

8th ANNUAL TUSLAW CROSS COUNTRY INVITATIONAL
SATURDAY, OCTOBER 10, 2020
@ NICKAJACK FARMS

The Tuslaw Athletic Department will be hosting their 8th annual HS & MS Cross Country Invitational on Sat. Oct. 10, 2020. The races will be held at NICKAJACK Farms which will be a fun and fan-friendly course. The 2020 competition will feature the following times:

8:00 AM: Packet pick-up and tour the course

9:00 AM: High School Girls race

9:30 AM: High School Boys race

10:00 AM: Middle School Girls race

10:30 AM: Middle School Boys race

RS Racing Systems will be in charge of the timing system for each race

Please mark (X) the races your school intends to run & make a copy:

_____ MS Girls Race (\$40 fee)

_____ MS Boys race (\$40 fee)

_____ HS Girls Race (\$80 fee)

_____ HS Boys race (\$80 fee)

_____ \$6.00 per HS/MS runner if no full team but may run designated race

_____ Total fees please make checks payable to: Tuslaw Athletic Dept.
(Please send payment prior to day of race if possible...thank you!)

Coaches must enter athletes online using the website www.baumspage.com
Online window starts Sun. 9/27/20 @ 9:00 AM until Wed. 10/7/20 @ 5:00 PM.
PLEASE UPDATE YOUR ROSTERS FROM THE BEGINNING OF THE YEAR!! SCHOOLS
WILL BE CHARGED FOR RUNNERS WHO ARE ENTERED ONLINE AND DO NOT RUN
OTHER THAN INJURIES/UNFORESEEN CIRCUMSTANCES.

Nickajack Farms: 2955 Manchester Ave., NW North Lawrence, OH 44666
(located approximately 2.5 miles north of Tuslaw HS) From THS, turn LEFT off of
Rt. 93 (drive is on the west side of Rt. 93) and head up long gravel road.

Coaches: Please inform your fans there will be a \$5.00 entrance fee PER VEHICLE
into this event. Please NO PETS allowed on Nickajack grounds. Thank you!

Complete above form & email to: dburkett@tuslawsschools.org

A contract agreement has been sent to your Athletic Director through ARBITER to accept. I have confirmation on the following from entry fees received as of now:

HS Girls:

Alliance: 6	McKinley: 12	C. South: 5	Coventry: 8
Fairless: 4	Lake CC: 8	Massillon: 2	Norton: 14
Malvern: 7	Tusky Valley: 6	Tuslaw: 7	Total: 79

HS Boys:

Alliance: 11	McKinley: 11	C. South: 5	Coventry: 12
Fairless: 11	Lake CC: 11	Massillon: 7	Norton: 13
Malvern: 6	Tusky Valley: 9	Tuslaw: 16	Total: 112

MS Girls:

Alliance: 6	C. South: 2	Coventry: 4	
Fairless: 6	Lake CC: 5	Louisville: 12	Massillon: 4
Marlington: 6	Norton: 4	Malvern: 5	T. Valley: 5
Tuslaw: 12	Total: 71		

MS Boys:

Alliance: 8	C. South: 3	Coventry: 6	Crenshaw: 8
Fairless: 8	Lake CC: 7	Louisville: 6	Massillon: 3
Marlington: 10	Norton: 8	Malvern: 1	T. Valley: 6
Tuslaw: 5	Total: 79		

Other runners:

Questions please email one of our coaches:

Matt Roshak, Head Boy's XC Coach: mroshak@tuslawsschools.org

Ed Cybak, Head Girl's XC Coach: ecybak@tuslawsschools.org

There MAY be a concession stand and t-shirts sold at the meet.

8th ANNUAL 2020 TUSLAW CROSS COUNTRY INVITATIONAL

Coaches,

In light of the ever-changing cross country season requirements due to COVID-19, we at Tuslaw have been working hard to do a complete overhaul of our invite to ensure that it is aligned with all health and safety recommendations and requirements passed on to us by our local Health Department, as well as the Governor of Ohio's suggestions and mandates. Please know that all changes discussed within this letter were not decided on easily; these decisions and this overall plan is the culmination of many long discussions amongst coaches, health department representatives, athletic directors, and administrators. **PLEASE READ THIS LETTER CAREFULLY**, as there are some very specific and timely actions that each of you will need to complete in order to participate in this year's invitational. Please do keep in mind that at the end of the day, each and every decision has been made with the health and safety of our students, coaches, and spectators in mind.

New Requirements for Coaches

- Coaches will enter their runners into Baum's Page to help ensure we keep each race under 150 runners.
- Coaches will be required to bring with them the attached OHSAA Symptoms Checklist. We ask that before boarding the bus, you ask each of your athletes and coaches the questions on the sheet, and record their temperatures. You will turn these in upon arrival to the meet, per Health Department request.
- **We will be limiting spectators to FOUR (4) per athlete IMMEDIATE FAMILY ONLY.**

Coaches will need to create a list of each athlete, and the corresponding FOUR spectators they

wish

to attend. We will essentially have a “VIP” list at the entrance, and if a name is not on the list, they will not be permitted on the event grounds. Your list can be in a Google Doc., a .pdf, or simply in an email. Send your lists to the Tuslaw Athletic Director, David Burkett, at dburkett@tuslawschools.org. Please note, if we do not receive this list, your team’s spectators will NOT be permitted.

