

2020 Gale Johnson CC Kick-Off
Saturday, August 29th
Maple Grove Venues – West Salem, WI
W4142 CTH B West Salem, WI 54669

Greetings! We are excited to host your team for the 2020 Gale Johnson CC Kick-Off. Please read the information below and the **COVID-19 Guidelines** we will be following this year. If you have any questions please contact me at sheda@onalaskaschools.com or by phone 608-385-8754. See you and your teams on Saturday, August 29th - Coach Shepardson

Race Date: Saturday, August 26th

Race Location: Maple Grove Venues – W4142 CTH B West Salem, WI

Race Schedule: 7:00 am – Course Open For Review for White

8:30 am – Girls White Race

9:15 am – Boys White Race

9:30am- Purple Teams Arrive- (no earlier)

9:45 am- Purple Team Course Review

10:15 am White Teams off Property

11:15 am- Girls Purple Race

12:00 pm- Boys Purple Race

1:00 pm- Purple Teams off Property

Team Entry Information: Entries will be through MileSplit at <https://wi.milesplit.com/>. Follow the instructions for claiming your team, editing your roster, and registering for a meet. Follow the links below:

Claiming your team link: <https://support.milesplit.com/en/a/how-do-i-claim-my-team>

Editing your roster link: <https://support.milesplit.com/en/a/how-do-i-edit-my-teams-roster>

Registering for a meet link: <https://support.milesplit.com/en/a/how-do-i-enter-my-team-in-a-meet>

Course Map: A course map is included with this meet information.

Awards: Trophy for first place teams for boys and girls. Medals for top ten finishers in boys and girls races. After all races are run the times for all runners will be combined for the individual and team awards.

T-Shirts: Available online through BSN sports. You can go to the website and the orders will be shipped directly to your home. Link: <https://www.bsnteamssports.com/shop/RVBbWX4oYo>

Bus Parking: Busses will be directed where to drop off athletes and where to park

COVID–19 Guidelines: We will be following these guidelines for this year’s meet

- 1. Because we are limited in the number of teams that can compete against each other this year we need to split the teams into two categories – White and Purple. The White Race will have Aquinas, Sparta, and West Salem competing. The Purple Race will have Holmen, Onalaska, and Tomah competing.**
- 2. When you report to the venue you need to go directly to your team camp – there will be sign for each team camp. You will be greeted by a meet worker that will scan your runner’s foreheads for their temperatures. Any runner with a temp above 100.4 will not be allowed to participate and must stay in their team camp area.**
- 3. Masks will be required by all people on site. Runners will be allowed to remove their masks for their warm-up, cool down, and for their race. Other than that – masks MUST be worn at all times.**
- 4. Teams will have their own team area. Runners must stay in their team area until they warm up. Immediately after their race the runners need to report back to their team camp – no lingering around the finish area.**

- 5. No concessions this year so runners are encouraged to bring their own food and H2O.**
- 6. No spectators will be allowed for this year's meet. Coaches, managers, and runners only.**
- 7. After the Purple Races the times for both races will be combined for individual and team awards. Awards will be delivered to schools**
- 8. There will be a coaches meeting before both groups race to go over further COVID-related instructions**

MAPLE GROVE VENUES

5K XC Course Map

- White Arrows = First 1600 meters
- Blue Arrows = Second 1600 meters
- Orange Arrows = Final 1800 meters

