



2020 UNK High School Cross Country Invitational Monday, September 28th

**Revised Start Times:	12:00 PM - Class D Boys	3:00 PM - Class C Boys
	12:30 PM - Class D Girls	3:30 PM - Class C Girls
	1:30 PM - Class B Boys	4:30 PM - Class A Boys
	2:00 PM - Class B Girls	5:00 PM - Class A Girls

- Spectators:** Admission is \$7 for adults and \$5 for students (10 and under free). Please pass this information along to your fans, especially your athlete's parents.
- **Masks are required on the shuttle buses. Families and teams will be allowed to sit as a group. All others must practice social distancing by not sitting adjacent to anyone, only use 1 seat of out of every pair of seats.**
- **All spectators are required to wear masks and to practice social distancing.**
- **Team Camps:** Please do everything that you can to spread the team camps out. The revised schedule should help thin the crowd and allow for most distancing of camps, but we will all still need to be intentional about this. You may not be able to set up camp in your traditional location if it is already more populated when you arrive. We need the teams to help us with this.
- **Starting Line Procedure:** As the meet gets closer, there will be more information coming about the starting line protocol. Our plan is to make the amount of time the runners are on the starting line very short.
- Results:** Results will be posted as soon as possible following each race. They will also be available on the meet website at www.lopers.com and at www.heartlandtiming.com.
- Awards:** Plaques will be awarded to the top finishing team in each race. Medals will be awarded to the top 20 overall men and women.
- **There will not be an official awards ceremony. A location will be designated for a coaches to pick up any awards won by their teams. There will be more information coming on this.**
- Team Scoring:** Class A – 7 runners count for scoring purposes, 5 runners score
Class B – 6 runners count for scoring purposes, 4 runners score
Class C – 6 runners count for scoring purposes, 4 runners score
Class D – 5 runners count for scoring purposes, 3 runners score
- Course Markings:** A continuous line is painted for the entire course. At turns, runners are required to run on the line side of all natural barriers and fences. Kilometer and mile marks will be marked by signs. Splits will be read at the mile marks.
- Water:** There will be no water stations on the course as in previous years. There will be water bottles available for each competitor in the finish area following the race.
- Merchandise:** T-shirts will be sold by WeBacks and may be purchased at the course for approximately \$15 each.
- Toilets:** Portable toilets are located northeast of the finish line area and in the starting area. The toilets in the starting area are for competing athletes only.



**2020 UNK High School Cross Country Invitational
Monday, September 28th**

- Shuttle Buses - Masks will be required on the shuttles. We plan on 50% capacity on the buses, although we will let families sit together and athletes/coaches from the same team sit together.
- Masks/Social Distancing - Masks are required to gain admittance to the meet and while at the course. Please share this with your fans/parents. Competing athletes should wear masks up until the start of their warm-up and put them back on after their cool-down. Social distancing is expected whenever possible. Again, please share this with your fans/parents.
- Awards - There will not be a formal awards ceremony.
- Parents and fans are not to congregate in the finish area after each race



UNK Cross Country Invitational

Kearney Country Club



*Hosted by the
University of Nebraska at Kearney*