

# Bowie Cross Country Meet

Coaches,

Welcome to the 2020 Bowie Cross Country Meet. Please read through the following information carefully. We have tried to set up the meet in a way to follow UIL guidelines. Please inform your athletes and parents of the following information. By following UIL and safety guidelines, there is a higher chance that our season will be able to continue. Because we are all new to this way of holding cross country meets, please feel free to reach out if you have any suggestions.

## Meet Information

Location: Veterans Park

Start Time: 7:45 Coaches Meeting, 8:00 Varsity Girls, followed by Varsity Boys, Open/Freshmen Girls, followed by Open/Freshmen Boys. If there are enough participants then divisions will be separated.

Course Map: Please see the course map below. Printed maps will not be handed out at the meet. If you want printed maps, please print them on your own.

Team Arrival: UIL rules say that schools can't arrive more than 1 hour before the meet begins, so plan your arrival no earlier than 7:30. Please see the map below that shows the designated area for team camps and warm-up. Do not set up your team camp right next to another team's camp.

Buses: Please schedule appropriate times for pickup and drop-off.

Water: Water will not be available for athletes before their race. It will only be available for runners in the recovery area after they finish racing. Please tell your athletes to bring their own water bottle for pre-race hydration.

Scoring & Timing: We will not use bib numbers or finish cards. Each runner will be assigned a number. Use a black marker to write the number on both of the runner's shoulders. To avoid any contact at the meet, you will need to do this on your own. We will post these numbers below after the entries have closed on Thursday. Please check back to get the assigned numbers. When runners finish, we will record the numbers and runners will head immediately into the recovery area.

Race Structure: For each race, we may start runners altogether or we may start them in "waves" depending on the number of entries. We will discuss this at the coaches meeting on Saturday morning. Please make your runners aware of this possibility.

Starting Line: Please tell your runners to report to the starting line 10 minutes before their race. Team boxes will be at least 6 feet wide. There will also be 6 feet between each team box. There should be no runners in this space between. The goal is to keep 6 feet of distance between each runner. Runners should wear a mask to the starting line.

During the Race: Please encourage your runners to keep distance between themselves and other runners during the race, as much as possible. The beginning of the race will be the most difficult to keep distance but should be possible during most of the race. Masks do not have to be worn while racing.

Finish Line: There will not be a finish chute. Runners will cross the finish line and be guided towards the recovery area. Water will be available only for runners as finish. They will walk by, get a cup of water, and continue into the recovery area. Only runners who have just finished racing should be in the recovery area. Runners should put their mask back on when they leave the recovery area.

Parents/Spectators: All parents need to wear a mask and keep at least 6 feet distance from others. We have put the start and finish lines within view from the parking lot. There is also a ridge behind the parking lot that would provide a good view of the start and finish. Parents should not be roaming around in the middle of the park. Please look at the map below to see the designated spectator area. Please inform your parents of this.

Coaches/Athletes: Only athletes who are competing at the meet should be at the park. All coaches should wear a mask at all times at the meet. Athletes should wear a mask at all times unless they are warming up, racing, or recovering after the race. All coaches and athletes should also keep at least 6 feet distance.

