



MID-STATE CROSS COUNTRY CHAMPIONSHIP

HOST: FRANKLIN COMMUNITY HIGH SCHOOL

SATURDAY, SEPTEMBER 26, 2020

TEAMS

Decatur Central, Franklin, Greenwood, Martinsville, Mooresville, Plainfield, Perry Meridian, Whiteland

LOCATION:

Campus of Franklin Community High School, 2600 Cumberland Drive Franklin, IN 46131

MEET SCHEDULE – JV and Varsity Combined. Times are approximate.

8:00 AM	TEAM CHECK-IN/Packet pick up
8:30 AM	COACHES MEETING AT THE STARTING AREA
9:00 AM	GIRLS VARSITY RACE
9:30 AM	BOYS VARSITY RACE
10:15 AM	MIDDLE SCHOOL GIRLS RACE
10:45 AM	MIDDLE SCHOOL BOYS RACE

PARKING

Parking is available in any lot south and west of the high school building.

COURSE LOCATION

Course is located on the property east of Franklin Community High School. Parking is available in any lot south and west of the high school building. Please do not park on the grass.

TENT AREAS & FACILITIES

Team tents can be set up in any area west of the creek (high school side). Portable restroom facilities will be available.

ENTRY INFORMATION

Entry will be done via www.athletic.net online entry. **DEADLINE:** Noon, September 16, 2020

TRAINER

FCHS will provide a trainer, who will be located near the finish line as well as other medical staff.

AWARDS

No awards ceremony. All individual and team awards will be mailed.

- MID-STATE Trophy for first place team (Male and Female)
 - Plaque and Medal to the top individual (Male and Female)
 - All Conference Medals to places 2-10
 - Ribbons to places 11-20

REMINDERS TO COACHES:

- Remind your athletes that removing shirts or running in the competition area without shirts is against the IHSA rules and is cause for disqualification. The competition area is any area on the east side of the trees where the course is. This is from time of arrival until awards are completed.
- Please clean up your team camp area prior to leaving, thank you for your help
- Remind parents/managers/spectators to stay out of any fenced or flagged off areas at all times!
IMPORTANT
- Typically this meet has been warm, prepare your athletes well and trainers will take care of them in the finish chute, all others should stay out of the area.
- REMIND your athletes that they need to QUICKLY walk all the way to the end of the finish chute before they bend down, collapse or anything of the like. It is their responsibility to maintain their position all the through the finish chute.
- Runners must wear face coverings at all times and at the start line prior to the run out. The only time they are not required to have a face covering is during the race.
- Coaches or their designee must be at the finish line chute to collect their runners and usher them back to the team camp once they know the runner(s) does not need medical attention.
- NO PETS!
- Inform parents that they will only cross the bridge to watch their child then go back across at the conclusion of the race. They should not hang around the team camps. Anyone without a face covering will be asked to leave.

