

2020 IHSAA CROSS COUNTRY REGIONAL

Hosted by - Rushville Consolidated High School

Course Location - Rushville Elementary/Benjamin Rush Middle School

Saturday, October 17, 2020

Welcome to the 2020 Cross Country Regional! Listed below is some information that you will need for this year's meet:

<u>TIME SCHEDULE</u>		
	Check In	8:45
	Course Opens	8:45
	Coaches Meeting (Middle School Gym)	9:45
	Course closes	9:45
	Girls report to start	10:15
	Girls Race	10:25
	Girls awards @ soccer stadium	11:15
	Boys report to start	11:30
	Boys Race	11:40
	Boys awards @ soccer stadium	12:35

As per IHSAA policy, there will be no reserve race,time trial or practice allowed.

ADVANCEMENT: The top 10 individuals from non-advancing teams and the first 5 qualifying teams shall advance to the semi-state at Shelbyville October 24th.

SEMI STATE INFORMATION: www.alphatiming.net Under Event Info

AWARDS: Trophy plate to the championship team. Ribbons to 7 members of the first 5 teams. Ribbons to individual winners placing 1st through 20th.

ADMISSION: \$5 per person **REQUIRED**, no passes accepted, **CASH only.**

SCORING Per NFHS rules.

MASKS: Masks must be worn by all whenever it is not possible to be socially Distant, 6 ft, from another not within your household.

SPECTATORS: Spectators should remain at least 6ft back from the course areas at all times, this includes the finish area.

SPECIAL INSTRUCTIONS please read fully!

- 1. The course is located at Rushville Elementary School and Benjamin Rush Middle School. The schools are located on the north side of Rushville, two blocks west of St. Rd. 3 on 16th Street.**
- 2. Masks must be worn whenever not racing or engaging in running/ jogging for warm up or cool down. Masks must be worn to the start.**
- 3. Each runner is responsible for getting themselves all the way through the finish chute. Should they be getting sick they need to cross the finish line and move to the far sides of the finish out of the main traffic area.**
- 4. Each school may enter 7 runners. Upon arriving, coaches will receive a team envelope: one for boys or girls or both.**
- 5. Numbers should be placed on the front of the runners and pinned on as flatly as possible. Do not crumple the bibs prior to the race.**
- 6. Starting position assignments will be on the packet front.**
- 7. Judges will be placed around the course to aid on the day of the meet.**
- 8. Times will be read at 1600 meters and 3200 meters.**
- 9. The course will be marked with posts and a white line.**
- 10. Boys and boys spectators should stay away from the course areas during the girl's race and vice versa. After the girl's race and awards conclude we ask that those leave the facility as quickly as possible.
We also ask that boys spectators plan to arrive more closely to the boys start time.**
- 11. Remind your athletes to not pull their arms up to turn off watches until they are at least 4 steps past the finish, when they do this they block their bib number from view in the camera.**
- 12. Remind athletes that spitting at any time is a COVID risk to those around them and should not be done.**