

## 2020 Meredith Invitational Coaches Instructions

Coaches,

The challenges of putting sports on for our kids is surely changing today, we will need help from everyone to allow this to happen. The following guidelines for The Meredith Invite have been gathered and listed for all of you to follow when you arrive at Milton Union Schools:

### COACHES PROCEDURES:

1. PLEASE INFORM YOUR ATHLETES AND PARENTS THAT THEY ARE ALLOTTED 2 SPECTATORS PER ATHLETE
2. To receive your coaches packet and chips, you will turn in your medical assessments roster at that time. Failure to have that document will result in forfeiture of participation.
3. Coaches you will need to have your wristband on to enter the finish area. 4 per school.
4. When arriving at the school facility, you will need to locate your assigned camp site and pick up coaches packet located in the red barn.
5. All athletes will need to have mask on or with them unless they are engaged in physical activity.
6. Limit your teams interactions with other teams as much as possible.
7. **It is recommended that coaches be at the finish line to pass water or masks out to their athletes and to coral them back to their camps.**
8. You will collect chips at the camp site and return those to the timing tent.
9. Use the open soccer fields to stage teams for their strides and pre race drills. Do not proceed to start line until 5 minutes before the race.
10. Awards will be packaged and be available for you to pick up after your race is completed.

### ATHLETE PROCEDURES:

1. Do not warm up on the course while races are going on.
2. Do not report to the start line until 5 minutes prior to the race. Do not leave anything at the start line, you will not be permitted back in that area after your race.
3. Once at the start line, no runouts or team huddles are permitted.
4. Enter and exit start area from the designated entrance. **You must have a mask on in start area.**
5. **Coaches will collect masks and bring them to finish line.**
6. Once the race is completed you will return to your camp area as soon as possible.
7. Have a mask with you or on when you are not running or racing.

**We will be having limited concessions**