

# CLEARWATER INVITATIONAL CROSS COUNTRY MEET

September 3<sup>rd</sup>, 2020

## Coaches:

Welcome to the 2020 Clearwater Invitational Cross Country Meet. The start lines for all races will be east of the football field. The finish line for all races will be behind the home bleachers by the discus rings.

There are maps included in the packets that show the course layout for each race. Please have your runners check these maps and walk the course, if possible, so that they will be familiar with it at race time.

The time schedule is shown below:

<b>1:45</b>	-	<b>Middle School Coaches Meeting (at start line)</b>
2:00	-	7 <sup>th</sup> grade girls 1 mile race - (25 medals)
2:25	-	7 <sup>th</sup> grade boys 1 mile race - (25 medals)
2:50	-	8 <sup>th</sup> grade girls 2 mile race - (25 medals)
3:30	-	8 <sup>th</sup> grade boys 2 mile race - (25 medals)
<b>4:15</b>	-	<b>High School Coaches Meeting (at start line)</b>
4:30	-	Fr./So. girls 2 mile race - (25 medals)
5:00	-	Fr./So. boys 2 mile race - (25 medals)
5:25	-	Jr./Sr. girls 2 mile race - (20 medals)
5:55	-	Jr./Sr. boys 2 mile race - (20 medals)
6:15	-	Girls Open (5K) - (15 medals)
6:45	-	Boys Open (5K) - (15 medals)

We will try to stay close to this time schedule. We will try to begin each race on schedule, even if all runners from the previous race have not finished.

**WATER:** Runners are allowed to receive water on the course from coaches, managers, or fans.

## REMINDERS:

1. All teams/coaches must wear masks when 6' social distancing cannot be maintained. Masks do not need to be worn while warming up and competing.
2. Teams should set up a "team camp" area at the facility, to ensure safety and social distancing between your team and other teams.
3. Please bring your own water and water bottles.
4. The concession stand will be open on the west side of the football field with plenty of cold drinks.
5. We would ask that team buses and vans be parked east of the Clearwater Intermediate Middle School or at the baseball/softball parking lot.
6. ***Please encourage your runners to pick up any trash they may have.***

Good Luck to you all,

Heath Elliott, CHS Asst. Principal/AD