

2020 SWC Middle School Cross Country Championships

Avon Veterans Park

Welcome to the 2020 SWC Middle School Cross Country Championship. All entries will be done online through Baumspage. Entry window will close at 8:00 pm on October 14. Teams are permitted 10 runners in the varsity races which is race 1 and race 2. All Covid guidelines must be followed according to the Lorain County Health Department and the State of Ohio. Thank you for all that you do for our student athletes to make this event a success.

RACE 1 (Boys): 4:00 pm

RACE 2 (Girls): 4:35 pm

RACE 3 (Boys): 5:10 pm

RACE 4 (Girls): 5:45 pm

Prior to Event / Arrival

- COVID Verification form completed.
- Health assessment of all athletes including a temperature check prior to arriving at the park.
- Everyone not competing **must wear a mask at all times.**
- NO tents. Teams may use baseball fields 6 & 7 for team camps
- Field 6 - Avon Lake, Amherst, North Olmsted, Olmsted Falls,
- Field 7 - Avon, Berea, Midview, North Ridgeville, Westlake,

Bus Parking Arrival and Departure

- No school should arrive before 3:00 on October 16. All buses will park in the south parking lot near the finish line.

Spectators

- Please limit 2 spectators per student athlete.
- Spectator parking will be permitted in the playground parking lot and all available lots north of the playground.
- We ask that spectators arrive no earlier than 15 minutes before their son/daughters race and depart immediately after the race is completed.
- Spectators should not attend if exhibiting any Covid symptoms.
- Spectators are required to wear a mask.

Restrooms

- Please adhere to signage and 6 ft distancing.
- Runners should arrive to race in uniform and ready to compete.

No concessions

Start Line /Warm-Up

- Runners may arrive 5 minutes early to the start line before their race.
- ONE coach per team at the start line.
- Alleys will be assigned.
- No pre race rituals or run outs
- All student athletes will maintain 6 ft distancing, find their alley box and locate the position markings. Safety is priority. One runner for each spaced out 6 ft apart. For most accurate time readings it is recommended that athletes towards the back wear a watch.
- Disposable chips timing located in coaches packets upon arrival (coaches to distribute)
- When the race starts, runners are to run directly in their box lanes straight ahead until they reach approximately 150m (a post/flag will be present to designate). Participants may then break in.

Finish Line and After

- There will be no finish line chute.
- Runners should IMMEDIATELY head towards their team camp site when crossing the finish line for water and to remask.
- Water will not be provided at the finish line.
- No congregating at the finish line.
- Athletic Trainer will be on site.
- Results will be posted online.
- Masks need to be worn at all times by spectators, coaches, and athletes when not actively participating.

Please let me know if you have any questions or concerns.

Good luck!

Scott Lanham

AMS Athletic Director

lanhams@avoneagles.org

440-320-6778 Cell

440-934-3800 ext. 5160

COACH'S COVID VERIFICATION FORM

COMPETITION NAME: _____ **COMPETITION DATE:** _____

PARTICIPATING SCHOOL NAME: _____

DIVISION _____ **BOYS** _____ **GIRLS** _____

HEAD COACH'S NAME: _____

The Office of the State of Ohio Governor, the Ohio Department of Health, the Ohio High School Athletic Association, along with local authorities and meet management, recognize the immediate action necessary to mitigate the danger that COVID-19 presents to the residents of the State of Ohio. Therefore, let it be known that all current orders, guidelines and recommendations that are in effect at the time of the above indicated competition are to be followed as applicable.

In addition to any current orders, guidelines and recommendations that are in effect at the time of the above indicated competition, all coaches, student-athletes and school representatives of the above-indicated participant school team(s) are expected to: 1) Conduct symptom self-assessment prior to traveling to the competition venue, 2) Answer the following questions and do a temperature check BEFORE departing for the competition site: a) Do I have a fever of 100.4 degrees Fahrenheit or higher?, b) Do I have a cough?, c) Do I have a sore throat?, d) Do I have shortness of breath?, e) Have I been in contact with anyone with a confirmed case of COVID-19 in the past 2 weeks?, 3) Stay home and not enter the competition area if answering YES to any of the questions above, 4) Wear a face covering at ALL times while not engaged in physical exercise, and 5) Be respectful of all event staff and follow their directives.

Furthermore, coaches are expected to make the effort to educate spectators affiliated with the above-indicated participant school team(s) to be responsible before departing for the competition site and while at the site understanding that spectators ultimately are responsible for their own actions. Coaches are expected to make the effort to educate and encourage spectators: 1) to conduct a symptom self-assessment prior to departing for the competition site, 2) to not attend the competition if they answer YES to any of the self-assessment questions, 3) to properly conduct themselves while at the competition site by maintaining social distancing of at least 6 feet at all times unless they are from the same household, 4) to not congregate together except if from the same household, 5) to not smoke or vape anywhere at the competition venue including parking areas, and 6) to be respectful of all event staff and follow their directives.

During the competition that would make it difficult for the meet management and event staff to meet personally with all coaches and captains, all coaches shall agree to the following:

I certify to the meet management that to the best of my knowledge, all contestants and coaching staff members under my supervision are in compliance with any current orders, guidelines and recommendations that are in effect at the time of the above indicated competition including, but not limited to, passing the COVID-19 symptom assessment and are equipped to wear a face covering while not engaging in physical activity. Furthermore, I have made every effort to educate the spectators affiliated with our team(s) about how to properly conduct themselves in compliance with all current orders, guidelines and recommendations associated with the efforts to mitigate the spread of COVID-19 understanding that spectators ultimately are responsible for their own actions.

Coach's Signature: _____

Date: _____

PLEASE RETURN THIS FORM TO THE AREA AS DIRECTED BY MEET PERSONNEL.