

COVID-19 Competition Guidelines

Athletes

- Each school is responsible for conducting symptom assessment prior to travel to the competition venue.
- Recommended the wearing of face-covering at all times when not competing.
- Practice six-foot social distancing between individuals when not competing.
- Restrict congregating before or after the competition.
- Supply own water bottle, equipment, hand sanitizer and personal items that are not to be shared with anyone.

Officials/Event Workers/Athletic Trainers/Coaches

- Conduct a symptom assessment prior to travel to the competition venue.
- Recommended the wearing of face-covering at all times while at venue.
- Practice six-foot social distancing between individuals when not competing.
- Supply own water, equipment, hand sanitizer and personal items that are not to be shared with anyone.
- Host team (LCC) will provide an athletic trainer for any medical needs.

Spectators

- Spectators should conduct daily symptom assessments; anyone experiencing symptoms must stay home.
- Practice six-foot social distancing between other individuals. Restricted spectator areas will be designated and marked.
- Prevent congregating before or after the competition.
- Wearing of a face covering at all times is mandatory.
- Spectators should be limited to family members only.
- Spectators shall remain six (6) feet from the cross country course.
- Spectators are encouraged to arrive when their athlete races and leave as soon as possible as the race is completed.
- Spectators are encouraged to park in the large stone lot to the east, located off of North Shore Drive.

COMPETITION CONSIDERATIONS

Team Camps

- Tents are NOT allowed this year.
- Team camps should be at least twenty (20) feet apart from each other.
- Team camps should be for athletes and coaches only, prevent spectators from team camps.
- Please help keep our parks clean and assure that all trash and debris has been removed from your team areas.

Starting Line / Finish Line

- A revised pre-race instruction meeting will be conducted by officials – teams shall remain in their team corrals.
- Runners to arrive at starting line no earlier than 5 minutes before the start.
- Spectators shall be restricted from within fifty (50) feet of the start/finish line area.
- No clerking or check-in at starting line. All check-in to be completed at packet pick-up.
 - Athletes shall wear their designated race bib on the front of their jersey.
- No items to be left or stored in the starting line area.
- Athletes shall attempt to maintain 6-foot social distancing in finish corrals.
- Athletes to return immediately to their team camp area after finishing the race.
- There will NOT be water provided at the end of the race – each athlete/team shall be responsible for their own water.

Course Layout

- The course has been altered for the 2020 race and will be marked with a combination of flags, rope and paint; the narrowest point will be six (6) feet wide.
- Spectators shall remain at least six (6) feet away from the course during the race.

Results and Awards

- All results will be posted online and sent by email.
- No results will be posted at the venue.
- All awards will be mailed/delivered to participating school.

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