

MHSAA Pre- Regional 9-1

HOST: Bedford Girls & Boys Cross Country Programs.

DATE: Saturday October 24, 2020

LOCATION: Indian Creek Park, Temperance, MI 48182

This is Bedford High School's home course, behind the bus garage north of the soccer stadium at the picnic pavilion by the creek. The course is flat and fast, starting in the park and heading out into wooded trails, a section of sand dunes, around the grounds near the public library and junior high school, back through the woods and looping around near the bus garage, finishing back through the park close to the pavilion. Maps will be provided, and the course will be marked clearly with a solid white line throughout.

ENTRIES: Each school is permitted one team. In accordance with MHSAA policy, entries are comprised of a roster submitted via Athletic.net online entry system for the meet. If you have not done so, create a free account on Athletic.net. Enter your Regional into your schedule. Click on that meet and then go to "Register Athletes". Please enter **ONLY** your **top 8 athletes**. Late changes can be made on meet day. **ENTRIES are DUE by 6:00PM Saturday October 17, 2020.**

OPT OUT DATE: Schools not intending to participate in the Pre-Regional Meet must inform the meet manager and the MHSAA by October 16, 2020. Schools planning on attending must submit an eligibility list by October 17, 2020.

COMPETING SCHOOLS: Pre-Regional Meet Electronic Entry Materials and instructions for on-line entry are on the MHSAA website. Entry information must be placed on-line no later than 6pm on October 17, 2020 at www.athletic.net.

INSTRUCTIONS: It is important to carefully read everything that follows. All protocols available from the State of Michigan, Monroe County Health Department, MHSAA, and Bedford Public Schools concerning COVID19 will be followed. In order to keep athletes, coaches, officials, spectators, and community members safe, the way in which the meet will be held will be different from what we are used to. We ask for everyone's patience and that you thoroughly read through the expectations. Please cover any changes from the normal meet expectations and the timelines with your team before arriving.

An aerial map of the grounds is included and should be looked over carefully. Team camp areas, bridges into the park, parking for spectators, warm-ups, cool downs, and race times are clearly marked on the map. Areas in the park will be marked to maintain social distancing at all times.

Upon arrival ALL Bedford athletes and coaches will have their temperatures taken and complete the questionnaire provided by the MHSAA. All MHSAA protocols will be followed.. The opposing team will be responsible for checking their own athletes and staff. Everyone should wear a mask at all times except for warming-up, racing, or cooling down.

PACKET PICK-UP, CHANGES, and SUBSTITUTIONS: All should be done at the finish line area. Any changes or substitutions can only be made between the 8 registered athletes.

ATHLETE DROP-OFF and PICK-UP: All vehicles will drop-off/pick-up athletes in designated areas for each of the boys and girls races. Once the race is over, we are asking that spectators move their vehicles promptly so that the

spectators for the next race can move in. In an attempt to maintain social distancing each race will clear the area before the next race begins.

SPECTATORS: Under the new rule we can have up to 1000 fans, while remaining within the 30 people per 1000 Sq ft restriction, in attendance of races at the park. Please remain in/around your vehicle until 15 minutes prior to the start of the race. We ask that spectators that cross into the park maintain 6ft of distance, and **WEAR MASKS AT ALL TIMES** once they are out of their vehicles. Also, **NO** spectators in **TEAM CAMP** areas, and they must maintain a **REASONABLE DISTANCE** from the **START** and **FINISH LINE** areas. They can spread down the line away from the start/finish, but should not gather or crowd areas on the course near those areas. We are also asking spectators to avoid the woods, as it is difficult to maintain 6ft of distance for the athletes if spectators are taking up space along the trails. No concessions will be provided.

*****There is a \$10 per vehicle admission into the event for each vehicle (except buses).*****

UNIFORMS: Please remind your athletes that MHSAA rules governing uniforms and temporary adornment shall be upheld.

