



## Poland Seminary High School Athletic Department

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### Northeast 8 Conference Championship Cross Country Meet

Saturday, September 26 at Poland Township Park

(5400 Moore Rd., Lowellville, OH 44436)

**6:30 PM MS Girls / 7 PM MS Boys / 7:30 PM HS Girls / 8:10 PM HS Boys**

- Pre-Race
  - Coaches must monitor their athletes for signs of illness per OHSAA guidelines. Anyone showing signs of illness must not travel with the team or attend the meet. Travel restrictions must also follow OHSAA recommended guidelines.
  - Take 224 away from the center of Poland to Struthers Road (blinking light). Take a right on Struthers Rd. After about ½ mile (before going up a hill) take a left on Cowden Rd. Follow Cowden until it ends. Take a right into the park. Spectator parking is on the grass field on the right. Bus parking is on the left, after the spectator lot.
  - Busses should park in the gravel lot to the LEFT when entering on Cowden Road. A low telecommunications line limits the area for bus parking - please pay attention to signs & greeters! Athletes can be let off before the bus parks.
  - Team camps should be in the field near the playground. Team camps must be spaced appropriately from adjacent camps (at least 12 feet). Areas will be marked off for team camps - please plan to camp in one of those areas & remain within the markings. Teams are strongly encouraged to bring a camping light of some form for their camp. Electricity is available from the pavilion but teams must provide their own extension cords (100 ft).
  - Team members should walk directly from their bus to the team camp area, wearing an appropriate face covering. All team members must remain masked at their camp site when not warming up, competing, or cooling down. Open air tents without side panels are allowed. It is the responsibility of the coaches to enforce proper social distancing in the camp area. No one other than team members and support staff are permitted in the camp area (no parents/spectators).
  - Port-a-Potties will be available to athletes & spectators. No flush toilets will be available.
  - Several hand sanitizer stations will be set up - two near the spectator area, one on the pavilion near the playground where teams camp, and one near the finish of the race.
  - Coaches **MUST** register on baumspage by Sunday, September 20. Please mark “not participating” for any athletes you know will not be racing. Chips will be assigned but are in high demand and **MUST** be returned at the end of the evening.
  - One representative should pick up all packets for one school (a separate representative for MS is allowed if needed). This pick up will be from the pavilion visible from the starting line. The packet will include a chip for each participant, as well as the team’s starting position. All participants **MUST** cross the finish line with their appropriate chip! If a shoe with a chip comes off, the athlete must make sure that shoe & chip still cross the finish line with them.
  - Course maps are available on baumspage (remember that the meet is under CONFERENCE MEETS on the LEFT of baumspage). No course adjustments have been made from earlier races this season however the starting line has changed from 2019.
  - A “facility” map is also on baumspage - please share with potential spectators!
  - Parking will be in the large grass area. There will be a small section of handicap parking for those with appropriate handicap stickers to utilize. There will also be a section of the parking lot reserved for spectators who will not leave their car. Those spectators will be able to see the start and finish from their vehicle. No one



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parked in that area will be allowed to exit their vehicles. They must proceed to the spectator parking area in order to exit their vehicle. There will also be a drop off area near spectator hill, so that drivers can turn around and return to spectator parking after dropping off riders.

- A \$2 per car donation will be collected to offset the cost of the lighting.
- There will be no concession stands available, however the Kona Ice Truck will be there!
- Spectators should plan to observe the race from “spectator hill”. The top of the hill spans approximately 400 meters and allows a good view of the course. Spectators who would like to enter the “valley” MUST remain in tall grass (be advised it is near a wetlands area, so critters may be sharing the space). Spectators are expected to remain socially distanced and wear masks.
- There should be no runouts at the starting line. Athletes should report to the starting line approximately 5 minutes before their scheduled race time. They should be ready to start at that point - run outs should take place in other areas of the park. The soccer fields on the other side of the tree line OR at the far end of the first field, though generally off-limits, would be a good place for run-outs as they will be well-lit.
- School issued, legal uniforms must be worn by all competitors.
- NO glow sticks, please!
- Second Sole will be selling NE8 CC T-shirts (great material!) for \$20 (cash or credit).
- Warm ups will be permitted on the course with groupings of 10 or less.
- Race
  - Starting blocks will have 6’ between each team. Starting block positions will be assigned, shared at chip pick-up, and stay consistent for each school in each race.
  - There will be no clerking or team check in with officials at the starting line. Coaches should review starting procedures with their athletes prior to the meet, accompany their runners to the starting line, and provide an accurate count of runners participating to the official at the starting line. Medical paperwork to carry an inhaler, etc. should also be available to be presented by coaches at that time.
  - Competitors are advised to social distance as much as possible during the race. Contact between runners is strictly prohibited.
  - There will be a clock at the 1 mile mark that will then move to the 2 mile mark as needed for the HS races. This means HS runners who do not complete the first mile in 10 minutes or less will not see their mile time.
  - Any athlete who finishes after 30 minutes in the Middle School race or after 40 minutes in the High School race is not guaranteed to receive a time. If a coach knows a SCORING team member will finish after these times, they must notify the finish line at the beginning of the race in which this is expected.
  - Masks do not need to be worn by competitors, however they must be worn by coaches and spectators at all times.
  - There will be lights lining the downhill to the finish area, but there will be no finish chute after the finish line. Athletes MUST continue along the finish line until the exit approximately 100 meters away. A small bottled water will be there for them to pick up. They should immediately return to their team camp to get their mask, then may cheer on remaining runners with their masks on while maintaining social distancing. It is however recommended, where possible, that runners who have completed their race should leave the park as soon as possible, after returning their chip to their designated bag.
  - Athletes cannot linger at the finish area, not even to encourage other finishers. They should exit the finish promptly and return to their team camp. They will need to return their chip to the original Ziploc bag the chips were picked up in.



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- EMTs will be available near the finish line.
- The OHSAA has mandated that race management & officials are not to have any type of direct contact or touching with competitors.
- A reminder to coaches regarding Lindsay's Law: if you have an athlete collapse during or after the race & require medical assistance it will be assumed that the athlete will not be able to compete again until a doctor clears them / theatrical displays of drama in the finish area will not be tolerated / a runner's goal must not only be to cross the finish line but to also swiftly exit the finish area and return to their team camp under their own power.
- Post-Race
  - Results will be posted electronically on baumspace as soon as the last runner finishes each race. Accurate counts provided by coaches at the starting line will expedite this process.
  - Winning teams will be announced at the meet, but no individual or team awards will be presented in person. Any awards will be given to school Athletic Directors at a later date.
  - Chips **MUST** be returned that night! Chips are in even higher demand than normal this season - please make sure all athletes understand the importance of returning the chip to their coach. Coaches will return all chips in the Ziploc bag they receive at check-in. These Ziploc bags should be returned to the same pavilion (visible from the start) where they were picked up. Chips not being returned will result in awards being withheld.
  - Athletes are asked to cool down away from the course. If they choose to cool down on the outer edges of the course, masks must be worn even during the cool down.