

IOLA-SCANDINAVIA THUNDERBIRDS

T-BIRD INVITE – CROSS COUNTRY 2020

Monday, August 31, 2020
Iola Winter Sports Complex

To: **Athletic Directors and Cross Country Coaches of the following Middle Schools and High Schools:** Amherst, Bonduel, Gresham/Bowler, Iola-Scandinavia, Manawa, Marion, Menominee Indian, Pacelli, Pittsville, Tri-County, Weyauwega-Fremont and Wittenberg-Birnamwood

From: Tom Anderson (**Meet Manager**)
School Phone: 715-445-2411, Ext. 5000
Cell Phone: 715-570-3643 (call or text)
E-Mail: andersont@iola.k12.wi.us

Dave Jueds (**Athletic Director**)
School Phone: 715-445-2411, Ext 1319
Cell Phone: 715-851-0678 (call or text)
E-Mail: juedsd@iola.k12.wi.us

Officials: Linda Kassera (#103730) and Alan Beyer (#970957)

Start times: 4:00PM – Middle School Open

- **4:00PM MS Boys**
- **4:02PM MS Girls**

4:30PM – Girl's High School Open
5:15PM – Boy's High School Open
6:00PM – Awards

Middle School Race

- The middle school course for the boys and girls is approximately **2,950** meters or **1.83** miles. Team scores will be based on the five best finishers of each team. **To help with social distancing, the middle school boys' race will start at 4:00pm followed by the start of the middle school girls' race at 4:02pm.**

High School Race

- All high school runners will run in the varsity race. Runners **will not** be designated as a varsity or junior varsity runner. The top five runners from each team will count toward the team score while the sixth and seventh runners can be used to displace other teams' runners. The high school course for the boys and girls is approximately **5000** meters.

Course

- The course is the same as 2018 and 2019 – this will be the third year with the new design. Due to congestion near the finish line for the past several years and other difficulties, the high school and middle school courses had been redesigned. The start is along county road MM, and the finish line is

closer to the chalet. The loops are counterclockwise. The course is set up on a series of groomed cross country ski trails with no pavement or concrete surfaces to run over. The trails are 10-25 feet wide, and the surface is mostly firm with a few sandy parts. The course consists of rolling hills. The high school course is just over two loops while the middle school course is just over one loop. Both courses will be lined and marked with flags. Spikes may be used, but may not be longer than ½ inch. **Note: I have attached course maps.**

Entries/Runners

- We will be using *PT Timing*. To register or enter your teams, go to (www.pttiming.com). You may need to create a “new account” with a username and password that can be used all season for any meet timed by *PT Timing*. Once you login you will need to enter your roster. After your roster is entered you will specify which race each athlete will compete in. **Registration opens on Tuesday, August 25th at 12/Noon. Registration closes at 12/Noon on Sunday, August 30th.** Schools that fail to meet the deadline will be **subject to a \$50 late fee.** Questions about entries can be directed to info@pttiming.com

Entry Fee

- There will be a \$150.00 entry fee per school. Schools may mail entry fee in advance or bring it along on race day.

Awards/Results

- **Due to Covid19, we will not have an awards ceremony after the race. We will get team trophies and individual medals to each school at a later time – details to be worked out!**
- **Middle-School Awards:** Medals will be presented to the top-ten middle school boys and the top-ten middle school girls. Team trophies will be presented to the first-place girls’ team and the first place boys’ team.
- **High School Awards:** Medals will be presented to the top-15 high school boys and the top-15 high school girls. Team trophies will be presented to the top-two boys’ and girls’ teams.
- Results will be posted on PT Timing’s website soon after each race (www.pttiming.com).

