8/19/2020

Dear Cross Country Coaches and Athletic Directors,

Mesa Ridge will host a varsity cross country meet on Thursday August 27 th .

This meet will be chip timed and scored. Since this is for league teams only and not an invitational, awards will not be handed out.

The meet will start and finish at Bartell Park which is located in front of Janitell Junior High School, 7635 Fountain Mesa Rd. Fountain, CO 80917. Buses can drop off and park in the main parking lot of the school.

**Course** – The course starts/finishes on the grass at Bartell Park. It follows the dirt/cinder trail around Fountain Mesa Park. It is a 2 loop course that is pretty flat and mostly good footing. There are long straightaways and wide turns so we hope it allows athletes to run fast times.

**Spectators** – Other than coaches and team members, no Spectators will be allowed on the course or at the start/finish area.

**Race Times** – Boys will run at 5pm and girls at 5:45pm (or when the last boy has finished).

Teams – Each school is allowed 7 boys and 7 girls in the respective races.

\*A spreadsheet will be sent out with a deadline for entering runners.

**Masks** – Everyone is required to wear a mask and maintain social distance. Athletes do not need to wear a mask while warming up or racing. Coaches will need to collect masks at starting line and give them to runners after the race in the designated team area.

**Splits** – Mile 1 and 2 will be marked. We probably will not call splits, but coaches are welcome to run out and call times out to runners.

**Finish Line** – As runners cross the finish line they will be quickly directed to an area designated for their school. One coach from each school will need to assist their runners to the designated area.

**Trainer** – There will be a trainer on site.

**Health Screening Forms** – Forms must be completed for each athlete and turned into before allowing teams off the bus.

**Team Camps** – Please make your team camp in designated around with ample distance between teams.

**Entry Fee** - $150 per school or $75 for on gender. This will cover our costs for facilities, officials and timing.

More information, including a spreadsheet for entries, will be sent out prior to the meet.

Thank you,

Carl Burgess, Cross Country Head Coach

Brett Humphrey, Athletic Director