2020 PPAC Varsity Race Series: Race 1@Doherty

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|  **Thursday August 20, 2020** |



Air Academy, Discovery Canyon, Doherty, Fountain Fort Carson,

Lewis Palmer,Vista Ridge

2020 PPAC Varsity Race Series: Race 3 @Doherty High School

* **When:** Thursday September 3, races begin at 5:30pm
* **Location:** [Doherty High School, 4515 Barnes Road, Colorado Springs, CO 80917](https://www.google.com/search?q=4515+barnes+road+colorado+springs+co&rlz=1C1GCEB_enUS913US913&oq=4515+barnes+road&aqs=chrome.0.0j69i57j0.7288j0j7&sourceid=chrome&ie=UTF-8&safe=active&ssui=on) Park in East Parking Lot
* **Cost:** PPAC Athletic Directors will make that decision and payments will be made at a later date
* **Entries:** Each team is allowed 8 entries per gender. Entries are due Wednesday September 2 at 8:00am using the excel spreadsheet attached to this email. Send entries to or notify robert.duensing@d11.org ASAP if you will not attend the meet or if you will have less than 8 entries in a race. This will allow other schools more entries.
* **Packet Pick Up:** At the Shed located South of the East parking lot.
* **Scoring:** Varsity run 8, displace 7, score 5
* **Timing:** Chip timing
* **Chip Instructions:** The chips will be attached to the bib. Bib must be worn on front of singlet.
* **Parking**: Park in the East parking lot.
* **Restroom**: Portable restrooms are available, one above the tennis courts, and one near the baseball field.
* **Trainer:** A trainer will be on site at the finish line area. He will have ice for injuries and water to refill water bottles.He is the only source of water available on site**.** If a runner needs to be taped, have them bring their own supplies over to the trainer.
* **Restrictions:**
	+ No spectators or athletes not competing allowed below the track or in the start/finish area.
	+ All spectators and non-participating athletes must be at least 6 feet back from the course while races are being run.
	+ Spectators may watch from the track as it is the best vantage point.
	+ All spectators, athletes, and coaches must wear a mask covering mouth and nose while on Doherty’s campus.
	+ Athletes will wear their mask to the start line when they have their uniform check with the CHSAA official. The official 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 when possible
* **Awards:** No awards at the 6 PPAC series Varsity meets.
* **Course:** This 5k course is mostly grass with some cement. The course winds around the Doherty athletic fields then crosses the creek where we will have rubber mats to help with descending the cement embankment into the creek, then rubber mats to assist in ascending the cement embankment to Carver park. The course runs South along the park border and through a tunnel under North Carefree where athletes will complete a quarter mile loop around a park then return through the tunnel to Carver Park. Once back in Carver Park, athletes will make a complete loop and a half around the park to make the creek crossing again, then to repeat the course around the Doherty athletic fields. The creek crossing is slow, and runners should not jump down from the embankment into the creek, please be careful. We will have four course marshals at this crossing.

 **Meet Schedule**

4:45 p.m. Coaches Meeting

5:30 p.m. Girls Wave 1

5:33 p.m. Girls Wave 2

6:15 p.m. Boys Wave 1

6:23 p.m. Boys Wave 2