Iola Winter Sports Complex, E398 County Road MM

- From Iola, take HWY 49 north four miles to CTY MM. Turn left onto CTY MM. Iola Winter Sports Complex is located two miles on the right.
- From HWY 10 & 161, drive east on HWY 161 into Iola and then follow the above directions, or drive east on HWY 161 from HWY 10 to CTY A and turn left/north. Take CTY A about 2.5 miles and turn right/east onto CTY MM. Winter Sports Complex will be on the left in 4-5 miles.
- **Please encourage you spectators to park in the parking lot. Parking on CTY MM is not allowed!**

Other Information

- **At this time, we have not decided if concessions will be available – stay tuned!**
- If available at the time, we will have an ambulance service on the grounds during the races. One of the trail vehicles will be a medical gator.
- The WIAA has a “**No Smoking**” policy for all high school events. Therefore, smoking will not be allowed on the Iola Winter Sports Complex grounds.
- Also, the Iola Winter Sports Complex prohibits pets on the grounds. We would appreciate your cooperation to inform your spectators that smoking and pets are not allowed on the grounds.
- The restrooms inside the chalet are **off limits** to runners. We will have porta-toilets located near the east end of the parking lot near the chalet/lodge.

ADDITIONAL COVID19 MEET INFORMATION

COACHES, AD's and Administrators: Please read this information so you can help us out as much as possible with the following guidelines. Also, please share this information with your runners and spectators. This information may change at a moment's notice – we will do our best to keep you informed of any changes.

- **IMPORTANT:** If any runners, coaches, spectators or other team personnel are not feeling well on the day of this meet or have any Covid19 symptoms, they should not come to this meet!

Pre-Race Information

- For runners, social distancing and masks will be required during warm ups/stretching and walking the course. Gloves are permissible.
- Coaches and officials are strongly encouraged to wear masks, especially when not able to maintain social distancing.
- Find your designated team area to set up camp.
- Pick-up your team chips from PT Timing near the finish line area. After the races, please collect all your chips and return them to the finish area.

Weather

- At this time (8/20), the extended forecast for Monday (8/31) calls for temperatures in the mid – 70's with a 40% chance of showers. Please keep an eye on the weather forecast and adjust accordingly.
- As always, keep your runners informed on the proper way to hydrate, especially if the temperatures get up into the 80's or 90's.

Team Tents/Camps

- We will have designated team areas to set up camps. This should not be an area for team personnel to congregate. This should be an area for bags during the races.

Starting Area

- Only essential personnel (runners, coaches and officials) should be in the roped in starting area.
- Please keep the starting line area free of personal items. All personal items should be kept at your designated camp area.
- All teams will be assigned a lane in which they will have to line-up single file at the starting line. We will do our best to keep a 6-foot gap between teams.
- Cloth face coverings or neck gaiters are required for the first 100 meters of the race. After the first 100 meters, runners may pull down their mask or neck gaiter, but don't drop it to the ground. Coaches please encourage your runners to do their best to social distance during the race and avoid running in packs.

Finish Line Area

- Coaches, please discuss with your runners about their behavior when and after crossing the finish line. For example, falling to the ground, spitting and nose clearing. Also, remind your runners to clear the finish line area as fast as they can.
- We will have minimal people in the finish area to help with runners. We would like to have one or two people from each team (wearing PPE) to help with your own runners after they have crossed the finish line – if needed.

- Runners should wear their mask as quickly as possible after their race.
- ***We will not have water at the finish area.***
- We will have medical personnel near the finish line area.

Spectators

- Each runner/athlete will be allowed 4 spectators to attend the meet. A ticket procedure may be used – stay tuned.
- Please remind your spectators that if they are not feeling well or have any Covid19 symptoms, they should not come to this meet!
- Coaches please encourage your spectators to wear masks and social distance while at the meet. Being outside, there should be plenty of room on the course to social distance – please encourage your spectators to avoid the finish areas and other congested/tight areas. We would also like you to encourage your spectators to leave the property immediately after watching their particular event.

Other Equipment

- Runners should bring their water bottle, towel and watch – don't share. ***We will not have water at the finish area.***
- Warm-up equipment (i.e., foam rollers, resistance bands, etc.) should not be shared.

Other Hygiene Considerations

- There should be no shared athletic equipment.
- It is recommended that each runner should bring their own personal bag for personal items.
- Runners, coaches and officials are encouraged to provide your own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes and use frequently.
- Emphasize to avoid touching the face throughout this event.
- All runners and coaches are prohibited from spitting, nose clearing and must cover coughs.