

**2020 NORTHWEST JERSEY ATHLETIC CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
MORRIS COUNTY CENTRAL PARK
OCTOBER 27 AND OCTOBER 28**

Tuesday, October 27, 2020

Large Schools

- Girls Red Block 4:00pm
- Boys Red Block 4:30pm

Wednesday, October 28, 2020

Small Schools*

- Girls White Block 3:30pm
- Boys White Block 4:00pm
- Girls Blue Block 4:30pm
- Boys Blue Block 5:00pm

*In order to maintain smaller participant numbers, the White and Blue blocks will run in separate races. Places and team scoring will be determined on a time basis after both blocks are combined on the computer.

SAFETY PROTOCOLS

1. Face-coverings are mandatory, except when running
2. Coaches must certify that all team members are healthy prior to boarding the bus at their school.
3. All runners must arrive at MC Central park via team bus. No athletes will be permitted to be dropped off by personal vehicle.
4. All Officials will have temperature checked by the Athletic Trainer.
5. Social distancing will be enforced on the starting line.
6. At the finish line, runners will be told to disperse and leave the finish area.
7. Spectators will not be permitted in the start/finish area.
8. Tents will be strictly prohibited.
9. Only seven (7) Varsity runners per school will be allowed to run in each race. Schools should bring no more than two (2) alternates.
10. There will be no sub-varsity races.
11. Teams must leave the park immediately after their race and a brief cool-down. If sharing a bus, a girls' team is permitted to wait for their school's boys' race to finish. Teams will not be permitted to stay as spectators for other divisional races.
12. In order to discourage a crowd gathering, race results will not be posted. Results will be posted to MileSplit in a timely manner.
13. Water and injury ice will not be provided. Runners must bring their own water bottles and schools may bring their own coolers to refill water bottles.
14. In the White and Blue blocks, medals and team score will be based on the combined race. For example, there will only be one first place based on time.

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(Continued)

15. All questions related to scoring should be directed to Jim Rutzler, jrutzler2@gmail.com
**16. STUDENT-ATHLETES AND COACHES MUST ADHERE TO ALL OTHER
NJSIAA COVID-19 HEALTH AND SAFETY PROTOCOLS.**

MEET RULES

1. Each school will be allowed seven (7) runners.
2. Awards:
 - a. Top 10 runner in large school girls
 - b. Top 10 runners in large school boys
 - c. Top 10 runners in small school girls
 - d. Top 10 runners in small school boys

 - e. Plaque to winning team in large school girls
 - f. Plaque to winning team in large school boys
 - g. Plaque to winning team in small school girls
 - h. Plaque to winning team in small school boys
3. Uniform rules will be enforced. All uniform tops must be similar and school-issued. Visible undergarments must be of a solid color matching that worn by teammates choosing to wear undergarments. Anything worn under the short that is above the knee is exempt.
4. Runners must have bib numbers pinned for each race. Running without a bib will result in disqualification. Runners must finish running straight through the line. No team gatherings at the finish line.
5. Starting positions will be adequately spaced out.
6. No warm-ups or warm downs on the course after the first race has started.