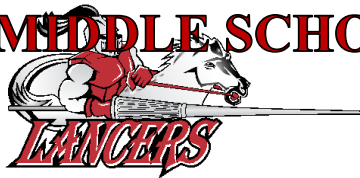


# EDINBURGH COMMUNITY HIGH/MIDDLE SCHOOL



## ATHLETICS

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Athletic Director

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### MID-HOOSIER CONFERENCE

2020 Mid-Hoosier Conference  
High School/Middle School Cross Country Meet



Edinburgh Lancers



Hauser Jets



Morristown Yellow Jackets



North Decatur Chargers



South Decatur Cougars



Southwestern Spartans



Waldron Mohawks

- Date: Saturday, September 19, 2020
- Location: Blue River Memorial Park at 725 Lee Blvd., Shelbyville, IN
- Web Site: [www.bluerivercc.com](http://www.bluerivercc.com)
- Admission: \$5 per person or \$10 per car will be charged for entry. Please tell your supporters and ask them to have correct change as much as possible to help the line move quickly.
- Schedule:
- |           |                                    |
|-----------|------------------------------------|
| 7:45 am   | Course opens, packet pickup begins |
| 8:15 am   | Coaches Meeting at Finish Area     |
| 8:45 am   | Course closes to all               |
| 9:00 am   | Middle School Girls Race 3k        |
| 9:30 am*  | Middle School Boys Race 3k         |
| 10:00 am* | Varsity Girls Race 5k              |
| 10:35 am* | Varsity Boys Race 5k               |
- \*approx. time, will begin about 5-10 min after last finisher in Previous race finishes
- Starter: Tom Derrico
- Trainer: Ben Bingham, Johnson Memorial Health
- Timing/Scoring: Alpha Timing, Michelle Nolley
- All Entries: Teams may enter and run as many runners of each gender, the top 7 runners from each team will score. **HS: If you have a girl who will not finish under 35 minutes then use the meet as a time trial of a 3k and pull them off the course then; for boys if they cannot finish in under 30 minutes use this meet as a time trial of a 3k and pull them off the course then.** MS: if an athlete cannot finish in under 25 min please pull them at 2k.

Please read the entry info pages below carefully and fully.

\*\*Awards will be done one by one.

Awards: Varsity and Middle School races: top 20 individuals, receive ribbons.

Varsity only: top 10 are "All-Conference Team"

Top 3 teams: ribbons. Winning team: Conference Trophy

HS Coaches are to vote for one coach, by name for Coach of the Year when at the meet. Vote sheets will be in Varsity coaches' packets. Those should be returned to Alpha Timing/David Walden by 11:30 am.

Workers: Each school is to provide 2 workers; one in the finish to work/help your athletes with water, masks, staying on their feet etc, 1 will be on the course. Course Workers should report to the Alpha Timing trailer by 8:30 am; Chute workers should report by 8:55am.

**IMPORTANT INFORMATION ON THE VENUE:**    **pass along to spectators and bus drivers**

***Parking/Spectator Entrance:*** Spectators will enter off of Lee Blvd and proceed to park in front of the ball diamonds on the North side (they should **not** park in the spots on the south side of the diamonds unless they are handicap so buses can safely drop off and pick up athletes) or around the splash pad area. (map online: [www.bluerivercc.com](http://www.bluerivercc.com)) NO PARKING in the new building parking lot near the course for any spectators!!

***Bus Entry:*** Buses should enter off of Lee Blvd and proceed to the South of the ball diamonds for drop off then continue to the round a bout and into the fairgrounds to park. They may return the same way for pick up after the meet.

***COURSE MAPS AND INFO:*** teams should come prepared with their own copies of course maps for athletes and spectators or pass along the web address for spectators to view/print their own copy. [www.bluerivercc.com](http://www.bluerivercc.com)

***TEAM CAMPS:*** may be set up in the grass between the new Maintenance Building and the gully. NO CARS can be driven beyond the parking lot unless a trainer or meet management.

***TRASH:*** The park is a pack it in, pack it out park. All trash should be picked up and taken with you, please bring trash bags.

***PETS:*** Pets are ***not allowed*** on meet days! Please leave pets at home or in your car. This is a safety issue for all.

