

# **2020 Class A Cross Country KVAC/Regional Championship**

**Date: Saturday October 31<sup>st</sup> Rain/Snow/Shine**

**Location: Cony High School, Augusta Maine**

**Date/Time: Saturday October 31, 2020 Boys Race 10:00/Girls 11:30**

**-MPA and Augusta School Department safety protocols must be adhered to at all times during the day.**

**-Teams attending:** Bangor, Brewer, Brunswick, Camden, Cony, Edward Little, Hampden Academy, Lewiston, Messalonskee, Mt. Ararat, Oxford Hills, Skowhegan

-Course Walks: It would be preferable teams make arrangements to walk the course prior to the 24<sup>th</sup>. If your team is able to do so, please make arrangements with Jon Millett, Athletic Director Cony High School [jmillett@augustaschools.org](mailto:jmillett@augustaschools.org) or (207) 215-9763.

**-Teams must only bring the 7 varsity boys and 7 varsity girls that will be competing.**

-Class A boys race will go off at 10:00 in waves. -The boys will be dropped off in the student drop off area between 8:30-9:00 AN. Girls should be dropped off at the football field. Teams must stay spread out from one each other and adhere to all safety protocols. After the boys race, the boys are to walk down to Alumni field where they can cool down while following all safety protocols (or board busses). At 10:45, the girls will walk up to the race area, in front of Cony and around the building. At this time the girls can begin walking the course if they need to do so. At the conclusion of the girls race, they will warm down and/or board the bus immediately with their teams and leave the premises. -Class A Girls race will go off at 11:45 in waves.

-Busses should park along the either side of the road near the football field.

-Only athletes about to participate in a race are allowed behind Cony in the race area.

**-No Spectators will be allowed on the Cony campus to watch the races.**

-Athletes waiting to race must stay in the staging area until called to compete.

-Team warm ups should be done on the Cony campus away from the race area.

-All athletes should enter the race area through the student drop off entrance near the starting line end of the course.

-All athletes should leave the race area using the Capital Area Vocational Center exit at the southern end of the school campus.

\*Teams must clean up their entire area when leaving. No trash, masks, bib numbers, etc... should be left behind.

**Facilities:** There will be **no Concessions**, bring your own food and water.

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**Portable toilets** are available at both the race area and the Football field.

**No one is allowed in the building.**

**Trainer:** There will be a trainer available on site. Teams should bring their own Med-kits

## **Race Day Schedule**

8:30-9:00 AM: Arrival-Coaches Pick up packets/Hip Numbers

9:00-9:45 AM: Boys Course walk

10:00 AM: **Boys Race**

10:45 AM Boys Leave the Race Area exiting using the Capital Area Vocational Center exit at the southern end of the school campus. At 10:45, the girls will walk north in front of Cony and around the building to the race area.

10:45-11:30 AM Girls Course Walk

11:45 AM **Girls Race Begins**

1:00 PM All teams should be departed Cony Campus

**Awards:** There will be no awards ceremony at the conclusion of the meet. Results, teams/Individuals qualifying for states, will be emailed to the athletic directors and coaches. Any awards given out will be given to the AD of the respective schools at a later time. For KVAC A- Top 4 teams qualify for States and top 4 individuals. Class A Team State meet Championships will be Scheduled for either 11.11 Boys and 11.14 Girls at Belfast HS.

