

New Richmond Cross Country Invitational October 10, 2020

Race Schedule:

9:00am - JH Girls (2 miles; first 5 runners count in team scoring)
9:30am - JH Boys (2 miles; first 5 runners count in team scoring)
10:00am - HS Open Race (5K; boys and girls run together)
10:45am - HS Girls (5k; Run 12; first 5 runners count in team scoring)
11:15am - HS Boys (5k; Run 12; first 5 runners count in team scoring)

*Individual runners are allowed but won't count in team scoring.

Please note start times are approximate

REVISED SAFETY GUIDELINES:

Due to COVID-19, we have made some important changes to improve safety measures on our course.

- All races have been limited to 150 runners or less. We will add an open race to put additional runners in.
- Masks/face coverings will be required at all times by athletes, coaches, staff, and fans, except when athletes are running on the course.
- Teams MUST stay in their home camp area.
- There will be no pre-race meetings or run outs. All athletes must stay in their team box.
- All teams/coaches/staff will be asked to complete a self symptom check before coming on property.
- Social distancing must be maintained at all times by athletes, coaches, staff, and fans except with running on the course.
- All athletes/teams must provide their own individual water bottles/supply. We will have one designated person (athletic trainer) who can fill water as needed.
- Medals will be given at the finish area for the top 10 of the HS & MS main races.
- Teams/Coaches/Spectators are asked to leave in a prompt fashion after their race so we can clear space for proper social distancing.
 - No fans will be allowed inside the field/track area at the Stadium.

AWARDS

1st and 2nd place team trophies for HS and MS team races.

-INDIVIDUAL - Top 1-10 in both boys and girls varsity races and the junior high races

We will have a high volume of cars coming and going, please allow plenty of time to park and to exit the venue. Please wear the mask upon exiting your vehicle.

FANS/SPECTATORS: We are allowing spectators at the event but we ask that it LIMITED TO NO MORE THAN (2) SPECTATORS PER RUNNER. All fans are required to wear masks at all times on New Richmond school grounds and during the event. Spectators are asked to leave immediately after watching their athlete compete. The Covid Compliance Officer will be checking fans for masks at all times.

Self-Wellness Checks: PEOPLE WHO ARE SICK SHOULD STAY HOME.

If you have possible symptoms of Covid-19 or other illnesses, please do not come to

athletic events. Fans are asked to screen themselves before they come to ensure they do not have a temperature of 100.0F or higher.

WHAT ARE THE SIGNS & SYMPTOMS OF COVID-19 Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See CDC Fact Sheet in Appendix).

Symptoms may include:

- Fever or chills (100.0F or Higher)
- Cough, congestion, runny nose, sore throat
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea, vomiting or diarrhea

Restrooms:

Restrooms will be available at the Stadium

Concessions:

We will have a limited concession stand available with drinks and pre-packaged items.

Runners Arrival & Departure:

- Runners should arrive no earlier than 1 hour prior to the first race.
- At the conclusion of their race, runners may cool down but must leave the finish area & the turf/track area.

Packet Pick-Up

- Please see Malissa Kirby for packet pick-up. She is located on the lower level of the field house.

Start Line

- Teams should arrive at the start line no sooner than 5 minutes prior to their race.
- No run outs permitted at the start line.
- No meeting with the officials.

Finish Line Area

- Only officials, chute workers, timers, and athletic trainers are permitted down by the finish line.

Team Camp Areas

- Teams may set up camp in the openfield between track and Middle school. Please do not set up camp within 20 feet of course or within 10 feet of other school camps. Teams may also set up camp in the Football stadium stands. Please clean up your team area when you depart.