

# WDA MS Cross Country Championships – October 9, 2020

## McDowell Dam – Bismarck, ND

**LOCATION OF COURSE:** The course is located at the McDowell Dam Recreational Area. The course surface is all grass with a few rolling hills.

McDowell Dam is located 6 miles east of Bismarck on Highway 10. Take I-94 exit 161 and head south 1.5 miles. Turn east onto County Road 10/East Main for 4.0 miles. Turn left on 93<sup>rd</sup> St. NE for 1.4 miles.

### **ORDER OF EVENTS – 4:00 PM**

7 <sup>th</sup> & 8 <sup>th</sup> Girls	3000 m	4:00 PM
7 <sup>th</sup> & 8 <sup>th</sup> Boys	3000 m	4:20 PM

**PARKING:** We will have assigned parking for all busses in the parking lot. There is plenty of parking for cars in the grass and some extra parking lot space.

**DRESSING:** Dressing facilities are limited, but there are public restrooms available along with porta potties.

**SPORTS MEDICINE:** Athletic trainers will be on hand to take care of all training needs. Please contact the public address table for any specific needs.

### **ENTRY PROCEDURE:**

**7<sup>th</sup> & 8<sup>th</sup> grade only – NO 6<sup>th</sup> Grade students.**

All athletes must be entered using <https://www.athletic.net>  
<https://www.athletic.net/edit/crosscountry/register/2353069/>  
Entry site closes at 12:00pm on Wednesday, October 7, 2020.

### **Team Camps:**

Team camps should be a minimum of 20 yards apart.

**RESULTS :** Results will be posted at the meet and will be available on the following site:

<https://sites.google.com/bismarckschools.org/bpstrackfieldxc/home>

If you have any questions about our plans for you, don't hesitate to call Dave Zittleman at 323-4079 or email [dave\\_zittleman@bismarckschools.org](mailto:dave_zittleman@bismarckschools.org).

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### **COVID-19 Safety Guidelines**

1. Be certain that everyone on your team is feeling well and healthy that day.
2. Make it clear to parents and fans to only come to the meet if they are feeling well and healthy.
- 3. Limit the number of fans and parents to 2 per athlete.**
4. Team camps will be well spread out in facilities. Each team will have a designated spot.
5. Teams must provide their own water to their athletes. -Please bring a water jug for your team camp.
6. Masks need to be worn to the restroom and wherever social distancing cannot be maintained.
- 7. Each team will arrive an hour before the start of their race and they will leave after their cool down.**
8. Proper social distancing and sanitizing will be practiced by officials and timers.
9. Spectators must avoid high traffic areas such as team camps, starting line and finish line.
10. No athletes at start line until announcement of "5 minutes until start time"
11. Teams will each be assigned a box number. Please stay in your box area, don't mingle with other teams.
12. Leave sweats, water bottles, etc., back at camp. Athletes should be completely ready to run when they get to the start line.
13. No gate fees will be charged to fans
14. No team fees will be charged for meets.