

Saint Paul Two Mile

Friday, September 11, 2020 (sunset at 7:30 pm)

Location: Highland Park High School

Revised RACE DAY SCHEDULE

4:00	Varsity Boys - 8 from each
4:20	Harding/Wash/Humboldt Girls Varsity - 8 from each school
5:00	Como/Wash Boys Varsity - 12 from each school
5:15	Como/Wash Boys JV Wave 1 - 25 total
5:17	Como/Wash Boys JV Wave 2 - 25 total
5:35	Highland/Como/Central Varsity Girls - 8 from each school
6:00	Highland/Central Varsity Boys - 12 from each school
6:15	Highland/Central/Como JV Girls Wave 1 - 8 from each school
6:17	Highland/Central/Como JV Girls Wave 2 - 12 from each school
6:19	Highland/Central/Como JV Girls Wave 3 - 12 from each school
6:45	Highland/Central JV Boys Wave 1 - 12 from each school
6:47	Highland/Central JV Boys Wave 2 - 12 from each school
6:49	Highland/Central JV Boys Wave 3 - 12 from each school

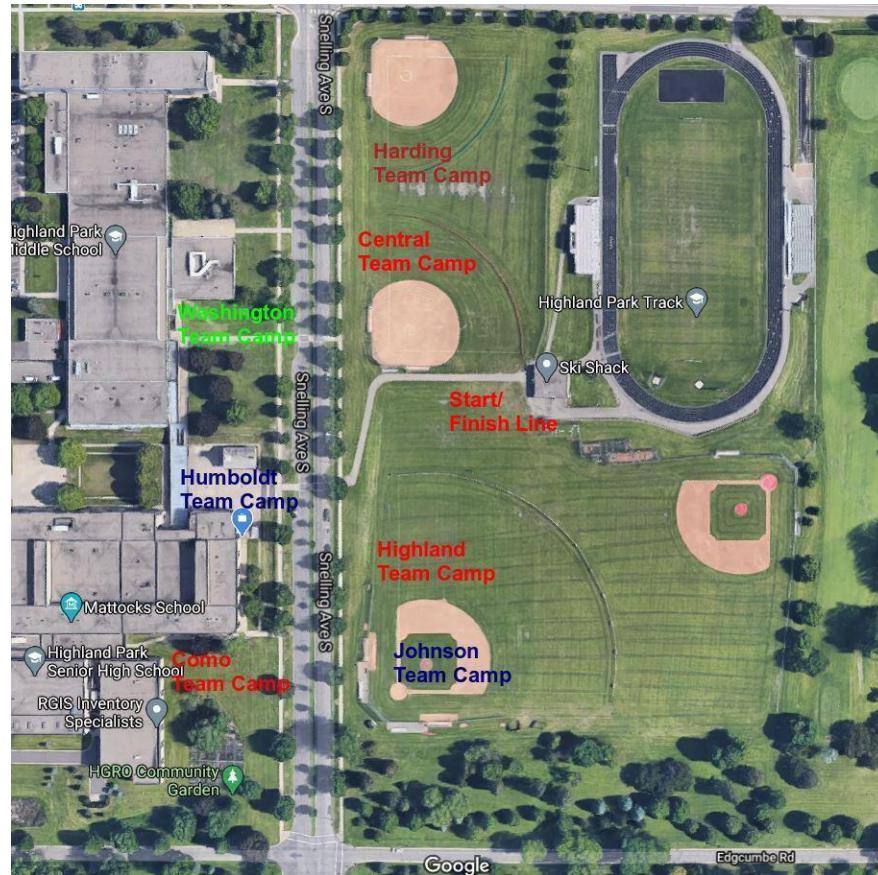
ENTRIES

- ❖ prior to Race - rosters will be entered on a google sheet provided by Coach Moening
- ❖ printed Log Sheets will be provided to all coaches by Coach Moening
- ❖ each Coach will log times for their own team
- ❖ times will be entered on a google sheet by Highland volunteers after races are complete.
- ❖ coaches - give your results sheet to the timing detail - red tent by the block house.
- ❖ we will score the meet as a normal CC meet, i.e. top five runners from each school score with the next two as pushers.

Race Details

1. The race will be managed following the [MSHSL Cross Country Guidance](#) document.
2. All participants, including student-athletes, coaches, officials, and meet personnel, must wear masks if they cannot socially distance at 6 feet from others, unless actively participating in the meet. This includes coming and going from the venue.
3. No spectators - a live stream will be provided by Highland -details to follow
4. The start area will have boxes of 6' in width, with an empty 10' box between each school/team.

