

# Wittenberg-Birnamwood Chargers

## Cross Country Invitational

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**Tuesday, September 8, 2020**

**Wittenberg-Birnamwood High School**

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**To:** Athletic Directors and Cross Country Coaches of the following Middle Schools and High Schools: Bonduel, Gresham, Iola-Scandinavia, Manawa, Marion, \*Menominee Indian, Pacelli, Pittsville, Rosholt, Tri-County, Weyauwega-Fremont and Wittenberg-Birnamwood. \*Menominee Indian only running HS

**From:** Chris Nier (Athletic Director)  
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**Officials:** Dale Cejke & Ron Klinner

**Start times:** 4:00pm – Middle School Open – 3200 Meters

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

4:30pm – Girl’s High School Open  
5:15pm – Boy’s High School Open

### Middle School Race

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.

### Course

The course is run on the Wittenberg-Birnamwood High School Property, which has a good share of hills. The start and finish lines are located on the NE side of the high school, in the back of the school. 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](http://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. Do not include athletes you know will not be able to run. If in doubt, enter them. After your roster is entered you will specify which race each athlete will compete in. **Registration opens on Sunday, August 30th at Noon and will close Sunday, September 6<sup>th</sup> at noon.** 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](mailto:info@pttiming.com)

### Entry Fee

There will be a \$100.00 entry fee per school. (\$70 HS only) Schools may mail entry fee in advance or bring it along on race day. Fees may be mailed to:

Wittenberg-Birnamwood High School  
c/o Kim Moede  
400 West Grand Ave  
Wittenberg, WI 54499

### Awards/Results

- **Due to Covid19, we will not have an awards ceremony after the race. We will mail team trophies and individual medals to each school at a later time.**
- **Middle-School Awards:** Medals will be presented to the top-fifteen middle school boys and girls. Team trophies will be presented to the first-place girls' team and boys' team.
- **High School Awards:** Medals will be presented to the top-30 high school boys and 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](http://www.pttiming.com)).

### Bus Drop Off and Parking

Busses should come in from the East, drop off runners at the corner of the high school, continue along the front of the school and park in the student parking lot.

### 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.
- Smoking will not be allowed on school grounds.
- Restrooms are Located in our new **FFA Building** located on the east side of the high school. The high school will not be available for restrooms, water or locker rooms.

## 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 expected 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.

### **Team Tents/Camps**

- Tents may set up along the North side of the aquatic center and weight room.
- 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.