

St. Paul East Side 5K

Thursday, September 17th, 2020

Location: [Como 40 Acre Field](#)

RACE DAY SCHEDULE

4:00pm	Harding/Johnson boys (max 12 each team) (If need JV, will run wave 3 minutes after start)
4:40 pm	Harding/Washington/Humboldt girls (max 8 each team)
5:20 pm	Washington/Humboldt boys (max 12 each team) (If need JV, will run wave 3 minutes after start)

ENTRIES

- ❖ Rosters will be entered on a google sheet provided by Coach Tarah Koch
- ❖ Each Coach will log times for their own team - times will be entered on a google sheet after races are complete. Hand times to Coach Tarah to enter.
- ❖ 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

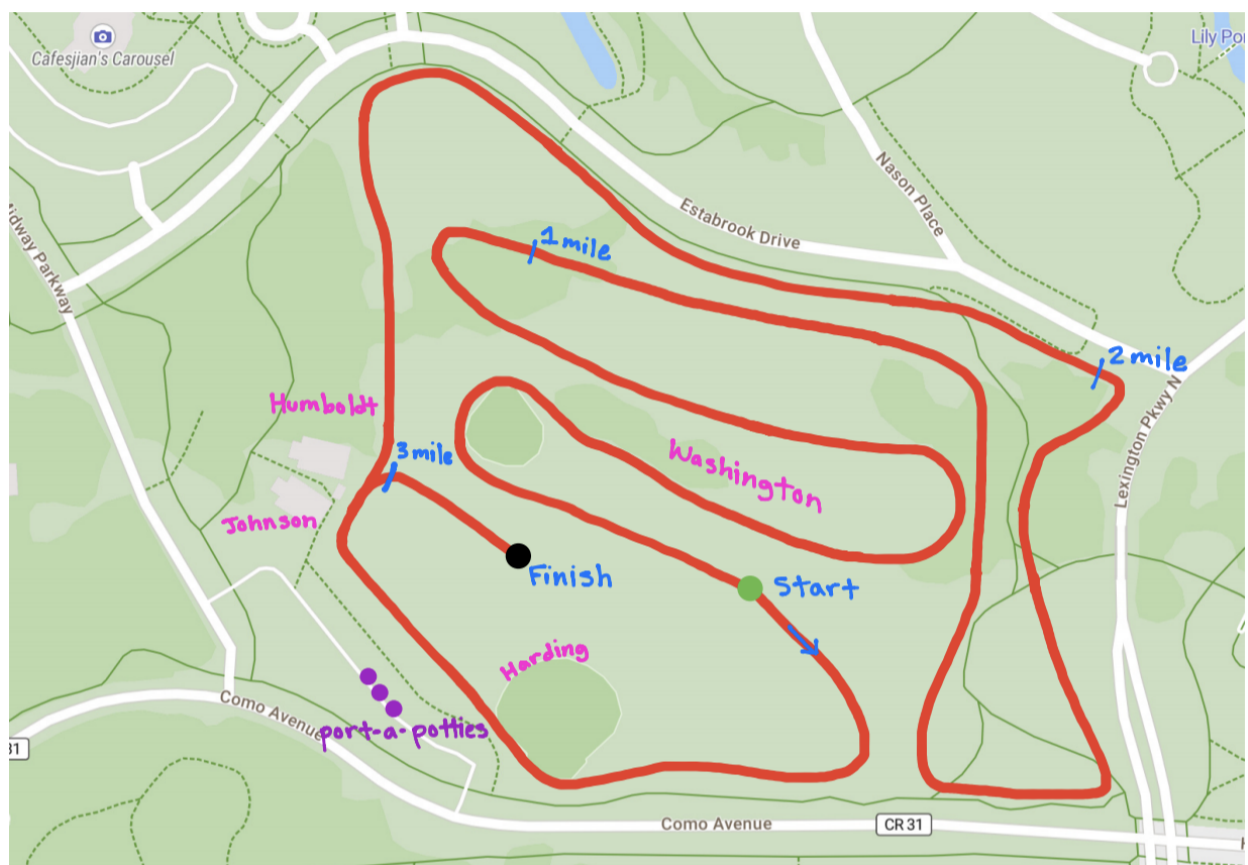
1. The race will be managed following the [MSHSL Cross Country Guidance](#) document.
2. All participants, including student-athletes, coaches, officials, and meet personnel, must wear masks if they cannot socially distance at 6 feet from others, unless actively participating in the meet. This includes coming and going from the venue.
3. No spectators - **a volunteer could video and livestream if interested**
4. The start area will have boxes of 6' in width, with an empty 10' box between each school/team.
5. Team camps areas will be isolated from others and/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 (approximate, use best judgement). Portable toilets will be labeled with team name, located at purple dots.
6. 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/Washington to the left

Updated 9/13

- b. Johnson/Humboldt to the right
- 7. Results will be emailed to coaches in the afternoon after the event.
- 8. Restrooms/Porta potties will be marked for each team.
- 9. JV Distance - 5K or at coaches discretion.

Course (updated map)

- ❖ Course will be marked with cones - stay to the left of all cones marking the course.
- ❖ 2.2 laps of a 1.5mi course
- ❖ Miles 1 and Mile 2 will be marked on the course.
- ❖ Start is green dot, black dot is finish
- ❖ Crossing on paved paths, spikes are personal preference



Medical

A trainer will be available onsite.

Lane Assignments

- | | |
|------------|---------------|
| 1. Harding | 1. Washington |
| 2. Johnson | 2. Humboldt |

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Volunteers

1. Help mark the course
2. Finish line - team scoring - two adults - backup video
3. 1-mile split reader
4. 2-mile split reader
5. Finish Line Athlete Helper
6. Roamer- drive or bike around the racecourse during the races
7. Remove cones after races complete.