





The Innagural Vanguard XC Meet will follow the league guidelines of no spectators and two separate waves in the boys and girls races with a 2 minute separation between each start. For our first B team race the teams will be put together in a random order since we don't have any seed times.

- Schedule:**
- 8:00 am** Check in
  - 8:30 am** Coaches Meeting
  - 9:00 am** Boys "B" race (*Run 5, Score 4*)
    - Wave 1 – Vanguard, Banning Lewis, CSCS, Peyton,
    - Wave 2 – James Irwin, Monument Academy, RMCA, Manitou Springs, Thomas Maclaren
  - 9:30 am** Girls "B" race (*Run 5, score 4*)
    - Wave 1 – Peyton, Thomas Maclaren, RMCA, Manitou Springs, James Irwin, Vanguard
    - Wave 2 - Banning Lewis, CSCS, Monument Academy

*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 Records - None (new course)**

**COVID-19 Rules**

-  All spectators (including athletes not actively racing or warming up) must maintain 6' distancing, otherwise are required to wear a mask. Start and Finish areas will be restricted to racers and officials only to reduce the natural crowding that can occur in these areas. PLEASE follow distancing rules!
-  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.

**Course Markings**

You will find a map in your packet, and there will be extra copies at the check in table. Turns are marked with orange cones; they should be pretty clear, but we also marked a chalk line around the corners to make it obvious. There will also be a bike rider leading the course.

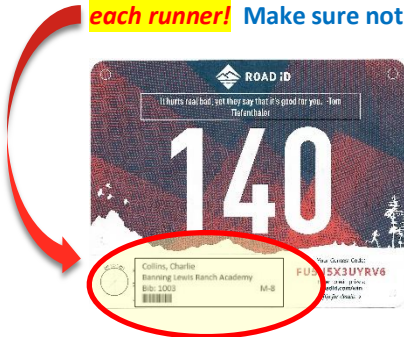
Splits for 1K, 2K, and .5 and 1mi are marked with small signs on the course (rough locations are shown on   course map).  

**Finish Chute**

The timed Finish Line will be under the **FINISH** banner, which is more than two runners wide to allow for bunch sprint finishes. The Finish Line volunteers will determine finish order in the case of "ties", and runners will converge to single file and stay in assigned order until their tag is taken at the end of the chute.

### Race Numbers / Free Stuff

Your team has been assigned race bib numbers based on MileSplit entries. **Make sure the name tag on the bib matches each runner!** Make sure not to pin the tear-off section! Additional numbers, if needed, are available at the check-in table.



As part of the sponsorship program that provides the race numbers, each Road ID bib number has a unique Contest Code that can be used to redeem prizes at RoadID.com/win. Every bib number entry is at least a \$5 Road ID coupon, but there are also monthly \$1000 and \$500 winners!

Thanks for coming – Good Luck to everyone!

This is a 2500m course that runs through and around the Vanguard School Campus. A variety of grass, pavement, gravel, and two road section crossings where traffic will be blocked. A lead and trail bike will be with each wave of runners. Team camp sites will be located on the grass field start/finish area.

\*COVID Spectator Rule: Only drivers may watch from the main parking lot and along the road as long they are in accordance with social distancing guidelines and wearing a face mask.

### Vanguard Race Course Map

