

2020 Ridge & Valley Cross Country Meet

Date -Thursday September 24, 2020

Location - North Crawford School

Attending Schools - Belmont, Cassville, De Soto, Kickapoo/La Farge, North Crawford, River Ridge, Shullsburg, Wauzeka-Steuben

Start Times: 4:00pm - Course Opens 5:00pm - HS Girls Race 5:45pm - HS Boys Race

Arrival/Camp: Please do NOT arrive before 3:45pm. Each school will have a pre-designated area for each team to have their camp.

Masks: Masks are required AT ALL TIMES, BY ANYONE. Runners will be able to unmask during the race on course AFTER the designated point. Physical distancing should be maintained whenever possible.

Race Starts/Boxes/Masks:

- Masks will need to be worn at the starting area when social distancing can not be maintained. Face coverings will be worn by athletes to start the race until a designated point in the race that will be clearly marked.
- Teams will not get called to the start until 5 minutes before the race starts to eliminate the amount of time athletes are in that area.
- There will be a gap or extra box between all the schools at the start and the boxes will be larger than normal.

Finish Line:

- After athletes finish the race – instead of a chute in place, each team will have a designated area they will go to for their team where they can recover and then mask up. Runners need to report directly to that area and may not congregate at the finish area. Each school needs to have one adult in their team area to help assist their athlete if needed.

Concessions: There will be no food/drink served

Awards: There will be no awards at this meet

Spectators: No spectators are allowed at the meet. The host school will provide workers. Each team is allowed no more than 4 coaches/managers (People other than runners).

Equipment Bins: Eliminate all personal items from the starting line. Use of bins for collection of personal gear, headphones, other items from multiple competitors is not allowed.

Restrooms: Porta-potties will be available. Access to the school building will not be allowed.

A direct link for entries will also be posted on AccuRace Timing's site at www accuracetiming.com
Entry Deadline is set for Noon on Wednesday, September 23rd.

Questions: Contact Liz Bransky (Head Coach) at: lbransky@ncrawford.k12.wi.us or Tina Volden (AD) at: tvolden@ncrawford.k12.wi.us