

Coaches,

We look forward to hosting our Arrowhead, Oconomowoc and Waukesha North triangular meet on Sat., Sept. 5. We have scheduled things in the best interest of keeping everyone safe and trying to keep all risk levels as low as possible.

9:00 – Boys JV

9:35 – Boys Varsity

10:10 – Girls Varsity

10:45 – Girls JV

The JV races will be run in waves – two minutes apart and ideally the varsity race will be run in one wave. You may enter up to 20 in the varsity race and the JV race is unlimited entries. The waves will be seeded so you will need to input seed times for your runners. **All entries will be done at Pttiming and are due by Wednesday morning.** The course has been modified in order to do waves and not cross paths. Please note the new map. Pick up your race numbers and packets upon arriving at the meet.

Meet administration;

Athletes need to socially distance prior to and after their races and facemasks are advised at this time as well. Have your runners gather near the start line not more than 5 minutes before their race. They should jog around until the starter calls them to the line. After the race, they should immediately exit the chute and go back to their team area and cool down away from the course. (Further guidelines may be forth coming!)

Spectator policy

Parents (or guardians) of each runner are allowed to watch the race that their son or daughter is competing in. After that race we ask that they leave with their son or daughter. In order to keep the event attendance within the guidelines of Waukesha County. Parents (and runners) are not allowed to stay and watch other races besides the one their son or daughter is competing in. Everyone in attendance should follow social distancing guidelines and parents/other runners should not gather around the start or finish line or other areas of the course.