

2020 Class B Cross Country KVAC/Regional Championship

Saturday, October 31st at Troy Howard Middle School

Boys Race 10:00 am

Girls Race 12:30 pm

NO SPECTATORS ALLOWED

<u>Teams Competing</u>			
Belfast	Erskine Academy	Gardiner	Lawrence
Leavitt	Lincoln Academy	Medomak Valley	Morse
Nokomis	Oceanside	Spruce Mountain	Waterville
Winslow	*Top 3 Teams and Top 2 Individuals Qualify		

Entries: Due via Team Manager to Dave Jeffrey djeffrey@breweredu.org by 5:00 PM on **MONDAY, OCT. 26th**

Instructions for Meet Entries

1. Download the Meet Events File emailed to you or from the Sub 5 website (www.sub5.com/youth-pages/cross-country/).
2. Open Team Manager
3. Select File, Import, Meet Events and choose the file you downloaded.
4. Once imported, go to the Meets tab. Click on the KVAC XC Championship Meet and select Entries, Entries by Event. This will give you 2 races to choose from Boys and Girls Varsity.
5. Place your top 7 in each varsity race, a time is needed for each athlete.
6. Return to the Team Manager start page, select File, Export, Meet Entries and select the KVAC XC Championship Meet file and click export. (Be sure to see which drive the file is saved to).
7. Send file to Dave Jeffrey (djeffrey@breweredu.org).

Each team is allowed a **maximum of 7 entries per race**. You may make changes to your runners right up to the start of the race but **cannot have more than 7 participants on site** for each race.

Drop Off and Pick Up Procedures

Drop Off: Buses should drop off in front of THMS. **Only the 7 competitors plus 1 coach per school will be allowed on site for each race.** If athletes are self-transporting they will be directed to a parking location. If they are being driven by someone else, the driver should let the athlete out in front of THMS and then leave the premises.

Off-Site Location: The recommended off-site location for use is the Belfast Area High School track and field complex. You can put up tents if you want (20 feet away from other teams) and there will be bathrooms available. Each school can only have the 7 athletes waiting to compete (or already finished) plus 1 coach at the BAHS.

Pre-Race Details and Information

Course Walks: It would be preferable that teams make arrangements to walk the course prior to the 31st. If your team is able to do so, please make arrangements with Matt Battani, AD at Belfast Area High School: mbattani@rsu71.org or (207) 951-2976

Team Areas: Team areas/tents must be 20 feet away from other team's areas/tents. Athletes should not congregate under the tent and should maintain appropriate 6 foot spacing. Teams must clean up their entire area when leaving. No trash, masks, bib numbers, etc. should be left behind.

Team Packets: Coaches should pick up team packets with competitor numbers and any other instructions upon arrival. Packets are available from Jason Allen near the finish area. Please check the roster inside your packet to make sure that all of your athletes are listed. If you have any meet day changes, communicate them to Brewer Timing Services at the finish line. You will be allowed to insert a new runner for someone who was seeded but not able to attend the meet.

Face Coverings: Everyone should wear a face covering at all times with the following exception: Athletes when they are doing their warm-up and during their race. Athletes should come to the starting line wearing a disposable mask which will be discarded in trash cans right before the start, or they can put their mask in a zip-loc bag and hand it to a coach, or they can race with the mask. **Coaches and officials will wear masks at all times** and will adhere to physical distancing requirements.

Race Details and Information

Competitor Numbers: Please be sure Hip Numbers are worn on both hips (4 safety pins) and Chest Numbers are secured (4 safety pins). Make sure that hip numbers are centered on the seam of the shorts and are not obscured by the athlete's shirt, tuck in shirt if necessary. These are the numbers that the FinishLynx camera is taking a picture of.

Athletes Reporting: We will not have clerks for this meet. Your athletes should know the uniform rule, have their numbers on correctly, and know which wave and starting box they are in. Athletes should not wear warm up clothing to the starting line; they should come to the starting line ready to run.

Starting Boxes: All athletes will be assigned a starting box once entries are complete. A document listing which box and wave your athletes are in will be sent to you before the meet. It is very important that athletes run in the wave for which they were seeded, know which wave and starting box you are in!

Starting Line: Each race will have two wave starts. The fastest 35 runners will be in Wave 1 and the rest of the runners will be in Wave 2. Runners will be spaced 6' apart on the starting line with the fastest runners in the middle and the second wave will start 30 seconds after the first wave.

Waves will be lined up in advance of the start on wave lines 6' or more apart from each other. As the first wave starts, the second wave may move to the start line and wait for their signal to start.

Finish Line: We will use a finish corral instead of a chute system. Runners should move quickly through the corral. They should not stay in the corral to congratulate competitors or teammates; they should go straight to their team area. It is very important for coaches to emphasize with runners that they should run through the finish line, and not slow down or stop on the line. If someone stops on the line the FinishLynx image may be unreadable. Tell your athletes to run as if the finish line were 10 feet beyond the actual finish line. **Coaches please tell the head timer if you have a runner that starts but does not finish.**

Post-Race Details and Information

Awards/Results: The **Top 3 teams and Top 2 Individuals will qualify for the State meet.**

There will be no Awards Ceremony at the conclusion of the meet. Results, including teams and individuals qualifying for the State meet, will be available the day of the meet as well as emailed to athletic directors and coaches, also will be posted on Sub 5. Any awards given out will be given to the AD of the respective schools at a later date.

Other Information

Facilities: Entrance to Troy Howard Middle School is not permitted. Portable toilets will be available. No concessions will be available, bring your own food and water.

Trainer: There will be an athletic trainer on site. Teams should bring their own Med Kits.

Questions to Meet Director, Jason Allen: jallen@mci-school.org or (207) 356-8501

Meet Schedule

8:30-9:00	Buses drop Boys @ THMS, take Girls to BAHS; Coaches Packet Pick-Up
9:00-9:45	Boys Warm-Up
10:00	Boys Race
11:15-11:45	Buses drop Girls @ THMS, take Boys to BAHS
11:30-12:15	Girls Warm-Up
12:30	Girls Race

1:30-1:45 Buses return to pick-up Girls @ THMS for Departure

Troy Howard Middle School Cross Country High School level course map — Belfast, Maine.
3.1 miles: 5k

