



**Springdale Schools  
Cross Country Invitational  
Saturday, October 10, 2020**



**\*\*THIS MEET IS PASSWORD PROTECTED\*\***

**CONTACT COACH ADAM BUMSTED (ABUMSTED@SDALE.ORG) TO OBTAIN A PASSWORD FOR THIS MEET!!**

**CONTACT COACH BUMSTED BY PHONE (479-283-2645)**

**At this time, we ARE NOT limiting teams or entries into the meet....However, if our district or AAA changes COVID-19 Guidelines, we WILL limit the number of entries per team and number of teams if necessary!!**

**COVID - 19 Procedures**

1. Coaches: Please fill out the COVID screening form for your entire team and remember that you will have your temperatures checked before receiving packet. **NO FORM = NO CHIPS!!**  
**COVID - 19 FORM**
2. Please bring sanitizer for your team and have your team remain at their tent except for racing, warming up, and using restroom. There will be **FOUR** hand sanitizing stations as well next to the bathrooms, finish line and team camps.
3. Please remind parents to wear masks and bring exactly **\$5** to make parking as contactless as possible.
4. Face coverings are required at all times for coaches, and are required for runners except for during and immediately prior to the race (not needed once they head to the start line)
5. There will be markings on the ground where a team tent may be set up to allow teams room for distancing. There will be additional areas for team camp this year.
6. A wave start will be utilized up to eight teams starting in each wave and **ONE MINUTE** between waves in High School Races & **30 SECONDS** between waves in Junior High Races (See attachment)
7. We need your help with asking parents to social distance. Especially start and finish lines. They need to be 12 feet away from participants at these points.

8. Please instruct runner to head back to tent are immediately after finishing race. They will need to place masks or face covering back on after competing.

**Race Location:**

Sonora Middle School  
17051 US-412  
Springdale, AR 72764

**Course Maps:**

AVAILABLE AT THE END OF THIS DOCUMENT!!!

**Entries:**

Entries will close at **6 pm on Wednesday, 10/7!!**

**Race Times:**

8:00 a.m. Springdale/Har-Ber Senior Recognition

9:00 a.m. High School Girls (1A – 6A)

9:30 a.m. High School Boys (1A – 6A)

10:00 a.m. Jr. Girls (7<sup>th</sup> – 9<sup>th</sup>) (1A – 6A)

10:30 a.m. Jr. Boys (7<sup>th</sup> – 9<sup>th</sup>) (1A – 6A)

**\*\*We WILL split up the JH races into smaller groups if the number dictate.\*\***

**\*\*Water WILL be provided to all athletes as they finish their race.\*\***

**\*\*We WILL be using WAVE STARTS as has been the norm for this season.\*\***

Delay	Starting line								
0:00	1	2	3	4	5	6	7	8	
-1:00	9	10	11	12	13	14	15	16	
-2:00	17	18	19	20	21	22	23	24	
-3:00	25	26	27	28	29	30	31	32	

Each wave will have a maximum of 8 teams, which will be seeded to have similar level teams competing against each other. We will start in one minute intervals. After the first wave starts, the remaining teams all move forward one box and so on. All teams must be staged in their box prior to the start of the first wave.

### **Awards:**

We will not have a traditional awards ceremony. Names will be called out and we will put a packet of medals together for your team for the runners that placed. This packet will be given to the coach to pass out to the runners. Team trophies will also be delivered to coach when they pick up their packet of medals. We will work on getting these awards out as soon as races finalize so if team or racers want to depart after their race that option is there for them.

Medals to the **TOP 15** individuals in the small school division (1A – 4A) division and **TOP 15** in the large school (5A – 6A) division. Trophies will be given to the top two teams in each division and in both classifications.

### **Parking:**

There will be a **\$5** charge for parking at the Sonora Middle School & Sonora Elementary School. Please instruct parents to bring **EXACT** change. **THERE WILL BE NO PARKING ON US-412!!** Anyone who parks on the highway will be ticketed and at risk to be towed.

### **Live Results:**

Live results will be posted at [Y-Timing.net](http://Y-Timing.net) or on the Y-Timing APP (\$0.99)

### **Cost:**

Entries are **\$50** per team.

If you have a Sr. Boys team and a Sr. Girls team that will be \$100 total.  
For incomplete teams the cost is \$10 per runner.

There will be a \$1 fee for every runner over 50 registered on a team (For instance if you have 56 runners registered for the senior boys race the fee will be \$56.)

### **Make Checks Payable To:**

Springdale Schools Athletics  
3804 Kelley Ave.  
Springdale, AR 72762

# 5,000 M Course Map



= 1 Mile



= 2 Mile

## 5,000 M Course Map

- 1st Lap ——
- - - 2nd Lap - - -
- ..... Finish .....



# 3,200 M Course Map

 = 1 Mile

## 3,200 M Course Map



—— 1st Lap ——  
- - - 2nd Lap - - -  
..... Finish .....