

**Cross Country Home Meet Information 2020**

**Ben Lippen School Cross Country Visitors Informatio**n

Visiting Athletic Directors, we hope that the information provided will assist you and everyone associated with your school to have an enjoyable and safe trip to Ben Lippen. We look forward to hosting you, please contact us with any questions or concerns you may have prior or during your arrival.

**Location:** We are located on the campus of Columbia International University. Our Physical Address is:

 Ben Lippen School

 7401 Monticello Road

 Columbia, South Carolina 29203

**Arrival:**

* Teams can arrive at 7am
* Busses will park in the gravel parking lot at the far end of the track
* Teams will receive their designated tent area and team packets upon arrival.
* Fans can park on the near end of the track or by the school. There will be someone there to direct them.

**Important Covid Related Information**

* All fans will be asked to wear a mask when unable to social distance from each other.
* Coaches of both teams will give group assignments based on allocated time given from the athletic department.
* Fans must enter the facility and depart while wearing a mask.
* Fans are encouraged to bring their own chairs.
* Fans should exit the facility immediately following the contest.
* Teams will have designated starting blocks that are more than 6 ft apart from the next team. They should remain in that box or lane directly in front of it while warming up.
* Teams will have designated team camp areas (20x30) by the throwing area (beside the baseball field) and in the practice football field (behind the scoreboard) where their athletes and coaches should remain unless they are: running warm-up, using the restroom, or heading to the starting line.
* Teams should distance themselves from other teams while running warm-ups on the course
* Where social distancing cannot take place athletes and coaches are encouraged to wear masks
* On the starting line (waiting on the gun) teammates should be 3ft apart.
* There should be 12-15 teams (top 7 only in varsity races) in order to provide more opportunity to spread out. (Next 10 for the JV races)
* When athletes cross the finish line they MUST keep moving and head DIRECTLY to their team camp. DO NOT congregate in the finish area (masks are encouraged).
* We will not provide cups of water at the finish line. They will need their own water bottle