

Coaching Instructions

Please read meet instructions carefully to your team and share with parents and spectators. These instructions are for the safety and consideration of everyone.

Masks Are To Be Worn At All Times by coaches, athletes, and spectators. Athletes are to wear masks unless racing or warming up. Please maintain a distance of 6ft from all others.

Symptom check - The day of the event, please do a symptoms check on ALL athletes. They are to have no cough, fever, chills, headache, etc. the day of the event. If an athlete feels even the slightest bit ill, please have him/her stay home for the safety of others.

Campsites - Upon packet pickup, your team will be assigned a team campsite. Your team is to report to that location and stay in the site unless warming up or racing. Please, no interaction with other teams or sites. If you wish to camp outside of the staging area next to North High School or by the jr. high feel free. Please, no parents, spectators, or fans at team camps.

Water - Coaches, you are to provide water for your athletes at the finish area and at the team camp. Water will only be provided on an emergency basis to athletes from the host site. A suggestion is that each athlete has his/her own gallon of water with his/her name on it.

Warming up - Please warm up outside of the cross country course or any place that your team can be socially distanced from other teams. The woods will be CLOSED to all warm ups! Have your athletes enter and exit at the team entrance and not through the spectator exit.

Arrival/Race Times/Departure - 1) The time schedule is VERY sensitive this year. We are trying to limit the amount of contact time a team has on the race site. Please arrive no earlier than 90 min. before race time. Report to the starting line 5 min. before gun time. There will be NO race directions. The official will sound an air horn 2 min. before race time. If possible, please have your athletes wear disposable masks to the start line and dispose of them right before the start. It will be a QUICK START as there are no directions, please advise your athletes to be ready.

2) Please try to have your team in a starting position that spreads them out. We will have larger starting boxes. The races will stay on schedule, if you have a runner that you know will take longer than the allotted time, please pull him/her from the race.

After your race, have your team packed up and departing 60 min. after race time. **NO trash cans or water bottles at the start line.**

Finish Corral/Awards - The finish area will not have a finish chute. Runners are to cross the finish line and then exit the area as quickly as possible. Runners will have disposable bibs, so there is no need to return timing devices. Awards can be picked up next to the timing trailer. Results will be posted ONLINE. Results will NOT BE posted on site. It is the responsibility of the coach to pull up results and pick up the award of the athlete. This is to limit the amount of contact between teams, spectators, and athletes. Around the finish corral will be large painted diagonals. Please keep this area free of spectators. This is so runners can leave the finish corral quickly and easily with minimal contact.

Concessions/Restrooms - Concessions will be closed the day of the event. Restrooms will have one-way in and one-way out. Please leave out the exit and enter through the only entrance.

Ticket Sales - Tickets will not be sold at the gate. Tickets will be available on pickeringtonpanthers.org when the event becomes available.