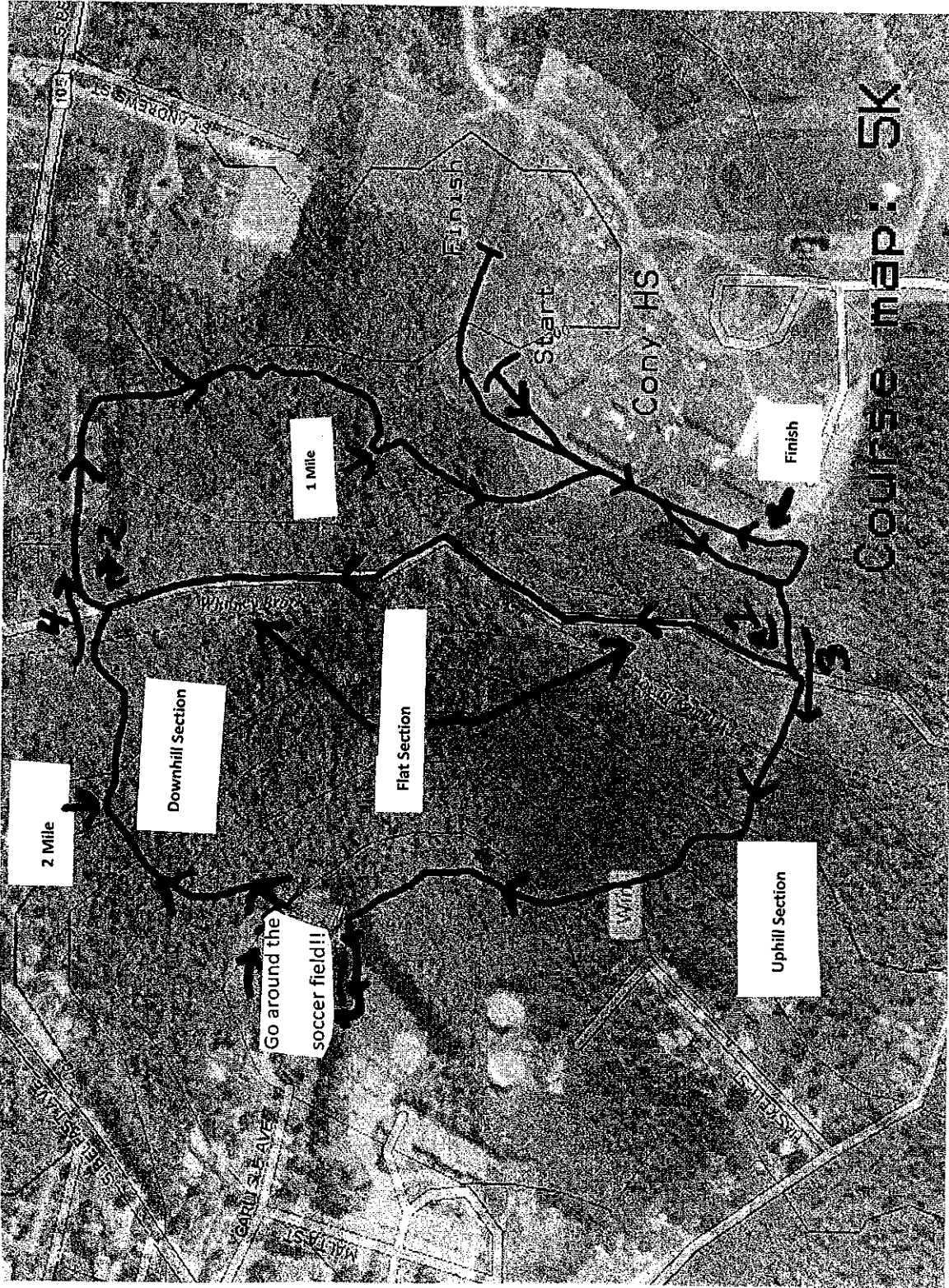
## **Race Details:**

1. Please be sure Hip Numbers are worn on both hips (4 Safety pins) and Chest Numbers are secured (4 Safety Pins).
2. Please make sure runners report to the starting line at the designated time boys 9:45 and girls 11:30.
3. Entries due: Monday October 26, 2020 5:00 PM. See Entry Form for details.

Cony

5K

Course



\*Runners go straight through intersection #3 and across the bridge to the uphill section of the course.

\*After mile 2 and the downhill section runners go across the bridge and straight through intersection #4.

\*Runners will turn RIGHT at turn #1.

\*Runners turn RIGHT at turn # 2