●Once you arrive at Nickajack, you will be permitted to set up any team supplies within the designated area if available. We ask that you bring as little with you as possible. We discourage even bringing tents this year. . *This was the recommendation of the OATCCC to not allow tents*. Keep in mind, this year our races are designed to be as quick and efficient as possible. The less reason teams have to hang around, the better.

●Please ensure that each of your athletes are wearing masks basically at all times other than warming up, running, and cooling down. If a particular team is repeatedly told to wear their masks, penalties to the team may be given. If an athlete refuses to wear a mask, please instruct them to stay home and we will see them next year.

●Bring plenty of water for each athlete, and make sure you are set up no closer than 50ft-100ft at the finish line at a previously-designated spot. It will be your responsibility as coaches this year to ensure your runners stay hydrated and receive water immediately upon finishing. We will have bottled water for emergency situations only.

COVID-19 Precautions, Suggestions, and Practices** Please note, the following are suggestions and guidelines that were given to us directly from the Stark County Health Department.

1. All athletes, coaches, and spectators must wear masks while on the school grounds.

Runners may discard their masks while racing, but must have them on before and after

2. Each coach **MUST** fill out and turn in their OHSAA Symptoms Checklist (see attachment). You will turn these in as soon as you get off the bus, so please have them filled out beforehand. These lists will be kept in case we need to contact trace in the event of someone testing positive for Covid-19 after race.
3. All spectators, coaches, and athletes must practice social distancing.
4. All volunteers will be wearing masks.
5. Each volunteer will have their temperatures checked prior to the start of the first meet.

Entries: This year's entries will be done on Baumspage, same as usual. Please be sure to have all entries entered by the cut off, which will be Wednesday, October 7, 2020, at 5 PM.

COACHES WILL NEED TO ENTER IN THE DESIGNATED RACE.

Results will not physically be posted at the meet, and instead will be uploaded to Baumspage.

Touring The Course: Opportunities to tour the course will be limited, and will only be allowed prior to the beginning of each session. No schools will be permitted to walk the course or warm upon the course once races have begun. Maps can be located on Baum's.

Starting Line Changes: We will be lengthening our starting line as much as physically possible this year, to allow even more space for social distancing amongst teammates and other teams. Each box will be **AT LEAST** 6 ft. boxes in between each team. We ask that you instruct your athletes to stagger themselves appropriately within their boxes, so we have no more than 2 runners running abreast, 6 ft. between them and 6 ft. behind. This will be the responsibility of the coach, as the officials will not have enough time on the line to make sure each runner is 6 ft. apart from his or her teammate. We ask that you encourage your runners to stay away from other runners as much as physically possible during the race, though we understand this is impossible to ensure.

Finish Line Changes:

Team recovery sites must be at least 50ft-100ft away from the finish line. Remember, we will

only be providing water for emergency situations. Be sure to bring water for your runners!

Individual awards and team awards will be given at the finish line or after events.

Race Schedule: PLEASE read the attached UPDATED race schedule closely.

Location The meet is held at Nickajack Farms 2955 Manchester Ave. NW. North Lawrence, OH. We will have volunteers directing parking/traffic.



Entrance fees there will be an entrance fee upon arrival. Price for admission of spectators on the VIP list will be \$5.00 per person LIMIT UP to 4 family members.

Varsity Girls Team: \$80.00 Varsity Boys team: \$80.00

Middle School Girls Team: \$40.00 Middle School Boys Team: \$40.00

Individual Racers: \$6.00

Concessions: There will NOT be an open concession stand. Communicate this

to spectators, as well. We will have water for emergencies only!



Race Schedule



8:00 am: Packet pick up and tour course (social distancing and wearing mask)

9:00 AM: HS Girls race

9:30 AM: HS Boys race

10:00 AM: MS Girls race

10:30 AM: MS Boys race



****Please note, we will NOT be starting any race early. To keep with schedule and Covid-19 protocols, runners may be asked to stop exceeding 30 minutes.**

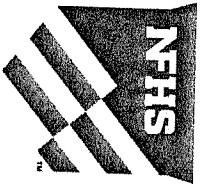
Email: dburkett@tuslawschools.org

Matt Roshak, Boys XC Coach mroshak@tuslawschools.org or Ed Cybak, Girls XC Coach
ecybak@tuslawschools.org

SCHOOL _____ CC COACH _____

CONTACT # (____)-____-____ COACH'S E-MAIL _____

CONTEST CONTRACT HAS BEEN SENT VIA ARBITER TO ATHLETIC DIRECTOR



Ohio High School Athletic Association

School: _____



CIRCLE RACE:

HS GIRLS

HS BOYS

MS GIRLS

MS BOYS



COVID-19 Athlete/Coach Monitoring Form

DATE: _____

PERSON RESPONSIBLE: _____

Sport: cross country

CIRCLE YES/NO BELOW

NAME Coach:	GRADE	TIME	FEVER		COUGH		SORE THROAT		SHORTNESS OF BREATH		CONTACT w COVID-19		TEMP IF > 100.4
			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
1.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
2.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
3.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
4.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
5.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
6.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
7.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
8.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
9.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
10.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
11.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
12.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
13.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
14.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
15.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
16.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
17.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
18.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
19.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	
20.			YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	

SAMPLE COACH'S COVID VERIFICATION FORM

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

PARTICIPATING SCHOOL NAME: _____

_____ **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. (GATE)

★ OVER FOR MONITORING FORM →