

MHSAA CROSS COUNTRY DIVISION 4 PRE-REGIONAL 66

HOSTED BY CARSON CITY-CRYSTAL AREA SCHOOLS

SATURDAY - OCTOBER 24TH, 2020

*Carson City-Crystal High School Cross Country Course
213 E. Sherman St.
Carson City, MI 48811*



Carson City-Crystal High School is pleased to be hosting student-athletes and coaches from the following schools:

*Ashley High School
Carson City-Crystal High School
Fulton High School
Portland St. Patrick High School*

*Bellevue High School
Fowler High School
Morrice High School*

COACHES:

- Please read this document in its entirety to make sure that you and your team can follow all plans and protocols.
- **Note that additional course markings not provided by the host are NOT allowed. This includes, but is not limited to paint, flagging, etc...**

SCHEDULE:

8:30am – Course Opens / Teams May Preview the Course
9:00am – Coaches Meeting at the Starting Line
10:00am – Boys Race (report 9:50am)
10:45am – Girls Race (report 10:35am)

ADMISSION / PARKING:

- Team Busses are to park in the designated “Team Parking” lot
 - This is located off of the corner of Sherman & 2nd Streets.
- Spectator and personal vehicles should park in the Spectator parking lots located off of 1st Street.
 - \$5.00 per person or \$10.00 per vehicle (whichever is less).

ENTRIES:

- Each school is permitted one team. In accordance with MHSAA policy, entries are comprised of a roster submitted via the Athletic.net online entry system for the meet.
- Each team is allowed up to 8 entries, but only 7 may run in the race.
- Entries for all teams must be made by Saturday, October 17th at 6:00pm.

COURSE:

- New course built on the campus of Carson City-Crystal High School
- It is a 1 ½ loop course with a mix of paths through fields as well as trails. (See Attached Map)

TIMING / BIBS:

- All timing will be taken care of by Aldrich Timing & Race Management.
- Athletes will be assigned their own chipped bib.
 - Coaches will receive these in an envelope upon arrival.

AWARDS:

- There will be no awards ceremony or awards issued for Pre-Regionals.

CONCESSIONS / T-SHIRTS:

- Unfortunately, we will not be selling concessions or t-shirts at this year’s event.

RESULTS:

- Results will be posted to Athletic.net shortly after each race.
- Results will be pending up to 30 minutes after the finish of each race, at that time they will be marked final. If there are issues with the results, please text (989) 506-3637 immediately.
- Final results will be online at Athletic.net and MHSAA.com

MASTER ELIGIBILITY:

- All Master Eligibility Lists need to be sent to the regional host (DeWitt High School).
- Those who have sent them to Carson City-Crystal already, those will be forwarded along to DeWitt High School.

PRIOR TO ARRIVAL:

- Teams must be following all MHSAA guidelines at practice and competitions including wearing face coverings and completing the daily Covid-19 Athlete/Coach Monitoring Form.
- If any coach or athlete has tested positive for Covid-19 or come into contact with someone who has tested positive since October 10th, please let us know and DO NOT attend the meet.
- For the day of the meet, please fill out the MHSAA Covid-19 Athlete/Coach Monitoring Form and have it available to turn into Meet Management upon request.
 - Include all coaches, athletes and assistants who will be entering/attending the event.

FACE COVERINGS:

- Masks must be worn by all coaches and athletes when not actively participating or warming up/cooling down.
- Teams are advised to wear their masks to the starting area and have a designated Coach or Team Member collect the masks prior to the start and have them available at the finish.
- Coaches shall wear masks at all times.
 - Coaches are REQUIRED per MHSAA to have them on at all times even if they are running between spots on the course.
- In the parking lot, EVERYONE shall wear masks. This is your team's warning. There will be no reminders throughout the time you are on site. If you, other coaches with your school or your team are not wearing a mask, you will be asked to leave campus.
 - Awards will be forfeited, your team will be disqualified and entry will NOT be refunded.

WARM UP / COOL DOWN:

- Athletes may warm up on the course, provided that they maintain appropriate social distancing between one another.
- At the conclusion of the race, athletes are NOT to cool down on the course.
 - Athletes may choose to cool down running along 1st Street and our practice football field.
 - This area is located just outside of the finish line area. See Map #1

ENTRANCE / EXIT:

- Upon arrival to the "Bus Lot" please let one of our meet representatives know the name of your team.
 - That representative will gather your envelope of bibs and bring them to you.
- At the conclusion of the race, these bibs are the runners to keep.
- Busses should enter using either Sherman Street or North 2nd Street to enter the Bus Lot.
 - Busses will exit the Bus Lot onto North 3rd Street.
- See Map #1 for further clarification.

