 

2020

***Doherty Early Bird Open (Doherty, Coronado, Air Academy, Mitchell, Palmer)***

Saturday August 15th

**Guidelines**

* Team Fee: $150
* Team camps must be 30 feet from another camp
* 50 Athlete limit per gender per race.
* Two waves of 25 starting 3 minutes apart
* Each large team will be allowed up to 15 runners per gender, Small teams 5 runners per gender
* Entries due Friday August 14th at 7:00pm, changes can be made Saturday morning before 7:30am at the timing tent. Use the attached Excel Spreadsheet to send entries back.
* Timing will be chip and backed up with stop watch
* We will start using the “Wave” Format or a Time-Trial Format. Wave Start: The field of 50 athletes may be broken into 2 waves of 25, and they must start 3 minutes apart.
* Athletes will come to the start line masked. A coach from each team will receive the mask from the athlete just before their turn to start.
* Lead bike – 50 yards in front of athletes
* Sweeper – 70 yards behind last runner
* Each team will be assigned a unique finish corral chute separated by at least 6 ft.
* A coach from each team will be in the finish area to collect their team's athletes and direct them to the appropriate corral. The coach will be masked, and after finishing, athletes should also mask before leaving the area. A second masked representative for the team may also assist in each team's finish corral to help with post-race issues and re-masking.
* All coaches and spectators will have a mask covering mouth and nose on at all times while at the event.
* All athletes, when not competing, warming up, or cooling down, must wear a mask covering mouth and nose.
* All athletes will bring their own water as water will not be supplied.
* Boxes will be 6 feet apart and the runners time will start the gun for their wave. at the start line.
* Spectators will not be allowed in the flagged area at the finish line area.
* All athletes, coaches, officials, timers, spectators must keep six foot social distancing at all possible times.

**Schedule**

1. 8:00 am: Girls Wave 1
2. 8:03 am: Girls Wave 2
3. 8:45am: Boys Wave 1
4. 8:48am: Boys Wave 2

**CHSAA REGIONAL PARTICIPATION NUMBERS**

* **75 athletes per gender will be allowed at the regional meets.**
* **There will be no additional "pushers", so 5 runners for 2A, 6 runners for 3A/4A/5A to meet guidelines**
* **Schedules should be based on clearing spectators and teams as soon as they are finished. Example: Boys’ race (no more than 75), clear, then do Girls’ race (no more than 75)**
* **Due to the need to maintain the requirement of 75 athletes per gender, it may be necessary to split into 2 sessions at regionals depending on numbers. If this is necessary we will use a ranking system to split. The higher ranked teams will compete together. This will be based on classification coaches’ polls during the regular season.**

**MEET REQUIRMENTS**

**Instead of additional event staff serving as course marshals, coaches should fill this role to limit additional bodies.**

**START**

* **There are two options for the start: a Wave Format or a Time-Trial Format.**
* **Wave Start: The field of 50 athletes may be broken into 2 waves of 25, and they must start at least 3 minutes apart.**
* **Time-Trial Start: The field of 50 should be rank ordered from fastest to slowest (seed times).**
* **15 - 30 yard separation between runners (essentially every 2 - 4 seconds next athlete would**
* **depart) This will allow 45 - 90 feet at the start between competitors**
* **Ideally, a timing mat with bib/chip timing will be used for the start and finish, results based on**
* **times**
* **Athletes will come to the start line masked. The athlete will be required to keep the mask**

**with them throughout the duration of the race. For this reason, a neck gaiter is highly**

**recommended as this allows the athlete to wear and remove the mask while still keeping the**

**mask on their body.**

* **Coaches will not be allowed to take a mask from their athlete at the start**

**line before the start of the race.**

* **Lead bike – 50 yards in front of athletes**
* **Sweeper – 70 yards behind last runner**

**FINISH**

**Finish areas should be widened adequately to allow for athletes to adequately space themselves when crossing the finish line**

**PARTICIPANTS**

**Varsity meets only (No more than 50 per gender (regular season))**

**No open or JV races at varsity meets.**

**AWARDS**

* **Individual awards recipients must be separated by 6ft or more and athletes would wear a mask.**
* **Team awards**
	+ **One person should accept the trophy, and they must wear a mask.**
* **All results must be digital (posted on a website to drive people digitally).**
* **No congregating to review results.**
* **All team areas should be spread out with appropriate social distancing.**