Restrooms: Port a pots are available. Restrooms for spectators are located at the ball diamonds.

Water: teams should bring their own water/cups/ice/bags

**Roster/Entries: PLEASE READ THIS IMPORTANT INFORMATION**

Entry will be done via [www.athletic.net](http://www.athletic.net) online entry. Instructions and video are posted. Please check your entry via the View Finalized Entry button.

- You can check that you are entered correctly within the program itself.
- This is not Alpha's entry system therefore help needed with the program Entry should be directed to the Contact Us within Athletic.net. Written instructions are posted

**DEADLINE: ALL ENTRIES MUST BE MADE PRIOR TO Thursday, SEPTEMBER 10<sup>th</sup>, 2020, at NOON.**

Results will be posted to [www.alphatiming.net](http://www.alphatiming.net) that evening for you to view or print additional copies.



## Mid Hoosier Conference CC Championships Entry Info

Entry will be done via [www.athletic.net](http://www.athletic.net) Online Entry. Questions on program should be directed to them.

- Meet info is also posted @ [www.alphatiming.net](http://www.alphatiming.net) Event Info tab to view at any time.
- If you have an account from another meet this season or last year, CC or track, please use that username & password. No need to create a new account each year/season. Use the forgot password feature if you need help with your password. Use the same account for CC & track by choosing Manage roster for the one you want to work with. No need for different accounts for boy/girls either, if you coach/manage both.
- **NEW COACHES:** best thing is to ask prior coach to log in, add you as coach then you can remove them. If not possible then email athletic.net support to be added as a coach, this can take up to 48 hours so plan accordingly.
- **USE proper names for each athlete in athletic.net.** If you have a Joe but his name is Joseph use Joseph to register him, **the IHSAA wants proper names used throughout the season.**
- Simply enter your COMPLETE roster for each gender, include grade levels for each. Enter into the meet EVERY athlete that has any potential to run, please help us by not 'forgetting' any runners. You can be sure you are entered by viewing the meet page itself within Athletic.net
- **2 STEP entry process!** Entering your roster is only step 1. **STEP 2 is going to MEETS and choosing REGISTER for a specific meet and following the instructions on this process you will enter your ENTIRE roster into the specific meet.**
- **You may check that you have correctly entered within athletic.net on the meet page itself.** Please don't email to ask us, we'd love to help but with as many meets we have it is impossible.

➤ **Roster Entry deadline Thursday, September 10<sup>th</sup>, by NOON.**

- So we may run a great meet for you and your athletes please adhere to the manner in which we ask for your information; enter your ENTIRE TEAM; and adhere to the deadlines we ask for it all. Please don't wait until the last moments to begin the registration process, you won't stress yourself out this way!
- Email is the best contact. Please keep in mind that we will return emails/calls during normal business hours M –T 10am-4pm; F 10am-noon.
- Results will be posted to [www.alphatiming.net](http://www.alphatiming.net) (prior to leaving the site as we can) & athletic.net asap after the meet.
- **\*Be sure to allow my emails, emails from support@alphatiming.net & from athletic.net back in to your server if using school accounts\***

**Good Luck!**

**Follow us on Facebook & Twitter!**

## COVID RULES:

- Everyone needs to wear a mask when you cannot be 6 feet away from someone in your household.
- There will be a limit of 300 on site: workers, runners, spectators, coaches.
- Teams should not warm up around the course when there is a race going on. They should use the area around the softball diamonds, the fairgrounds, the trail or around the team area.
- Team members must be masked whenever they are not jogging/running and must wear their mask to the start line. They can carry it or give it to coach/parent helper when Starter indicates.
- If girls are racing boys should not be anywhere around the course and vice versa. HS should not be around the course during MS races and vice versa.
- Spectators should watch only their athlete and then should return to the team area and remain there or leave the facility.
- Each team must have 1 person designated to be in the finish to help their athletes having water, masks and keeping them up and moving back to the team camp area as soon as possible.
- Please be respectful when asked to adhere to any rules so we may continue to have a CC season for the kids!
- Coaches, please communicate the rules to your spectators/parents in advance and often!!!