

Garret Mt Meets

Covid – 19 Cross Country Guidelines

General Rules

1. Coaches are expected to wear masks the entire meet
2. Tents are **NOT** allowed on Sunny/Cloudy days – If it is raining, tents can be used with **NO** side panels and everyone under the tent **MUST WEAR A MASK.**
3. Please ask your parents to stay home. We are working on having a video of the race posted on milesplit within 48 hours.
4. No warming up or down on the course!!!!
5. Please do not arrive until your assigned time and leave as soon as possible after your last race.
6. Anyone using the port-a-johns are expected to wear a mask and to keep social distancing while online.
7. Anyone who is **NOT** running is expected to wear a mask at all times.
8. Any school **NOT** following our guidelines will be asked to leave the meet.

Packet Pick Up/Team Areas

1. Coaches will pick up packets from the Timing Van (one coach/mask only)
2. These are disposable chips! They Do Not have to be returned after the meet.
3. Please bring your own PINS for the numbers!
4. Please set up your Team Area keeping safety guidelines in mind.

Results & Awards

1. All results will be posted online at Milesplit as soon as possible after the race. They will **NOT** be posted anywhere at the meet to avoid crowds.
2. Awards will be bagged and can be picked up when you are leaving the meet – (one coach only) Team and Individual Medals!

Finish Line Area

1. Please tell your athletes to keep going after they finish right back to your Team Area.
2. Please keep all numbers(chips)/athletes away from the finish line area. We do not want any chips to interfere with the race results.
3. Please talk to your runners about keeping away from the finish area to avoid congestion and the possibility of them getting too close to other school's runners.

Starting Line

1. Please have as few extra people come to the starting line as possible.
2. For All Races – you will have **9 feet** for your team to line up. You will be given a chute/corral number (40 feet deep) for you and your team to use for each race.
3. We will place the next team **9 feet** away on the starting line in their corral.

Pod One

Freshmen Race	8:45 am
Varsity Boys	8:55 am
Varsity Girls	9:05 am
J-V Boys	9:15 am
J-V Girls	9:25 am

MIUST leave park by 10:15 am

Pod Three (Arrive 12:45 PM)

Freshmen Race	1:15 pm
Varsity Boys	1:25 pm
Varsity Girls	1:35 pm
J-V Boys	1:45 pm
J-V Girls	1:55 pm

MUST leave park by 2:45 pm

Pod Two (Arrive 10:30 AM)

Freshmen Race	11:00 am
Varsity Boys	11:10 am
Varsity Girls	11:20 am
J-V Boys	11:30 am
J-V Girls	11:40 am

MUST leave park by 12:30

Pod Four (Arrive 3:00 pm)

Freshmen Race	3:30 pm
Varsity Boys	3:40 pm
Varsity Girls	3:50 pm
J-V Boys	4:00 pm
J-V Girls	4:10 pm

MUST leave park by 5 :00 PM