



LINDALE EAGLE INVITATIONAL CROSS COUNTRY MEET 2020

Date: Thursday, October 1, 2020
Race Site: **Texas Rose Horse Park**
Address: 14078 TX-110 N, Tyler, Texas 75704
PLEASE NOTE THE CHANGE IN LOCATION FOR THIS YEAR'S MEET

Course: **2 Mile:** Varsity Girls: (1A-4A); JV Girls (1A-4A)

5K: Boys: JV (1A-4A) and Varsity 5K (1A-4A)

Awards: The Top 10 individuals in each race will receive a medal.
The 1st place teams in each race will receive a plaque

Fee: **\$300 Flat Rate per school, regardless of number of divisions entered or number of participants**

Please Remit Payment To "Lindale High School" 920 E. Hubbard Lindale, TX 75771

HEAT 1	HEAT 2- <u>please arrive no earlier than 9:45</u>
Rains; Wills Point; Canton; Sabine, Bullard; Palestine; Kilgore; Spring Hill, Martin's Mill	Mabank Mineola, Kaufman Lindale, Cumberland, Henderson, Eustace, Edgewood Alto
8:00 JV Girls (2 mile) 8:25 Varsity Girls (2 mile) 8:50 JV Boys (5K) 9:10 Varsity Boys (5K) Rolling Start-All Times Approximate We will attempt to start early after first race	10:45 Varsity Boys (5K) 11:10 JV Boys (5K) 11:35 Varsity Girls (2 Miles) 12:00 JV Girls (2 Miles) Rolling Start-All Times Approximate We will attempt to start early after first race
Course Inspection Times: 7:15-7:45	Course Inspection Times: 10:00-10:30

Each team will be allowed a maximum of 10 runners per division in accordance with UIL guidelines.

Lindale Eagle Invitational Social Distancing Guidelines

Arrival Time:

In accordance with UIL social distancing mandates, please arrive no more than one hour prior to the start time of your team's first scheduled race.

Spectators:

While no spectators will be turned away from the meet, LISD asks that all participating schools make a good faith effort to limit the number of spectators and any other patrons who are not directly involved with coaching, athletic training, or the competition itself.

COVID-Prevention Measures:

The parent/guardian of each student-athlete participating in the race must sign the liability waiver prior to the competition. In addition, each participant will be subject to a temperature check (no contact) upon arrival on race day.

Team Camps:

While teams are permitted to bring their own tents or other items used to identify their "camp," Lindale ISD respectfully asks all participants to refrain from loitering around the camp area upon conclusion of their assigned heat.

Access to the Starting Line Area:

Only coaches and participants registered to run in the next race will be allowed at or around the start line area. All other competitors must stay in the assigned "Camp" area until the "First Call is made for their race. At that time, runners may make their way to the start line to begin the process of warming up and preparing for their race.

Protocol for runners who have completed their race

The Lindale ISD athletic training staff will make water available for all participants after runners cross the finish line. Runners will be expected to head directly to their team camp upon the conclusion of their race. Due to social distancing mandates, competitors will not be permitted to stay around the course to cheer on or encourage other runners.

**All individual entries must be submitted through <https://tx.milesplit.com/>
Deadline for Team entries is Tuesday, September 29 at 8:00 AM**

For questions contact: Chris Grotemat - grotematcb@lisdeagles.net or (903) 452-9125



LINDALE EAGLES INVITATIONAL MEET
You may bring the check to the meet or mail to:

**Lindale Cross Country
Attn: Chris Grotemat
920 E. Hubbard
Lindale, TX 75771**

Team Entry Fee: \$300 (flat rate)
Please make payment to "Lindale High School"