COACHING: Per MHSAA mandate, coaches are NOT allowed to use any transportation aids such as bikes, scooters, etc. to move around the course.

TEAM CAMPS: Designated areas on the map will be provided for team camps. Once athletes arrive at the team camp they must maintain 6ft of distance from one another and may not wander from that area. The only times they will leave the team area is to warm-up, race, cool down, or for restroom breaks. Coaches are expected to make sure teams follow these criteria. Team tents are allowed, but please do not use sides to enclose the tent, and 6ft of distance must be maintained at all times.

START LINE: Teams may report to the start line 10 minutes before the start of the race. While at the start line 6ft distancing must be maintained at all times, including any strides, dynamic warm-up routine, etc. before the start of the race. NO high fives, fist bumps, or circling up for team cheers pre-race will be allowed. Team cheers pre-race will be allowed as long as 6ft of distance remains between the athletes.

FINISH LINE: There will not be a traditional chute following the finish line. Runners will be encouraged to keep moving and get away from the finish line as quickly as possible. Each runner will be given an index card with their corresponding place on it at the exit point. These place markers are only for athletes to show their coach for results purposes and should not be collected. They should be discarded in a trash can afterwards.

AWARDS: There will be NO AWARDS CEREMONY.

SCORING: Traditional cross country scoring will be used. Runners will be given a number to wear on the front of their uniform.

REGIONAL QUALIFIERS: Top 4 teams in each race advance to the MHSAA Regional Final at Lake Erie Metro Park on Saturday October 31, 2020. In the event there is a tie between the 4th place teams, the 6th place runner will determine the 4th place winner. If a team does not have a 6th runner, the team with the 6th runner will be ruled the 4th place team winner. The top 7 individuals not on a qualifying team will also advance to the MHSAA Regional Final at Lake Erie Metro Park on Saturday October 31, 2020.

ATHLETIC TRAINER: We will have a trainer on site with ice available for injured athletes only. The trainer will not wrap or tape athletes pre-race from opposing teams, and opposing teams must take care of this on their own or

before arrival. Masks, water, and hand sanitizer will NOT be provided and it is the responsibility of athletes to show up with enough of both to last the entirety of the event. EVERYONE MUST ARRIVE WITH HIS/HER OWN SUPPLY OF WATER. ANY ATHLETE WITHOUT WATER WILL NOT BE ALLOWED TO PARTICIPATE.

VOLUNTEERS: All volunteers will wear masks at all times, have temperature checks, answer the symptoms survey, and when working in the finish line chute will wear rubber/latex gloves.

INCLEMENT WEATHER: The threat of inclement weather will result in the event being cancelled. Make up dates for the event will be held on either Sunday October 18, 2020 (same time schedule), and if necessary Monday October 19, 2020 (same time schedule).

Schedule of Events: (Boys run first in even years, Girls run first in odd years)

7:30 - Indian Creek Open for team campsite setup in designated areas.

8:00 - Varsity Boys teams may start warm-ups on the course

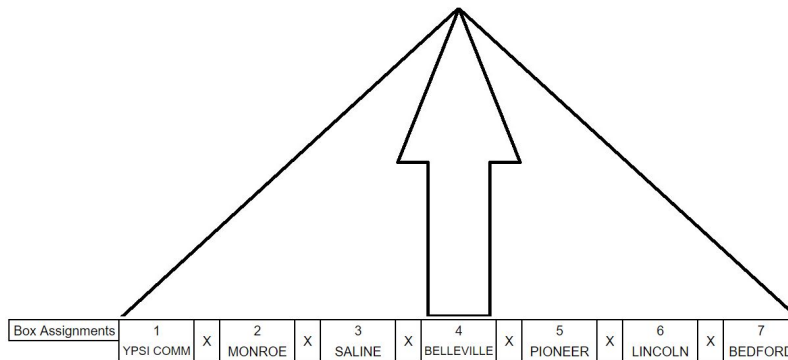
9:00 - Varsity Boys race begins using start line protocols and will be guided by course markings and social distancing measures outlined in the above welcome letter. Cool downs should begin promptly after the race concludes.

