

2020 Cross Country Pre-Regional Schedule @ Manistee

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.

Friday, October 23, 2020 @ Manistee High School

Division - 3 Pre-Regional #40 --

TEAMS: Hart, Hesperia, Manistee, Mason County Central, Morley Stanwood, Reed City, & Shelby

TIMES

- **Team arrival** -- 2:00 pm
- **Boys race** -- 3:00 pm
- **Girls race** -- 3:45 pm

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. Team tents are allowed but only team members should be in them, and social distancing should be maintained at all times.
- 2) Coaches are to turn in a completed MHSAA COVID 19 form when picking up team packets.
- 3) Participating schools will contact Kevin Schmutzler - 231-299-7088 (kschmutzler@manistee.org) 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) Manistee Middle/High School building will not be open for this event.
- 5) Master Eligibility Forms are due to Beth Forbes - bforbes@manistee.org by Friday, October 16 to be eligible to run in the Pre-Regionals.

RACE INFORMATION --

- 1) No more than 70 runners in each race - to meet MHSAA Guidelines.
- 2) 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.
- 3) 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 map is posted on A.net & linked [here](#).
- 2) Each team will have 1 box 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) Warm-ups on the course may only be done prior to the boys race at 3pm. Girls teams can warm-up in the track area during the boys race, and boys may cool down in the track area during the girls race. No cool-downs or warm-ups shall take place on the course while a race is taking place.
- 2) Course preview can be done a different day if you would like to come and run it. Please contact Eric Thuemmel ethuemmel@manistee.org to verify that it is a good day/time.

SPECTATORS --

- 1) With the new limitations on spectators we will be selling **online and online only**. To purchase your spectator pass - go to the direct link: <http://michianatiming.com/registration/enter1.php?raceid=287> OR to the general link michianatiming.com/registration Entrance fee is \$6/individual or \$10/car.
- 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) PARKING: (We are also hosting a varsity football game this evening)
 - a) Busses: Busses please park in the bus area in the front of our pool area. Red lines are painted for bus parking.
 - b) Spectators: There will be designated parking for all spectators and they are expected to leave immediately following the conclusion of the meet.

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.

2) There are no awards for this level of the MHSAA Tournament series.