and cool-down.

Spectators are not permitted in the start line or finish areas. Coaches credentials will allow access to the start level.

Starting boxes will be assigned for each team. Each box will be ~24 feet wide, with 6 feet spacing between boxes. Athlete access to the start area will be channeled directly (and separately) to their team's assigned starting box and lane.

There will be no prerace official's meeting. Coaches are responsible for communicating any information to their athletes prior to approaching the start line area.

Athletes may enter the roped pathway to the start level 10 minutes prior to race time so that final prerace drills and/or runouts may be performed by each team within their own starting lane. Teams should settle back into their assigned starting boxes 5 minutes prior the race time, with one runner occupying each marked spot within the box. No team huddles will be permitted prior the race start.

The course will be marked primarily with painted lines. Inside corners will be flagged to ensure course integrity.

The finish chute will be designed to disperse athletes upon race competition. There is no need to remove/return chips. Athletes should exit the finish area and return to their team camp as quickly as possible.

Results will not be posted anywhere within the cross country venue. Results will be posted on-line as quickly as possible.

Team trophies and Individual medals will be sorted into packets and presented to each head coach prior to departure (if possible) or delivered to the winning school.

Teams should leave the cross country venue as soon as possible after their last competitors have completed their race and cooldown.