RACING:

- All runners shall attempt to give space to all other runners.
- It is the trailing runner's responsibility to run wide and give space if they are gaining on a lead runner.
- No runners should ever 'run on someone's shoulder', all passes should be conducted using the full width of the course.

SPECTATORS:

- Spectators will be allowed at the race, provided that they wear a proper facial covering and maintain appropriate social distancing at all times.
 - In the event that a spectator refuses to wear a mask, they may be asked to leave the premises.
- Spectators will be charged \$5.00 per person or \$10.00 per car (whichever is less) to park in any of our school affiliated parking lots.

RESTROOMS / DRESSING FACILITIES:

- Port-a-John's will be available on site.
- Locker rooms will not be provided.
- Teams should come dressed and ready for competition.

HYDRATION / TRAINER:

- NO WATER will be provided or available, please bring your own.
- There will not be an athletic trainer on site.
- In the event of an emergency, a Montcalm County Rescue Unit will be on site.

REGIONAL QUALIFIERS:

- Top 4 teams in each race advance to the MHSAA Regional Finals at DeWitt High School. In an event there is a tie between the 4th place teams, the 6th place runner will determine the 4th place winner. If a team does not have a 6th runner, the team with the 6th runner will be ruled the 4th place team winner.
- The top 7 individuals not on a qualifying team will also advance to the MHSAA Regional Finals at DeWitt High School.

AFTER THE MEET:

It is our sincere hope with all of our safety procedures that transmission of Covid-19 does not take place at our event. Despite that, the health and safety of all participants and community members is most important. So if in the 14 days following the event any members of your team or coaching staff develop any symptoms of Covid-19 please communicate that with us so that we can alert other teams if necessary. We do wish to respect all privacy and do not require any names, just that someone has developed symptoms and any info regarding testing would be helpful as well. It would also be helpful if the Coach or AD could give their best guess if this individual possible contracted Covid-19 at our event or sometime before or afterwards. We understand this would be a guess but we all know that different members of our teams will have different amounts of exposure risk in their daily lives.

PLEASE CONTACT US WITH ANY ISSUES OR QUESTIONS:

- Travis Wilcox – Athletic Director
 - (989) 506-3637
 - twilcox@ccschools.org
- Grant Woodman – Head Cross Country Coach
 - (517) 930-6450
 - gwoodman@ccschools.org
- Brian Osborne – Aldrich Timing & Race Management
 - (616) 550-3382
 - osborne.brian19@gmail.com



Cross Country – Referee’s Statement

Date – Saturday, October 24, 2020

Location – Carson City-Crystal Area Schools, Carson City, Michigan

Host School – Carson City Crystal

Meet Director – Grant Woodman

Athletic Director – Travis Wilcox

Starter – Kathy Hutfilz

Referee – Kathy Hutfilz

Sportsmanship Statement

There will be no tolerance for negative statements or actions between opposing athletes or among team members and coaches. Trash talking, taunting or baiting of opponents or casual use of vulgarities will be especially watched for. If such comments are heard, a penalty will be assessed immediately!

Coaches

1. All athletes are wearing school issued uniforms.
2. Temporary body adornment is not allowed during competition.
3. Any visible garments underneath the uniform tops and/or bottoms are considered foundation garments, which are not subject to logo, trademark, color, or length restrictions.
4. Athletes may wear knit stocking caps, ski bands, baseball style caps, or headbands or the hood of a one-piece suit or undergarment without regard to color and logo design.
5. If an athlete is using an atomizer in competition, a prescription must be shown to the meet referee.
6. If an athlete is wearing any item for medical reasons, it is advisable to have a doctor’s note or prior MHSAA approval.
7. Remind all athletes that they must be, and remain, properly dressed, not remove uniforms, within all restricted or competition areas (start area, finish area, popular cheering areas).
8. Competitors shall wear the assigned contestant number and/or computerized chips, unaltered, for purposes of official timing and placing. Coaches please advise your athletes to not cover up their number in any way while they cross the finish line area. Stopping their watch when crossing the finish line causes video difficulties.

NOTE

This is your warning for a team violation in regards to uniforms; the next violation will cause the athletes to be disqualified from the trial and/or the event.

Please sign the bottom portion of this page, tear on the dotted line and turn it in when you pick up your bibs.

SCHOOL _____

BOYS _____ GIRLS _____

COACHES SIGNATURE _____

CARSON CITY-CRYSTAL SCHOOLS CROSS COUNTRY COURSE