9:30 - Varsity Girls teams may start warm-ups on the course.

10:30 - Varsity Girls race begins using start line protocols and will be guided by course markings and social distancing measures outlined in the above welcome letter. Cool downs should begin promptly after the race concludes.

*****All teams and families must exit the park and parking lot by 11:30am.*****

BOX ASSIGNMENTS	
BOX	TEAM
1	YPSI COMM
2	MONROE
3	SALINE
4	BELLEVILLE
5	PIONEER
6	LINCOLN
7	BEDFORD



COACHES AND TEAMS

- EACH TEAM MAY HAVE UP TO (3) COACHES IN THE TEAM CAMP AREA
- MASKS MUST BE WORN BY EVERYONE AT ALL TIMES ONCE YOU ENTER THE PARK. THE ONLY EXCEPTION IS FOR THE RUNNERS WHEN WARMING-UP, RACING, OR COOLING DOWN.
- EACH TEAM WILL HAVE A DESIGNATED PORTA-POTTY WITH THEIR SCHOOL NAME/LOGO TO USE WHILE AT THE MEET. PLEASE PAY ATTENTION TO YOUR DISTANCE TO OTHERS WHILE WAITING IN LINE OR BY OTHER TEAMS.
- COACHES WILL MAKE SURE THEIR STAFF, EVENT WORKERS, AND STUDENT-ATHLETES
 - WILL PROMOTE AND MAINTAIN 6FT OF SOCIAL DISTANCING AT ALL TIMES.
 - WILL ENSURE INDIVIDUAL BACKPACKS, CLOTHING, EQUIPMENT, ETC. ARE PLACED 6FT APART FROM OTHERS.
 - WILL WEAR FACE COVERINGS WHEN NOT ENGAGED IN HIGH INTENSITY AEROBIC ACTIVITY.
 - RUNNERS NEED TO BRING ENOUGH WATER AND HAND SANITIZER FOR THE ENTIRETY OF THE EVENT. THE HOST SCHOOL WILL NOT BE PROVIDING EITHER OF THOSE ON RACE DAY.

SPECTATORS will be allowed under the following provisions.

- WE ASK THAT SPECTATORS REMAIN NEAR THEIR VEHICLES UNTIL 15 MINUTES PRIOR TO THEIR RACE.
- SPECTATORS ARE NOT PERMITTED TO VISIT THE ATHLETES/TEAMS IN THE TEAM CAMP AREAS.
- ALL SPECTATORS ARE REQUIRED TO WEAR A MASK AT ALL TIMES.
- SPECTATORS SHOULD NOT GATHER AT ANY PLACE IN THE COURSE, PLEASE PRACTICE SOCIAL DISTANCING.
- SPECTATORS SHOULD STAY SIX FEET AWAY FROM THE RUNNERS AT ALL TIMES.
- WE ARE ALSO ASKING SPECTATORS TO AVOID THE WOODS, AS IT IS DIFFICULT TO MAINTAIN 6FT OF DISTANCE FROM THE ATHLETES IF SPECTATORS ARE TAKING UP SPACE ALONG THE TRAILS.
- SPECTATORS SHOULD NOT CONGREGATE AT THE START OR FINISH LINE AREAS.
- SPECTATORS ARE ASKED TO LEAVE THE COURSE AREA AFTER THE COMPLETION OF THE RACE.
- RESTROOMS ON SITE ARE FOR THE ATHLETES ONLY!!! SPECTATOR RESTROOMS ARE AVAILABLE THROUGH THE FRONT GATE OF THE SOCCER STADIUM NEXT TO THE PARK.



*****NO SPECTATORS IN THE TEAM CAMP AREA*****

BHS Course Map



Jeff Davis