2020 PPAC Race Series: Varsity Race 5

@ Fountain Creek Regional Park

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| **Friday, Sept. 18, 2020** |



**Air Academy, Pine Creek, Cheyenne Mountain, Liberty, Palmer Ridge,**

**Palmer, Douglass County**

2020 PPAC Race Series Race 5

* **When:** Friday, Sept. 18, races begin at 5:00pm
* **Location:** Fountain Creek Regional Park, 2010 Duckwood Rd, Fountain, CO 80817. Start line is on the grass field to the north and west of main large pavilion (Pavilion 1). Team camps should be on the grass field directly north of the main pavilion. ***Athletes and coaches only in start or finish line or team camp areas, please!***
* **Cost:** $175 per team (please send checks to Pine Creek High School, 10750 Thunder Mountain Ave., Colorado Springs, CO 80908
* **Entries:** Each team is allowed 7 entries in the boys race (which has 7 teams) and 8 entries in the girls race (which has 6 teams). ***Entries are due Wednesday, Sept. 16, at 5:00 pm using the Excel you were emailed with this document***. *Be sure to designate which wave (1 or 2) you would like your runners in. For the girls’ race, this will mean assigning 4 to each wave. For the boys’ race, please designate one of your runners for both waves (i.e., enter “1/2” in the wave column of the spreadsheet).* Because 7 runners can’t be divided evenly between two waves, runners designated “1/2” will be selected at random for one wave or the other to ensure that no more than 25 runners will be in either wave. Email entries to [cydney.smoote@d11.org](file:///C:\Users\o_fla\Downloads\cydney.smoote@d11.org)
* **Packet Pick Up:** under the main pavilion on the afternoon of the meet.
* **Scoring:** Run 8, displace 7, score 5
* **Timing:** Chip timing provided by Colorado Springs School District 11 athletics department.
* **Bib numbers:** Numbers will be in your packet. Please email changes by Thursday night or visit packet pick up table no later than 4:30 p.m. to make changes
* **Parking**: There are only 80 parking spaces in the park. No parking is allowed along N. Santa Fe Ave. (Hwy 85) or Duckwood Rd. (which enters the park). Illegally parked cars will be ticketed and/or towed. Please encourage your team community to limit spectators.
* **Restrooms**: Park restrooms are available on the northeast end of the grass containing the start/finish area. Two portable restrooms will also be available in the parking lot to the east of the main pavilion.
* **Restrictions:** 
  + No spectators or athletes not competing allowed in the start/finish areas.
  + All spectators and non-participating athletes must wear masks and be at least 6 feet back from the course while races are being run.
  + All spectators, athletes, and coaches must wear a mask covering mouth and nose when not running.
  + Athletes will wear their mask to the start line. The starter will tell them when they are allowed to take the mask off. They must carry their mask with them during the race. After finishing, they must put their mask back on.
  + Everyone is to maintain 6ft social distancing from others as much as possible.
* **Awards:** No awards at the 6 PPAC series meets.
* **Course:** Most of this 5k course is on wide dirt/crushed gravel paths with the start/finish on grass. The section around the pond and start/finish area on the south end of the park is on paved/cement pathways. Course map will be emailed next week.

**Meet Schedule**

4:15 p.m. Coaches Meeting

5:00 p.m. Girls Wave 1

5:03 p.m. Girls Wave 2

5:45 p.m. Boys Wave 1

5:48 p.m. Boys Wave 2