



CROSS COUNTRY Championships

Date: Thursday October 15th, 2020

Where: Goodyear Metro Park, 2077 Newton St, Akron, OH 44305

Host School: Ravenna High School

COVID Compliance Officer: Jon Hannan- Streetsboro

Course Map: Attached and Baum's Page

Schedule:

3:00pm Girls Middle School – 1st 2 miles of Course – Finish at 2 mile mark

3:30pm Boys Middle School – 1st 2 miles of Course – Finish at 2 mile mark

5:00pm Girls High School

5:30pm Boys High School

High School Team Championship Plaques awarded to meet Champions

Runner of the year – will be voted on by coaches

All Conference Medals to Top 15 Runners

Registration: Register via Baum's Page by October 9

Athletic Trainer: Trainer will be available on site near the finish line.

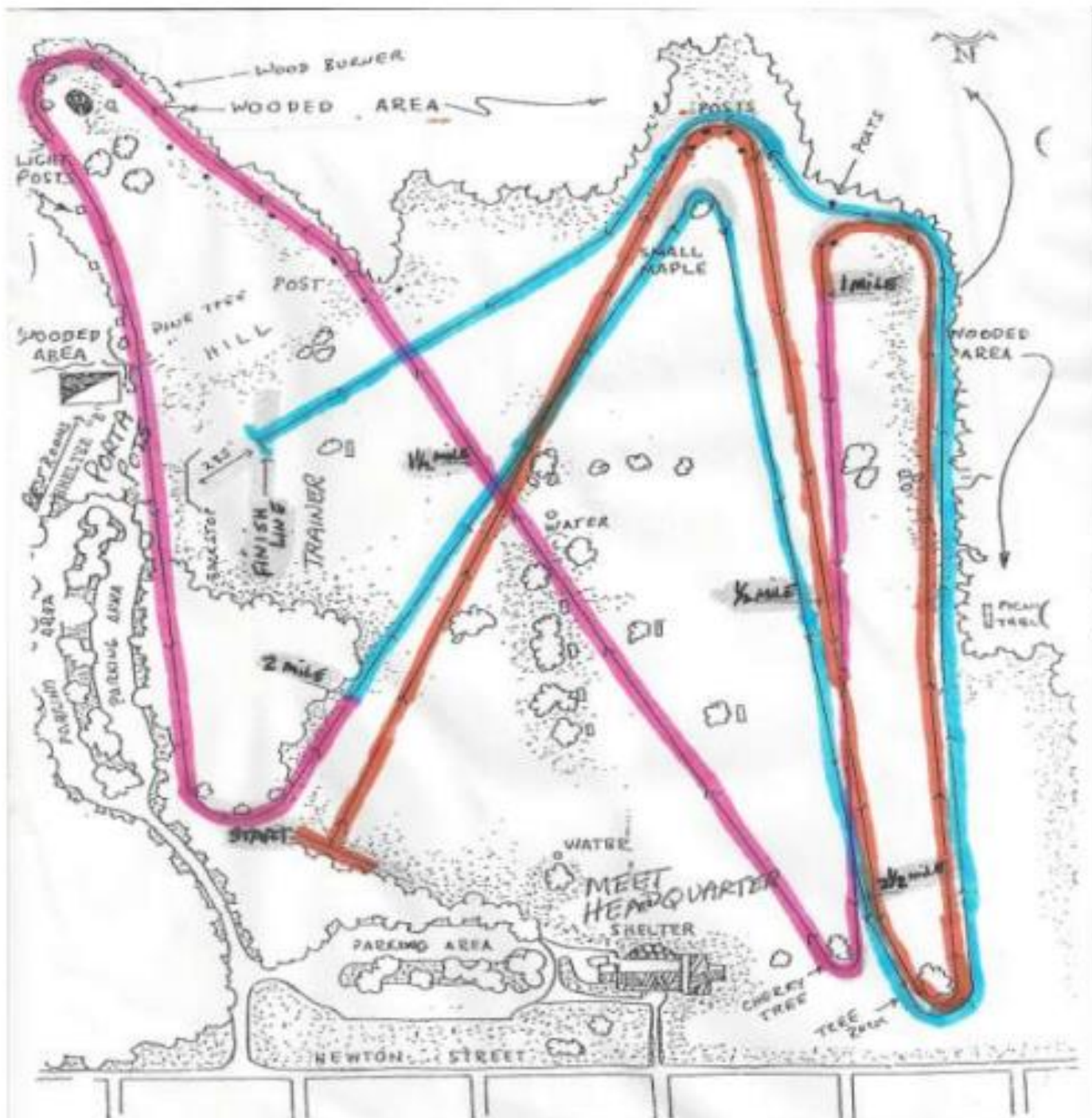


Water & Concessions: Runners should bring their own water bottles. with them for team camps. Bottles will be available at the finish line.

