

HS Girls

Each box is 12 feet wide to accommodate 3 runners on the front properly distanced. Every other box will be empty to allow spacing of 12 feet between teams. Coaches may stand in empty boxes to make sure their teams start at the proper time and are following distancing protocols.

Starting line

Delay

0:00	1 ROBI RURA		2 QUIT PULA		3 HEBE ACAD ATKI		4 BALD BIGE LONO		5 CLRK GRNB							
+1:00		6 MARN LONO FLIP		7 SEAR SSBB		8 WEST VYVW WSJO		9 DOVE EPIS SAIN								
+2:00	10 CABO		11 CONW		12 NLR POTT		13 RUSS SYLV		14 VILO PANG							
+3:00																

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.

HS Boys

Each box is 12 feet wide to accommodate 3 runners on the front properly distanced. Every other box will be empty to allow spacing of 12 feet between teams. Coaches may stand in empty boxes to make sure their teams start at the proper time and are following distancing protocols.

Starting line

Delay

0:00	1 CABO	2 CONW	3 NLR	4 RUSS	5 QUIT GRNB										
+1:00		6 HEBE BALD	7 ACAD ATKI CLRK	8 EPIS DOVE FLIP	9 MARN LONO BIGE										
+2:00	10 PANG MTJH NETT	11 ROBI ROSE WSJO	12 SAIN VYVW SSBB	13 WEST VILO SEAR	14 PULA POTT RURA										
+3:00															

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.

JH Girls

Each box is 12 feet wide to accommodate 3 runners on the front properly distanced. Every other box will be empty to allow spacing of 12 feet between teams. Coaches may stand in empty boxes to make sure their teams start at the proper time and are following distancing protocols.

Delay	Starting line															
0:00	1 CABO		2 DOVE		3 QUIT		4 RUSS		5 RUSS CLRK							
+1:00		6 ATKI BALD ACAD		7 CWJH EPIS FLIP		8 HEBE MTJH LONO		9 GRNB PANG								
+2:00	10 MARN SAIN		11 NLRJ NTJH		12 VILO		13 VYVW WSJO		14 PTJH PULA							
+3:00		15 WEST		16 SSBB		17 ROSE BIGE										

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.

JH Boys

Each box is 12 feet wide to accommodate 3 runners on the front properly distanced. Every other box will be empty to allow spacing of 12 feet between teams. Coaches may stand in empty boxes to make sure their teams start at the proper time and are following distancing protocols.

Starting line

Delay

0:00	1 CABO		2 NLJH		3 NLJH		4 RUSS		5 RUSS							
+1:00		6 VILO		7 VYVW		8 HEBE		9 GRNB								
+2:00	10 ACAD ATKI		11 BALD CLRK		12 CWJH DOVE		13 EPIS PTJH		14 PULA							
+3:00		15 BIGE FLIP LONO		16 MTJH NTJH PANG ROSE		17 QUIT WEST		18 SAIN WSJO SSBB								

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.