

Region 3 / 4 AAA Regional Championship Meet

Meet Schedule:

Note, none of our races will exceed 100 runners so there will be 1 wave per race. Teams should not arrive at the venue more than 1 hour before the first race of their session.

Girls' and boys' Class AAA region 4 time schedule

- 9:30 am Class AAA region 4 boys
- 10:15 am Class AAA region 4 girls

Girls' and boys' Class AAA region 3 time schedule

- 12:00 pm Class AAA region 3 boys
- 12:45 pm Class AAA region 3 girls

Note: In between the two regional meets DC Timing will be hosting a section of JV Competition at 11:00am. This should not have any impact on our competition schedule. Please encourage those athletes to come and leave following the same protocols we are using for the regional meet.

Meet Information Page:

Class AAA, Region 4: <https://ky.milesplit.com/meets/398881-khsaa-region-4-class-aaa>

Class AAA, Region 3: <https://ky.milesplit.com/meets/398876-khsaa-region-3-class-aaa>

Mask Expectations:

ALL persons in attendance at Region 3 / 4 AAA Championship are required to wear a mask at all times, including runners, coaches, spectators, volunteers, and officials. The only exception is runners during actual competition. This means runners must wear a mask to warm up (KHSAA guideline). Runners may remove their mask when they go to the start line for their race and are instructed to do so by the starter. Masks should be put back on when their race is over.

Health Screening and Contact Tracing

All coaches and athletes will be screened for temperature and COVID symptoms when entering the team gate. If you are exhibiting symptoms or have a fever, you will not be allowed to enter or compete.

By health department regulation, we must collect information for contact tracing. We will need to collect name, phone, and email from all persons entering the meet. Please use the Google form at the link below to submit this information online ahead of time to save time at the gate. Take a few minutes at practice before meet day to have your athletes do this and also pass along to spectators. You can use the link or the QR code. Spectators should save the confirmation email to show at the gate. The QR code will also be posted outside the admission gate.

Contact Tracing Form: <https://forms.gle/Dz1mNDFe2NU3QtX46>



Tents and Team Camp Areas

No team tents will be allowed at the meet for 2020. This is for safety reasons to minimize congregating in groups and athletes length of stay on site. If you need to bring a tarp to let your athletes put their belongings on, you may do so. This location will be to the right upon entry to the facility as it has been for Haunted Woods and JV Regionals. We will have “stalls” marked out for your convenience.

Parking

Parking can be in the lots next to the Oldham County High School and the back lots of the Oldham County High School...There is plenty of parking. The parking lot nearest the track at the Arvin Center will be reserved for Coaches and Handicapped Parking. **Just remember there is only 1 pedestrian entrance/exit to the venue and that is through the track and behind the Arvin Center respectively.**

Spectators

Spectators are limited to 2 per competitor. This is what the Oldham County Health Department has approved. Please respect our crowd size limits.

Spectators will enter through the marked spectator gate. To gain admission, you will need to be wearing a mask and show the emailed receipt that you submitted your contact tracing information.

Spectators will be restricted to the areas marked on the picture above. No spectators will be allowed in the team area or the woods. After entering the gate, all spectators should initially go to the right to head around the track. This is to keep them separated from the entering teams as much as possible. Spectators will be able to see the start, runners as they loop around for their second and final lap, and the finish. As their runners finish, spectators should exit past the finish line, straight behind and around The Arvin Center, return to their car, and leave the venue (see the picture above). We must clear the venue before the next division can come in.

It is against KHSAA rules to allow dogs on the course. Our gate workers will be instructed not to admit dogs through the gates. Please pass this along to your parents. Do NOT bring your pets!

Results and State Qualifiers

In an effort to minimize gathering and get people out of the venue quickly after each race there will be no posted, paper results. Once the results are complete and verified by our officials we will post a link to completed results (there will be no live results per KHSAA expectations) from the meet webpage. We will also post a document identifying the team and individual state qualifiers on the website shortly after the race results are completed.

Awards

There will be no awards ceremony. Trophies will be distributed in their boxes and medals will be distributed in envelopes to coaches as they leave the facility. Any celebratory photos, etc. should be done off campus, preferably at team practice next week.

Coaches and Teams

PLEASE DO NOT ARRIVE AT THE VENUE MORE THAN ONE HOUR BEFORE YOUR DIVISION IS SCHEDULED TO BEGIN. Teams cannot stay to watch other divisions run.

Teams will use the team gate at the track closest to the baseball field. At this gate:

- Contact tracing forms will be shown and temperatures will be taken
- Note to coaches and runners: There will be NOBODY in the woods, including coaches or athletes warming up. Coaches will be able to see their athletes anywhere in the main field.

Once through the gate, teams should proceed down the track to the team area to the right after going through the back gate of the track complex. They may leave their gear there in the team's "stall" while warming up until they are finished running their race.

Warmups can take place in the main start field until the first wave starts. After that, warmups will be limited to the areas indicated on the picture (behind the team areas and at the far end along the fence).

Teams will receive a garbage bag and are expected to clean their area before leaving. Please don't make a mess since we have to clear the area between each division. Leave no trace...

Do not carry anything to the starting line you are not running with. Do not leave anything on the ground at the start line.

After finishing their race, all runners will exit the finish corral and walk straight to their team's "stall" to acquire their gear. No post-race team meetings, chats with coaches, etc. We must clear the venue before the next division can come in. Within 30 minutes of the completion of your regional races all athletes, coaches, and spectators should be gone.

Meet procedure map:



5k Course Map:



Box Assignments

Region 4 AAA

Boys Start 9:30

Boys report 9:25

Region 3 AAA

Boys Start 12:00

Boys report 11:55

Girls Start 10:15

Girls Report 10:10

Box #	School
1	South Oldham
2	Fern Creek
3	Eastern
4	Collins
5	Ballard
6	Sacred Heart
7	Oldham County
8	Assumption
9	Mercy
10	Atherton
11	Trinity (Louisville)
12	Seneca

Girls Start 12:45

Girls Report 12:40

Box #	School
1	St. Xavier
2	Fairdale
3	Male
4	North Bullitt
5	Valley
6	Southern
7	Central
8	Pleasure Ridge Park
9	DuPont Manual
10	Bullitt Central
11	Butler
12	Bullitt East