

Region IV Cross Country Racing
9/12/2020
Kincaid Park, Anchorage

Team Schedule

9:00 AM	11:30 AM	2:00 PM	4:30 PM
Bartlett	West	South	Dimond
Eagle River	East	Chugiak	Service

Welcome to the first Cross Country Running race of the 2020 season. We know what a big step this is to be racing. ASAA and the ASD has agreed to allow competitions to start even though we are still in a high risk zone by using proper mitigation plans and conservative measures. Region IV has put together good mitigation plans to create a reasonably safe environment for the runners to race this Saturday.

To keep our athletes safe and spread out on the course the format will be dual starts. Each runner will be seeded by an interval start. An interval start is when a runner starts one at a time.

Runners will receive a bib and start 15 seconds apart. Timing will be chip timing, which is a strip located on the runners bib. Bibs must be placed on the runner's front. Runners will be instructed to enter the line close to when their number is and stand 10 feet apart. The runner will be instructed to go. When the runner finishes they will need to exit the running chute as soon as possible and continue to stay 6 feet apart. Runners must wear masks when not running.

- Spectators
 - Limit of 2 spectators per athlete.
 - Spectators will not be Covid19 screened but must wear masks.
 - To reduce crowding spectators cannot be in the field where the start and finish take place.
 - Spectators must stay 10 feet away from non family members at all times.
 - Please do your part to ensure our safety and our ability to continue to have a season.
- All athletes are to be dropped off and picked up in the large parking lot by the scoreboard. If staying, please don't park in the upper lot by the Chalet.
- The times listed above are arrival times. The individual start races will commence 45 minutes after the team's arrival time. Individuals will be sent out onto the course every 15 seconds.
 - The individuals will be sent out in the following order, 10 Varsity Boys, 10 Varsity Girls, 10 JV Boys, 10 JV Girls, Boys Open, Girls Open.
- The course will begin and end in the stadium and consist primarily of the Mize loop. It will be 5km long.
- Course map will be sent out in a separate attachment.