

Welcome to the 2020 Southwest District Cross Country Championships,

This year most aspects of the SW District Championships will look and feel very different. Guidelines have been created to ensure runner safety and to provide an opportunity for a limited number of family members to support their athletes. Please understand that the Southwest District and OHSAA are working through several jurisdictions to provide this opportunity to the runners. I respectfully request for all runners, coaches and spectators to follow the guidelines listed below.

Our focus is on the kids, the runners who have put so much into their sport. Every runner, parent and coach must evaluate every decision they make. Collectively we must wear masks, social distance and greatly limit numbers at all events. IF, we are able to manage this I feel very strongly that the kids will be able to complete their season.

All that I can do is ask for your help. My promise to everyone reading this is that my team will put a plan in place to keep the runners, coaches and officials safe. Their ability to safely compete is our primary objective in organizing this event.

Respectfully,

Richard Bryant, Athletic Director – Lakota East High School

### Race Day Organizational Information:

#### Safety Protocols:

- Please understand that these protocols are not up for discussion and/or argument on race day. Any clarifying questions should be asked prior to race day. Protocols will be followed without question by all participating teams and spectators. Failure to do so will result in the entire team/ spectator being removed from the event.
- ***Face coverings must be worn by coaches and spectators at all times.***
- ***Face coverings must be worn by all athletes when they are not warming up, racing, and cooling down.***
- Runners are permitted to have a gaiter around their neck while running.
- Please make sure your team area is well clear of other teams. **Team tents are NOT permitted.** Please bring tarps and team flags only. Meet management does understand that gathering will have to take place (bib distribution), we ask that kids are always masked and socially distanced in your team area. Coaches, this will take a great deal of organization pre-race to ensure the event runs smoothly.
- Spectators will have very limited access to runners on the course.
- ***Spectators need to stay away from team camps, the starting line boxes and designated areas at the finish.***

## Spectators

- **We are respectfully requesting that schools and teams clearly communicate to families these protocols and the need for limited spectators at the event.**
- **The SWD will be using Online Ticketing for the event. Ticketing information and spectator limitations will be released as we get closer to the event. Please plan for 2 spectators per runner.**
- We are also requesting that spectators arrive 30 - 40 minutes before their athlete's race and depart immediately following their athlete's race.
- Coaches - Please tell your supporters not to watch any races that their athlete is not participating in.
- Please note that spectators will have limited access to runners on or near the course. Especially near the start and finish lines.

## Check-in:

- Packet pick-up will be at the large, white trailer near the finish line once the timing company arrives.
- An official or meet administrator will be there at pick-up to cover the normal topics covered during the pre-race meeting. Please note there will not be a pre-race meeting prior to the start of each race.

## Pre-race Warm-up:

- Runouts and team gatherings will not be permitted in or around the starting line area.
- Athletes need to report to the starting line 5 minutes before their race.  
**ATHLETES MUST WEAR MASKS TO THE STARTING AREA.**
- Please attempt to warm-up off the course. If coaches/runners are walking the course strict social distance measures should be followed – 6 feet!

## Starting Line:

- **Athletes need to report to the starting line 5 minutes before their race, verbal reminders will be given from officials and meet management.**
- Masks are to be worn by all runners and coaches when not engaged in physical activity.
- Per the Ohio Department of Health Order, races are capped at 150 runners. Our races will not reach capacity.
- Boxes will be organized in a way to promote social distancing in the time leading up to the start of the race.
- Each team must have a system to collect masks, warm-ups and water bottles in the starting area. Masks should be placed in an individual plastic bag along with the other items and should be placed in a container to transport to the finish line.

**Continued on next page!**

### Starting Line (continued):

- Teams will be assigned a starting box (#1 to #15) Each box will have a secondary box located behind it for removal of warm-ups, mask removal and storage. Boxes will be clearly marked, boxes with X's should not be used.
- Runners will be moved from this staging box to the starting line 60 seconds prior the race beginning, three long whistles will start this process.
- A single long whistle will signal that everyone should be set at the starting line.
- The race will start very quickly by starting pistol (5 to 7 seconds) once the runners enter their primary starting box and line-up on the starting line.

### During the Race:

- Once the race starts, it is a true competition. The course is 16 feet wide at its narrowest point, this is well within OHSAA and OATCCC guidelines.
- Spectator access to the course will be greatly limited.
- The course will be marked with appropriate signage designating course direction.

### Finish Line:

- Runners will be collected at the end of the race in a very large area that will be sectioned off from any contact with anyone outside from meet personnel, other runners and coaches.
- Coaches will distribute athletes' masks, that were collected at the start, in the finish area. Athletes need to wear the masks from this time until they start their cool down.
- Coaches – I need you to talk to you runners about the finish line, please explain to them that they cannot flop at the 3.101 mark. Runners must remain on their feet and walk towards the exit.
- Runners will have the chance to catch their breath and will be quickly ushered out of the finish area.
- We will have single use cups of water for the runners they exit the finish area.
- In summary, all runners will be quickly ushered out of the finish area once completed. Runners will not be able to congregate or talk to coaches in this area.
- Lakota East Trainers will be in the finish area if needed after the race.

### Post-Race:

- If possible, runners should immediately leave the property as soon as their race and cool down is over.
- **There will not be an Awards Ceremony after the race. Trophies can be picked up by 1<sup>st</sup> and 2<sup>nd</sup> Place Teams at the white trailer after each race.**
- In the past teams have congregated on the property for post season awards and picnics. Please understand that these types of gatherings are not permitted and would need separate approval from VOA and the BCHD.