

## **2020 Pre-Regional Schedule for Benzie Central**

With the end of the 2020 season upon us, we are happy to host the MHSAA Pre-Regional races. Due to MHSAA restrictions, races cannot exceed 70 participants. Following the MHSAA safety precautions, we still will provide the kids the opportunity to compete in the first races headed to the MHSAA State Finals.

### **Monday, October 19, 2020**

**Division - 3 Pre-Regional #39** -- Benzie Central, Ewart, Farwell, Harrison, Lake City, Pine River, Manton, McBain

**Team arrival** -- 300 pm

**Boys race** -- 330 pm

**Girls race** -- 400 pm

**Division - 2 Pre-Regional #19** -- Cadillac, Cheboygan, Gaylord, Kingsley, Ludington, Ogemaw Heights, Petoskey, Whitehall

**Team arrival** -- 500 pm

**Boys race** -- 530 pm

**Girls race** -- 600 pm

### **Wednesday, October 21, 2020**

**Division 4 Pre-Regional #57** -- Baldwin, Bear Lake, Brethren, Frankfort, Glen Lake, Mason County Eastern, Pentwater, Walkerville

**Team Arrival** -- 500 pm

**Boys race** -- 530 pm

**Girls race** -- 600 pm

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The MHSAA Cross Country Guidelines will be strictly adhered to at all times - Masks on all participants (except when directed to remove them by the Starter - MHSAA Official), all coaches, and spectators will wear face coverings at all times while on the school property. THIS IS THE ONLY WARNING THAT WILL BE GIVEN - the only way to finish the season is to follow the guidelines -- NO EXCEPTIONS.

### **MHSAA GUIDELINES & PROTOCOLS --**

- 1) Schools please arrive at the designated times and your bus/transportation will be directed to a specific team area. No tents to be set up -- as you will be leaving following the last race.
- 2) Coaches are to turn in a completed MHSAA COVID 19 form when picking up team packets.
- 3) Participating schools will contact Karen Leinaar - 231-218-6983 (karenleinaar@gmail.com) immediately if an athlete or coach on their team tests positive for COVID 19 within 14 days of the event so contact tracing can begin immediately.
- 4) Benzie Central school buildings will not be open for this event.
- 5) Master Eligibility Forms are due to Karen Leinaar - [karenleinaar@gmail.com](mailto:karenleinaar@gmail.com) by Oct 16 to be eligible to run in the Pre-Regionals.

### **RACE INFORMATION --**

- 1) Designated arrival time is very important as is departure as soon as possible at the conclusion of each Divisions. We will need to clean in between Divisions to provide a safe and healthy event.
- 2) Less than 70 runners in each race - to meet MHSAA Guidelines.
- 3) Entries must be made on ATHLETIC.NET - by 6pm on Saturday, October 17, each team is allowed up to 8 entries -- but only 7 may run in this race.
- 4) Water jugs will be available near the finish area -- for participating athletes -- using a single cup per athlete. Please dispose of all paper products properly.

### **COURSE INFORMATION --**

- 1) The course finish will be different than in past years (but the same as it has been during this race season) behind the start area. This set up allows for participants to immediately exit to their team areas when the race is completed. The course map is posted on A.net and MHSAA.com -- Cross Country
- 2) Each team will have 2 boxes assigned to them with an empty box between teams.
- 3) Each team will have an assigned alley for run outs, strides and team gatherings to reduce bunching in the start area.

### **WARM UPS & COOL DOWNS --**

- 1) Each session will begin 30 minutes before the first race in that session (boys race). There are 3 parks all within 5-10 minutes of the high school that can be utilized for warm ups and cool downs. Please see the attached map.
- 2) There will be NO warm ups or cool downs done on the course. Course preview can be done a different day if you would like to come and run it. Please contact Asa (231-871-0509) or Traci Kelly (231-642-6840) to verify that it is a good day/time.
- 3) Boys warm up will be done off site and then they can do their final drills and strides at the start line.

- 4) Girls can warm up in the parking lots, track area, or practice fields to the west of the track.

#### **SPECTATORS --**

- 1) With the new limitations on spectators we will be selling online and online only.
- 2) Spectators must have a face covering -- NO EXCEPTIONS -- Violators will be asked to leave immediately -- PLEASE COMMUNICATE THIS TO YOUR PARENTS.
- 3) As we all know this is the only way for our RUNNERS TO FINISH THEIR SEASONS. Please assist in this enforcement - they are the MHSAA guidelines and disqualification could be imposed.
- 4) There will be designated parking for all spectators and they are expected to leave immediately following each Division to allow the next Division to enter the race area as soon as possible.
- 5) Online ticketing information and ability to purchase -- follow this link <http://michianatiming.com/registration/> please share with parents and spectators -- this will speed up entrance to the event and allow for quicker turn arounds for everyone.

#### **REGIONAL QUALIFIERS --**

- 1) Each Division race will have the top 4 Teams and the first 7 runners not on teams will qualify to REGIONALS on Saturday, Oct 31 at BENZIE CENTRAL.
- 2) There are no awards for this level of the MHSAA Tournament series.

WE ARE EXCITED TO HOST THESE RACES OVER THE TWO DAYS -- IF YOU HAVE QUESTIONS - PLEASE LET US KNOW.