

Wren High XC Meets and Invitationals

NEW:

Coaches must wear masks at all times (unless running to mile locations).

Runner guidelines this year: Runners must wear masks at all times unless running. This includes at the starting lines. Runners must wear their masks at the starting line, and can take their masks off when the starter says "set." At that time athletes can pull their buff/gaiters down to their neck, or place it/masks in their hand or on arm. These must be put back on their face once they cross the finish line and WHEN IT IS SAFE TO DO SO FOR THE ATHLETE. Coaches ARE NOT to collect their masks and athletes must keep it on their person throughout the race.

What teams and how many can attend / states (can include limits of teams or runners per team): Maximum of 10 teams within S.C. Varsity and JV are allowed. Each division (V Girls, V Boys, JV Girls, JV Boys) will be split up into heats with a maximum of 5 teams in each heat. Varsity heats will be decided based on average varsity time, JV heats will be decided based on JV team size.

Course/ Venue rules: Social distancing and wearing masks must be observed at all times in team tent areas and while cheering on course. Spectators and coaches must wear masks at all times, unless running (6 ft apart) to mile split locations. Awards and placement will be decided once the race has concluded and they will be sent out the following week. There will be NO awards ceremony on race day. Teams must leave once their last runner has crossed the line.

Spectator guidelines/things to know this year: Spectators must wear a mask at all times, unless running (6 ft apart) to mile split locations. Exact change (\$5) must be used for parking. We will not accept anything other than exact change.

Official guidelines this year: Officials will be wearing a mask throughout the meet and observe social distancing guidelines. Officials will instruct athletes on their starting instructions and mask usage. Athletes will NOT be allowed on the line without a mask.

Media: Media must wear a mask and observe social distancing guidelines.