QUESTIONS AND CONTACTS

Bill Doty, AD, 317-346-8216, dotyw@franklinschools.org

Ray Lane, Girls Coach, 317-364-6055, laner@franklinschools.org

Adam Schwartz, Boys Coach, 317-525-7742 schwartzad@franklinschools.org

Mike Hall, Meet Director, 317-698-5977 hallm@franklinschools.org

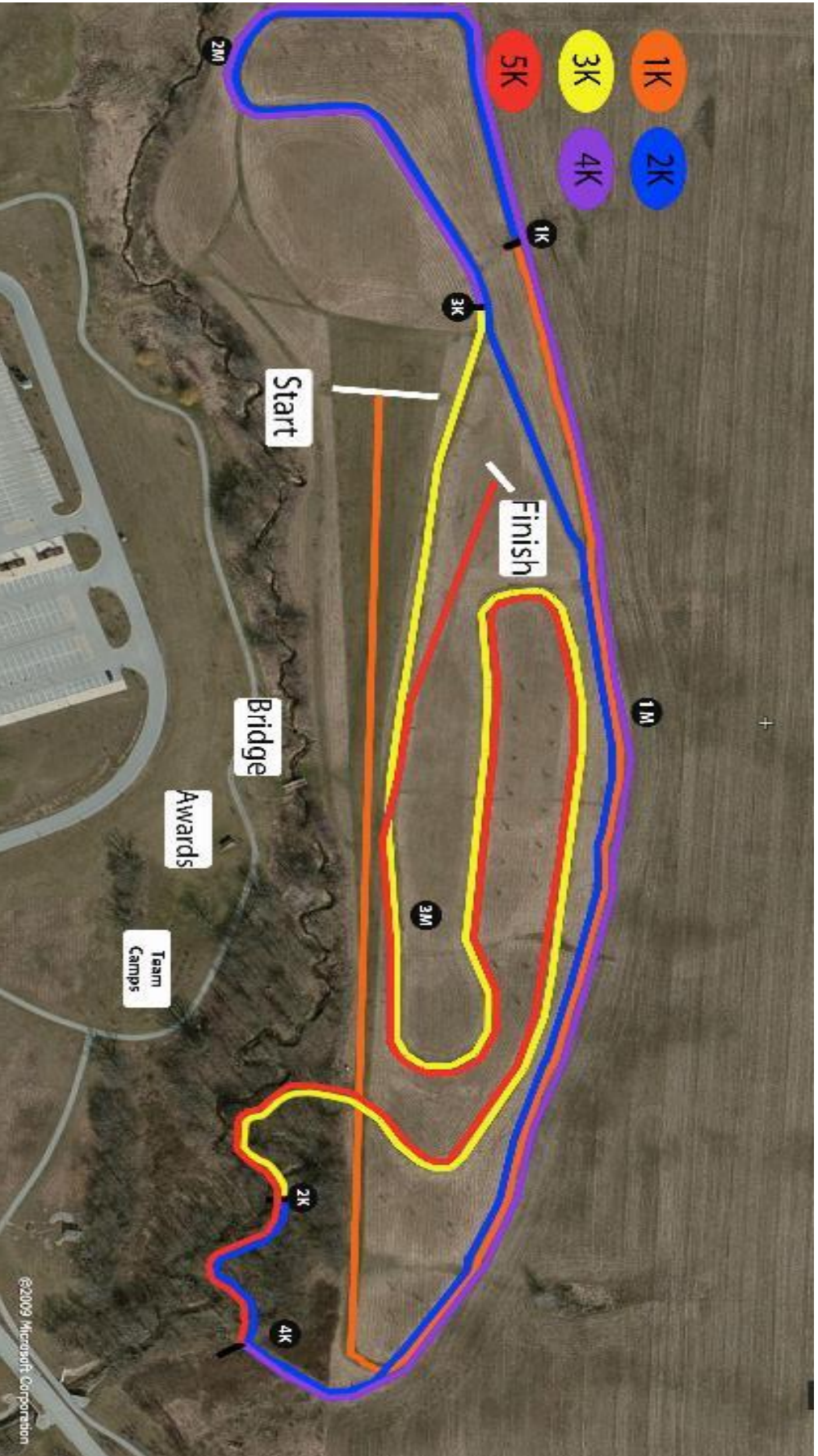
Michelle Nolley, Meet Director/Scoring, michelle@alphaltiming.net



Please read this page fully, it will answer most questions!

- **Entry will be done via www.athletic.net Online Entry.** Instructions on how to use the system are posted there. Please read **fully** before emailing with questions.
 - **Meet info** is also posted @ 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. There are ample opportunities to check and re-check your entries for missing athletes, spelling, correct genders, etc. We are not concerned if they do not end up running once entered.
 - **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.**
 - No need to 'declare' Varsity
 - **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 16th, 2020 at 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 most emails/calls during normal business hours M –T 10am-4pm; F 10am-noon.
 - Results will be posted to www.alphatiming.net, athletic.net, & sent to the Indy Star 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***

Follow us on Facebook and Twitter!



FCHS ATHLETIC DEPARTMENT
Bill Doty, *Director of Athletics*
Chris Coll, *Assistant Athletic Director*
Marcus Davis, *Athletic Trainer*
Cindi Martin, *Athletic Secretary*
Office: 317-346-8222 Fax: 317-738-5703
Twitter: @GoGrizzlyCubs



2020 Mid-State Cross Country Reminders

For Parents:

- Anyone attending the event must wear a mask at all times once they leave their vehicle. While on Franklin Community High School grounds, please practice social distancing as much as possible.
- NO PETS ALLOWED
- The course will open to spectators at 8:15am.
- Tickets will be \$5 per person and we are limiting spectators to 2 parents per athlete in order to help with social distancing on the course.
- We will stick to the race time schedule (Girls first at 9:00am) so we are asking that girls parents leave the course after the girls race to allow the boys parents to watch the race while allowing ample room for everyone to properly social distance.
- DO NOT GO TO THE FINISH LINE WHEN YOUR ATHLETE FINISHES! We are asking that parents stay away from the finish area so we can funnel people out of there quickly and back across the bridge as soon as we can.
- We will have volunteers around the entrance and exit of the bridge to help usher people into the viewing areas, but please let your parents know to not congregate around the bridge entrance and exit in order to prevent large groups of people at those potential bottle necking locations.
- XC fans are some of the best fans, so I know we can make this work in a safe manner that will hopefully lead to more fans being able to attend meets across the state in September and October!

For Coaches/Athletes:

- Each team should designate 1 person to be at the finish area to help your school's athletes as they finish and allow the athletic training staff to focus on potential serious issues. Hopefully the forecast holds true and the temperatures will cooperate and we won't have to worry about many heat issues!
- Teams should report to the start line 5 minutes before the scheduled race times. There will be no run-outs once you arrive at the start line.
- Athletes should keep masks on at all times other than when they are warming up/cooling down. The official will give instructions at the start line for removing the masks just prior to the start of the race.
- Athletes should have masks back on when they leave the finish area and walk back toward the team camp area.