T-shirts: League Championship t-shirts will be available from Ritchie's Sporting Goods.

Team Bus Parking: Athletes will be dropped off at the designated drop off, director by park ranger. Buses will be directed to bus parking lot.

Questions: Please contact Josh Ritchie, Meet Manager, Joshua@ritchiessports.com



GOODYEAR HEIGHTS METROPOLITAN PARK CROSS COUNTRY COURSE -- 5000 METERS

- ORANGE** - MILE 1
- PINK** - MILE 2
- BLUE** - MILE 3

Cross Country

With the support from the NFHS Track and Field Rules Committee and the Ohio High School Athletic Association, the recommendations and requirements outlined below are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment. Return to Competition General Guidelines:

- Social distancing of at least 6 feet should be maintained at all times when not competing. No hugging, shaking hands, or fist bumps for support/encouragement.
- Meets should use staggered, wave or interval starts.
- Possible Rule Modifications: ○ 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

- Finish: ■ Consider using finish corrals and FAT timing for larger meets as easier to distance at finish. ■ With no FAT timing system consider alternative means of finish place and time to address congestion at finish line. ■ Consider using image-based equipment at the finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and equipment.
- Spectators are required to wear masks and socially distance themselves from others.
- Expectations for Coaches: ■ Communicate league guidelines in a clear manner to students and parents. ■ Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed. ■ Coaches must adhere to all face mask requirements that the host site's county has set forth.

Recommendations for Students: ■ Hand sanitizer should be plentiful at all contests and practices. ■ Encourage athletes to tell parents/coaches immediately when they are not feeling well. ■ Cloth face coverings are permitted.

- Bring your own water bottle and tell students to do the same.
- Expectations for Officials: ○ Bring personal hand sanitizer. ○ Wash hands frequently ○ Don't share equipment. ○ Follow social distancing guidelines when...

- Conducting pre and post meet conferences
- Clerking at the start line
- Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials should adhere to all face mask requirements of the Metro Athletic Conference.

- Before the Event: ○ Participating schools responsible for individual temperature check and health questions for all their athletes and coaches before departure from school ○ Spectators must wear masks when outside their private vehicles and maintain 6 feet social distance. Athletes need to be safe during the race, therefore observation of runners must be 6 feet away from course. ○ It is required that when not in competition areas or when preparing for, warm-up, or cooling down from competition that all athletes wear masks ○ All coaches, officials, and workers will be masked throughout the day and those in close contact with others will be gloved (changing gloves frequently) ○ It is recommended that all attending carry personal hand sanitizer and maintain social distancing when possible ○ Each runner is allowed to have no more than 2 spectators at the meet. ○ If an Athlete is not running that day, then they need to stay home ○ Warm-ups need to take place away from the starting area keeping social distance. The official will call you to the starting boxes.

- Starting Area: ○ Starting line boxes wider to accommodate better spacing between runners ○ Extra spacing between team boxes ○ Each starting box will be 10 feet with a 6 foot space between boxes ○ Runners will not be brought out by starter to give instructions—this will be accomplished through information in the coach's packet ○ Runners will not be held on starting line for more than 10 seconds

- Teams will be limited in the number of starters (runners) in each race. There will be a varsity girls and boys race ○ Only runners are allowed in the starting area. ○ Runners are to leave nothing behind at the start of the race. No team trash cans in the starting area.

- During the Race: ○ Close visual monitoring of athletes by all officials, workers, and athletic trainers ○ Athletes will be encouraged not to purposely touch or assist other runners during competition ○ Runners will have their mask with them at all times ○ Runners should social distant wherever it is possible, during the race
- After the Race: ○ Finish chute will be fan shaped into 4 separate finish zones ○ All finish workers will be masked and gloved ○ Only licensed and properly dressed medical personal will touch athletes in need of attention ○ Bottled water should be only hydration available for all finishers in general. Schools must bring their own water coolers if they wish to refill bottles. Water supply could be provided by host site for filling up coolers, upon request from visiting schools. ○ A Certified Athletic Trainer will be on site and available as needed. ○ All surfaces that have potential for physical contact will be frequently sanitized ○ All competitors will be continuously encouraged not to purposely touch other competitors and/or officials, and to keep moving through the recovery area to the exit ○ After exiting the chutes encourage your athletes to continue walking, we cannot have a mass gathering at the end like in the past. ○ Soon as all athletes have completed their races from your school, you can leave.