



Dear Athletic Director and Middle School Cross Country Coaches:

Monument Academy will be hosting a CCAL Cross Country meet, held at Palmer Lake/Santa Fe Trail on **Friday, September 04, 2020**. Directions and course map are below.

NOTE: **A** *This is an A-Team Only Meet*

Cost: \$50 per school. Check made out payable to Monument Academy, turned in on race day, or mailed to:

Monument Academy
ATTN: Marty Venticinque
4303 Pinehurst Circle
Colorado Springs, CO 80908

Entries: Entries for the meet will be through **MileSplit** – see next page for details.

Schedule: 3:00 pm Check in
3:30 pm Coaches Meeting
4:00 pm Boys “A” race (top 5 runners)
4:45 pm Girls “A” race (top 5 runners)

In order to dissipate potential crowds, results will not be presented at the venue, but posted on MileSplit as soon as possible, and awards will be distributed in the packets for the next meet.

Course: The course is 2520m (1.56mi, measured by wheel) which starts near the playground at the Santa Fe Trail trailhead at Palmer Lake. A map of the course and directions to the park are attached. NOTE - Distance markers are approximate, locations marked with signs during the meet

Awards: Medals to 1st through 3rd in each race and ribbons to 4th through 10th in each race. Plaques to 1st and 2nd Place teams.

Parking: Please park in the designated areas shown on the map. **P**
Bus parking is **ONLY** west of the park across the tracks. Please park buses here and have athletes walk to the Start/Finish, as it is **almost impossible** to turn a bus around in the very narrow main parking lot. **B**

Team Camps: Team camp areas are indicated on the map below. **C** Please stay clear of the course.

If you have any questions, please contact Monument Academy’s Coach/Coordinator, Tom Eller at (719) 505-0656 or teller1210@gmail.com

Thank you!

Tom Eller
Meet Coordinator

Kristi Steeger
Head Coach

Luke Rodriguez
Assistant Coach

Abby Shearer
Assistant Coach

Marty Venticinque
Athletic Director



Meet entries will be through **MileSplit**. Hopefully most teams have a presence and administrator for their team on there from previous CCAL Track or XC seasons. So, if you already know how that works, then there are single events for Boys and Girls:

EVENT NAME	DIVISION	MAX ENTRIES/TEAM
Boys-A 2500m	Middle School	5
Girls-A 2500m	Middle School	5

Team score is determined by placement of the top 4 runners on each team. Teams with less than 4 runners completing the race will not be counted in team scoring. Tie-breaker is 5th runner finish position.

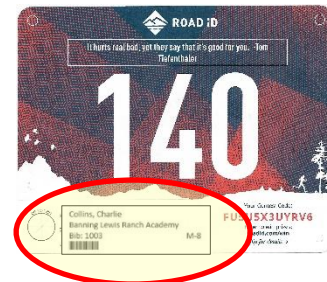
Teams should fill their A-Team with their top 5 runners. Since the new meet restrictions place a premium on runner slots, if you want to run an incomplete A-Team (i.e., less than 5 runners) to allow some slower runners to “run down”, please contact Coach Eller for exceptions. Note, however, that the B-Meets are **already going to be overloaded**, so it will be extremely rare to grant those exceptions.

MileSplit link for **CCAL-MA** meet: <https://co.milesplit.com/meets/391770-ccal-ma/info>

Make sure your rosters are current for the 2020 Cross Country Season, and then you can click on the **Register Online Now** at the page above. If you need more detailed instructions on how to use MileSplit, let us know and we can help out. *NOTE – if you have to add athletes to your roster, remember that MileSplit uses High School graduation year, not Middle School.*

MA will pre-print tags and place them on race bibs that will be handed out in the team race packets on check-in. Registration will close at 6:00pm the night before the meet so that we can process all the entries and get the race bibs ready. You can make race-day changes, but you will need to make sure and come early to the meet to get those squared away. Any changes will be limited to athletes on the MileSplit Rosters, so make sure those are complete.

Make sure the name tag on the bib matches the runner!



Places and times will be recorded at the finish line using the name tag labels from the tear-off section of the bibs, and the corresponding time from the master timer. Results will be posted as soon as possible on MileSplit – i.e., no posted results at the meet to avoid the crowded gathering that usually goes with that.



Races will start in two waves of 25 runners each, with grouping determined prior to the meet, second wave will start 2:00 after the first wave, with finish times adjusted accordingly.



