

Highland Flying Scots CC Invitational

Saturday, September 5th, 2020

An abundance of information! We wanted to make sure that you have as much information as possible prior to your arrival. Please share with your parents and athletes.

Roster Submission

Coaches should submit their rosters on Baumspage. Deadline is Thursday, Sept 3rd at noon.

It would be greatly appreciated if coaches could submit a preliminary roster as soon as possible so that we can get a handle on numbers. If this isn't possible, please email me the numbers for each of your teams.

Buses

Buses will use the main entrance to the HS on SR314 (just past Highland Pizza) where they will be directed to the drop off/loading area on the west side of the HS. Buses will then continue on around the back of the HS and park on the east side of the HS in the lot facing SR 314. Buses will then be able to pull back around to the drop off/loading area to pick their teams up.

Spectator Entrance to Meet

All spectators will also need to use the main High School entrance on SR 314 since all other entrances will be closed for the race. Spectators may park in any of the HS parking lots except the lot facing SR314 which is reserved for buses. Spectators may also use the parking lots by the MS and football stadium if necessary.

Admission

Admission is \$5 per person or a max of \$10 per carload. Please have exact change if possible to help minimize the time needed for spectators and volunteers to interact while at the gate. No dogs or pets are allowed, with the exception of support and service animals.

Spectators

As of this time, there are no restrictions on the number of spectators that may attend. Spectators are expected to wear masks and to stay socially distanced. Our course is wide open and there is plenty of room to spread out. We ask that all coaches and spectators please stay clear of the area around the finish line and the timing trailer. The finish line can be observed from the area close to the start line and spectators are welcome to walk up the gravel drive to where our flagpole is located. This is a good spot to see much of the race including the finish line.

Team Packets

Coaches should check in at the trailer by the finish line upon arrival to receive their packets.

Each packet will contain the following:

- Team roster. Please ensure that your rosters are accurate. Any changes should be made during check in.
- RFID timing will be provided by FAB timing and each athlete will receive two timing bands and a disposable bib number. Please double check that the two bands match each other and the bib and that they are given to the correct athlete. Make sure that athletes understand that the bands should not be bent or creased in order to make sure that we get accurate results. Bands are disposable, so coaches do not need to worry about collecting them at the end of the race.
- Trash bags will be provided for each team to use while cleaning up their team camp.

Tents

Teams may put up tents on the practice football field adjacent to the bus drop off area. **Please DO NOT use stakes!** We have a sprinkler system in that field. There will be plenty of space to spread out so please be sure to adequately distance yourself from other teams.

Invitational Shirts

Specially designed shirts for our inaugural event will be available in limited quantities. Shirts are \$15 each and will be available between the field used for team camps and the start line.

Concessions

Limited concessions will be available. We will offer cold bottled drinks and individually wrapped items such as muffins, etc. Bottled water will be provided for all athletes after they cross the finish line. We ask that coaches remind athletes to place their empty water bottles in a recycling container to help eliminate trash.

Restrooms

Restrooms will be available inside the football stadium next to the concession stand.

Start Line

We have tried to set up the start line so that we can meet all of the mandates that have been coming out and yet still be fair to all participants. Instead of starting boxes, we will be using starting lanes. Depending on the size of your school, your athletes will be placed in anywhere from one to six lanes. Lanes will be spread out six feet apart, so athletes will be able to maintain a six feet distance from their own teammates as well as their opponents that are in lanes next to them. We have tried to make sure that every school has at least two lanes if possible, but this will all depend on our final numbers. As with other start options, some of your athletes will be on the actual starting line while others will be up to 24 feet back from the line. Please be aware of this so that you can predetermine the placement of your athletes in each lane. We understand that this isn't optimal, but we are trying to make it so that we can be as fair as possible to each team.

Please, NO water bottles or trash cans at the start line.

Please have athletes report to the start 5 minutes before their race and no earlier.

Athletes must do all warmups and run outs away from the start line.

| | | | | | | | | | | | | | | |
|------|-----------|------|------------|------|--------|------|--------|------|------------|------|--------|------|--------|--|
| 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | 6 ft | |
| | Lane | | Lane | | Lane | | Lane | | Lane | | Lane | | Lane | |
| | 7 | | 6 | | 5 | | 4 | | 3 | | 2 | | 1 | |
| | Team C | | Team B | | Team B | | Team B | | Team A | | Team A | | Team A | |
| | Team C | | Team B | | Team B | | Team B | | Team A | | Team A | | Team A | |
| | Team C | | Team B | | Team B | | Team B | | Team A | | Team A | | Team A | |
| | x | | Team B | | Team B | | Team B | | x | | Team A | | x | |
| | x | | x | | Team B | | Team B | | x | | x | | x | |
| | | | | | | | | | | | | | | |
| | 3 Runners | | 14 Runners | | | | | | 10 Runners | | | | | |

Awards

Top 25 HS runners in each race and the top 20 MS runners in each race will receive medals. These will be handed out immediately after a runner has crossed the finish line. There will be trophies for the top 2 teams and they may be collected by a coach at the finish line once official results are posted online. There will be no awards ceremony and no printed results will be available. Results will be available after each race on the FAB Timing website (<http://freddieboosters.org/fab-timing/>) and Final Results will also be posted on Baum's Page.

Health and Safety

- Coaches are responsible for doing a temperature and symptoms check for all athletes and staff prior to departure from your school. Any athlete not passing this check should not be transported to the meet.
- Please understand that our health department will not allow any teams from a **red county** to participate in our meet. When the new county alert map is released on the Thursday before our meet, we are hoping that everyone will be good to go. Our AD will be reaching out to any schools that might be in question.
- Coaches and spectators are required to wear a mask at all times unless a health condition warrants differently. Personal privacy will be honored and those unable to wear a mask will not be questioned, but we ask that they make certain that they are socially distancing themselves at all times.
- Athletes should wear a mask at any time they are not actively involved in pre-race, race or post-race activities.
- Athletes should do their warmup away from the start line and should report to the start line 5 minutes before their race. There should be no run outs at the start line. Please be prompt so that we can stay on schedule.
- No trash cans/team bins should be brought to the starting line area.
- All officials and volunteers for the invite will wear masks at all times.
- We have tried to make the start line as fair as possible given the current guidelines. Starting lanes have been made to provide for appropriate distancing between your athletes and other teams.
- All athletes are asked to vacate the finish area as quickly as possible. Reminder that timing bands do not need to be returned.
- An athletic trainer will be available on site near the finish line if needed.
- Hand sanitizer will be made available to all athletes, staff and spectators around the bathrooms and concessions area, near the team camps and by the start and finish areas.
- We also ask that all teams and their fans try to leave the premises as quickly as possible after the race.

If you have any questions, please don't hesitate to contact Rich Williams

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