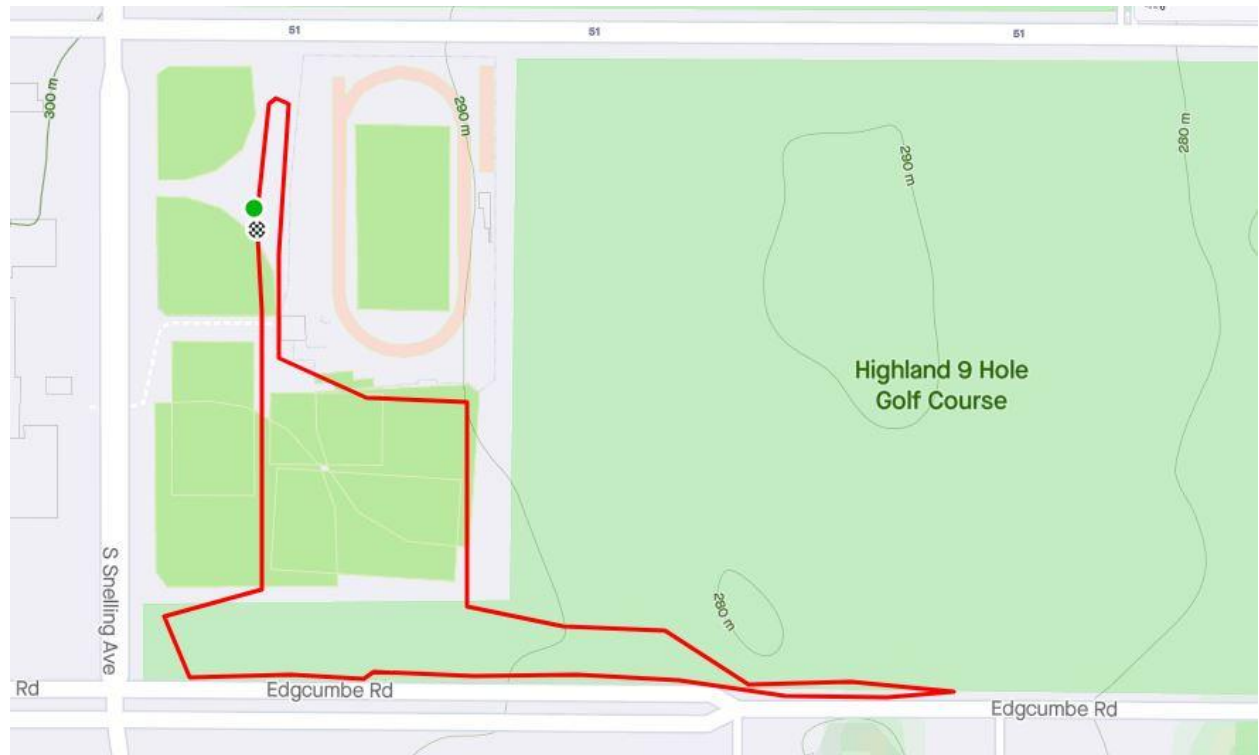
5. Teams must leave the field immediately after the meet. Buses should load on Snelling.
6. Cool downs could be done around the either golf course.
7. Team camps areas will be isolated from spectators or other non-essential personnel. Team camps must be only available to members of that specific team, Social distancing requirements of 6 feet must be maintained in these areas. Camp locations: see map below



8. The finish line will be wide with no chute. Limit staff at the finish line to timer(s) and a representation from each school to assist each of their team's athletes to quickly exit the finish area. Each representative must be wearing a mask, gloves, and social distancing from individuals not of their team. Each school has an exit direction:
 - a. Harding/Highland to the left
 - b. Humboldt/Como to the center
 - c. Johnson/Central/Washington to the right
9. Results will be emailed to coaches in the evening after the event.
10. Restrooms/Porta potties will be marked for each team
 - a. Harding: Team Room 1
 - b. Johnson/Como/Highland: blockhouse bathrooms
 - c. Humboldt/Wash/Central - Team Room 2
11. JV Distance - 2 mile or 1 mile at coaches discretion.

Course

- ❖ Course will be marked with cones - stay to the right of all cones marking the course.
- ❖ Miles 1 will be marked on the course.



Medical

A trainer will be available near the finish line.

Lane Assignments

1. Harding/Highland
2. Humboldt/Como
3. Washington/Johnson/Central

Highland Parent Volunteers

1. Help Coach Moening mark the course at 2:30 pm - Thad
2. Finish line - place close finishers - Jeff Schmidt and Berit Nelson
3. Finish Line Athlete Helper - Faye Sweeney
4. DJ (really - bring your phone and a playlist). The speaker has a regular audio jack.
5. Safety Spotter - park a lawn chair at the Edgumbe turnaround - Ellen/David Tzeuschler
6. Live Results #1 on google sheets (with a hot spot and your laptop) Denise Roush
7. Live Results #2 on google sheets (with a hot spot and your laptop) Sarah Fabel
8. Remove cones after races complete - Mark Fabel