Additional COVID-19 Precautions, Guidelines, and Changes

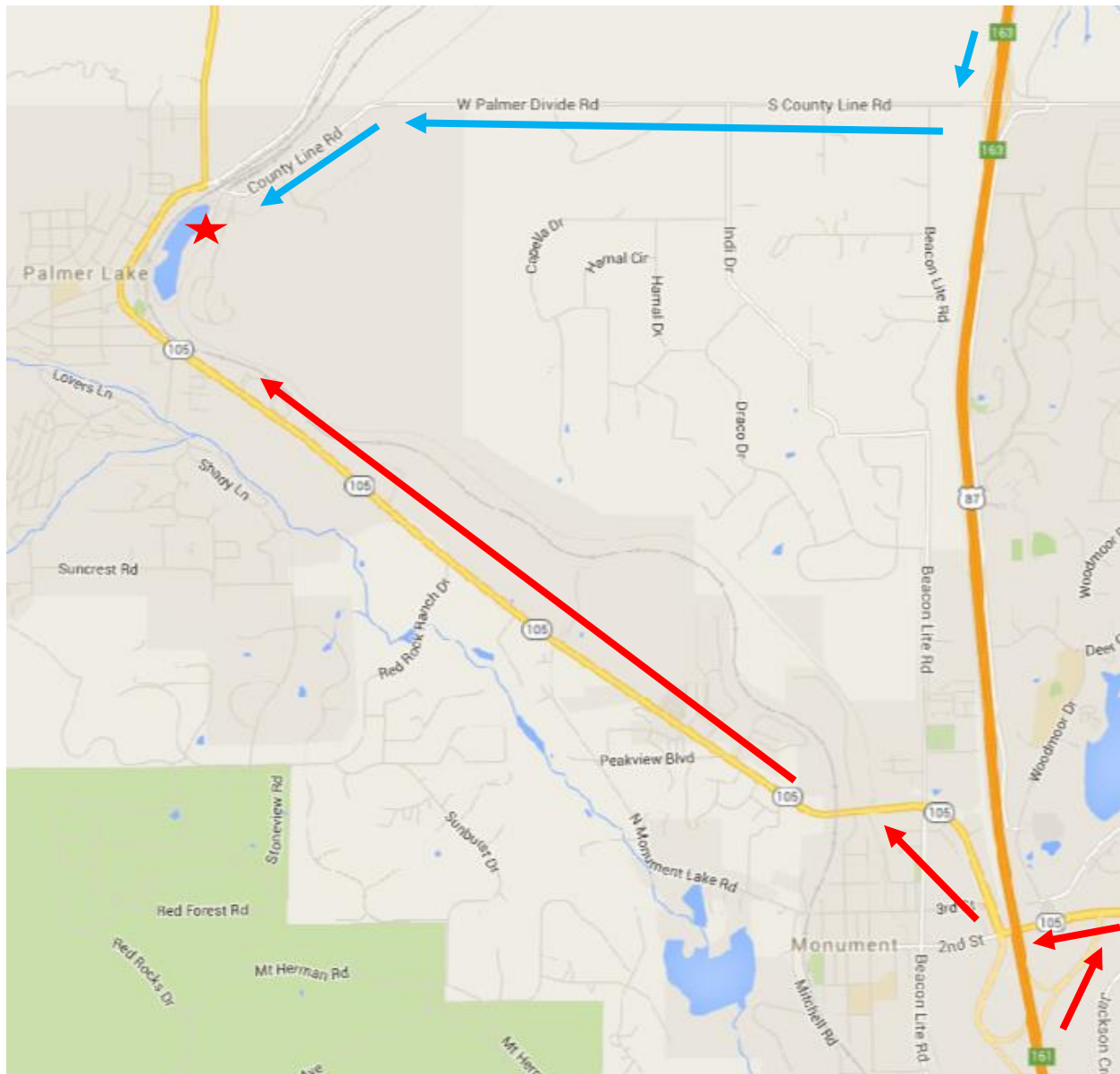
- ⚠️ All spectators (including athletes not actively racing or warming up) must maintain 6' distancing, otherwise are required to wear a mask. However, there will be a *lot* of runners coming by, so we highly recommend all spectators wear masks at all times. **Spectators** may view from anywhere around the course, except as noted below, where they must use only the areas shaded in blue.

Start and Finish areas will be restricted to **Racers and Officials** only to reduce the natural crowding that can occur in these areas (**yellow shading** on the map below). PLEASE follow distancing rules!

- ⚠️ **Team** camps may use the **green shaded** areas, but must maintain as much distancing as possible from other teams and spectators.

- ⚠️ Athletes will come to the start line masked, and will be required to keep the mask with them throughout the duration of the race (recommend neck gaiters as easiest way to do this). Once in the finish chute, athletes must re-don masks as soon as possible.





Palmer Lake Recreation Area - 199 County Line Road, Palmer Lake, CO 80133

Directions to Palmer Lake/Santa Fe Trail

From I-25 North:

Exit 163, County Line Rd. exit, off I-25.
Go west (R) on County Line Rd.
Turn south (L) into the park just before the
railroad tracks.

From I-25 South:

Exit 161, CO-105. exit, off I-25.
Go west (L) on CO-105. Turn north (R) after the
overpass, continuing on CO-105. Continue west
through Palmer Lake, turn right on County Line
Rd. after the end of town. Turn south (R) into
the park just over the tracks.

