

# **EMAC JV**

## **Cross Country Championship**



<b>DATE:</b>	<b>September 25, 2020</b>
<b>LOCATION</b>	<b>Adams County Fairgrounds 9755 Henderson Road (124<sup>th</sup> Ave), Henderson CO 80640</b>
<b>SPONSOR</b>	<b>Brighton High School</b>
<b>DISTANCE</b>	<b>5,000 Meters – High School</b>
<b>SCHEDULE</b>	<b>The time schedule for the meet is as follows:</b>
<b>3:30 pm</b>	<b>Packet pick-up</b>
<b>4:00 pm</b>	<b>Coach's Meeting</b>
<b>4:30/4:32 pm</b>	<b>Boys</b>
<b>5:30/5:32 pm</b>	<b>Girls</b>
<b>REGISTRATION</b>	<b>Sign athletes up via coMileSplit NO LATER THAN <b>11:59 pm</b> <b>Tuesday, September 22nd</b></b>
<b>AWARDS</b>	<b>No Awards Ceremony.</b> Awards will be given to the Head Coach of the top 10 runners in each race (appx 20 min after the conclusion of each race).
<b>SCORING</b>	Runners will be assigned bibs & Digitally Timed via Webscorer and back-up via handtiming. We highly recommend coaches time their own athletes as a double back-up.
<b>CHECK IN</b>	Coaches check in at the northeast pavilion (east of the start/finish near the road) for your packets and any last minute instructions.

**PARKING**

All buses need to park in the lot west of the main grass field near Adams County Fairground Waymire Dome and Exhibit Hall. **Buses and team vans SHOULD NOT enter the dirt lots.**

**TEAM TENTS**

Teams may use the available pavilions or set up tents on the grass area in the center of the field. *Please be conscious of the course and social distancing as you set up your tents.*

**COVID19**

**Spectators, coaches, and athletes not actively competing, must wear masks at all times.**

**The Start and Finish areas are COMPLETELY OFF LIMITS to non-competing athletes, spectators, and coaches. Coaches will be allowed one timer per school in the timing area. The finish area will be flagged to allow for athletes to adequately space themselves when crossing the finish line and to exit the area. Athletes should reapply their mask as soon as they cross the finish line. Coaches will not be allowed in the finish area and are not allowed to collect masks from their athletes.**

**COURSE**

The course will be marked with flags and chalked/painted arrows. Landscaping flags will be used to mark the whole of the course--blue flags on your right and red flags on your left--and 6ft directional flags will mark straight-aways and major turns. Intersections will be blocked. The running surface will consist of grass and dirt paths. Time will be announced to the runners at the one mile and two mile marks. Maps will be available via email prior to the race.

**FACILITIES**

**Port-o-Potties** are available at the park. No running water. Dressing shower facilities will not be available. Coaches should pick up their packets at the scorer's table east of the start line.

**MEET  
DIRECTOR**

Coach Karen Smidt 303.621.4540 or 303.655.4209