



ODCS Cross Country Invite

Location: Lorain County Community College 1005 Abbe Rd N, Elyria, OH 44035

Entry Fees: \$175 per high school and \$150 per middle school. \$25 per individual (if not entering a team)

Teams Racing:

JH

ODCS
Oberlin
Cuyahoga Heights
Brookside
Wellington
Vermilion
Clearview
Columbia Station
Avon
Keystone

HS

ODCS
Oberlin
Cuyahoga Heights
Brookside
Wellington
Vermilion
Clearview
Columbia Station
Hearts for Jesus
Keystone

General Guidelines:

1. We ask that only two spectators per household attend this event to maintain low crowds. We are looking to keep the crowds down and reserve space for our runners to maintain a safe environment.
2. **EVERYONE** who is not actively competing or preparing to compete must wear a mask while at the park.
3. It is everyone's responsibility to enforce mask and social distancing rules. Please keep everyone accountable for proper guidelines.
4. Teams can have no more than ten runners.
5. Athletes should bring their own water bottles. Water will only be provided for emergency aid to athletes.
6. There will not be a coaches meeting. We plan to do a video prior to race day.
7. No concessions.

Arriving to the Event:

1. We ask that you arrive no earlier than 1 hour prior to the first race.
2. Packet pick up will be by the tennis courts.
3. Each team can set up team tents but the team should stay in the vicinity of their space. The team may choose to stay on their bus as well.

Warming Up and Starting Line:

1. Team warm ups should always be mindful to maintain social distance to the other teams.
2. Teams should not arrive at the starting line until 5 minute before race time.
3. At the line there will be boxes for each team. Boxes will be wider and distanced between other teams.
4. There will be no run outs, team cheer etc at the starting line.

After the Race:

1. Once they cross the finish line, runners should immediately return to their camp and put on their mask.
2. Bottled water will be available only in emergency situations, runners should plan to return to camp and drink their water the race.
3. Teams should leave as soon as their race is complete. If you are sharing transportation with another team (for example a boys and girls team that shares a bus) then you must leave after the team is done. Schools who have athletes in multiple races should not remain for the other race if at all possible.
4. Results will be posted online but not at the facility.
5. Individual and Team awards will be made available to you after the event.

We can have a GREAT event but we need all of your help! Please comply with these guidelines and volunteer to help out at the start and finish line to help kick off the start of the season!

Race Schedule:

- Junior High Girls Race 4:00pm
- Junior High Boys Race 4:30pm
- Varsity Boys Race 5:00pm
- Varsity Girls Race 5:30pm

Tags/Changes to Rosters:

- We will be using bib chip timing again this year. Please be sure to return all unused bibs prior to the meet.
- If you have any changes to your rosters, please see Bryce Johnson when you arrive.
- We will be using Baum's Page again for entries. The window will open on August 31st and will close on September 11th.

Scoring:

- Scoring will be based upon the top seven runners from each team.
- Runners that are beyond the top seven finishers on their teams will not be included in team scoring.
- Any runner on teams having less than five finishers will not be included in team scoring. However, they will be eligible for individual awards.

Awards:

- Varsity Teams: Plaques for 1st and 2nd place Boys and Girls teams
- Junior High Teams: Plaques for 1st and 2nd place Boys and Girls teams
- Varsity Individuals: Plaques for first five Varsity Boys and Girls finishers
- Varsity Individuals: Medals for 6-15 Varsity Boys and Girls finishers
- Junior High Individual: Medals for Top 10 JH Boys and Girls
- Plaques and medals for the top finishers in each race will be sent to the schools

Nurse & Athletic Trainer:

A nurse and athletic trainer will be present during the meet.