

Date: September 1, 2020

To: Invited Cross Country Teams

Re: Cross Country Meet in Oskaloosa

**Please read the following information for the Oskaloosa Cross Country**

**meet to be held on *September 15, 2020*.**

SITE: Edmundson Park- The start of the races will be at the swimming

 pool. Busses are to park in the pool parking lot. Use South F Street to get to

 the swimming pool parking lot. Please do not park on the roads in the park.

SCHEDULE: **4:15 PM** Middle School Girls

Middle School Boys

 **5:00 PM** Varsity Girls

 Varsity Boys

 JV Girls

 JV Boys

DISTANCE: Middle School Girls and Boys 1.5 mile

 JV and Varsity Girls 5 K

 JV and Varsity Boys 5 K

AWARDS: Ribbons to all finishers in Middle School race.

 Medals to top 20 finishers in both girls and boys Varsity races.

 Top Boys and Top Girls Team Plaques

SCORING: Varsity Girls – count 5 towards team score

 Varsity Boys – count 5 towards team score

**Registration Instructions:**

The only way to register for the meet is via [http://endresultcompany.com/xc/home.ph](http://endresultcompany.com/xc/home.php). Team packets include race numbers for participating teams and adequate pins in envelopes.

Results – Team and overall results for coaches and media after each race of the meet within 30 minutes of the last finisher of each race. Results will be posted at [www.fitnesssports.com](http://www.fitnesssports.com) within 24 hours of each meet.

FEES: Boys Team $65.00, Girls teams $65.00 (Fee includes High/Middle School teams) Individual Middle Schools $35.00 total

TEAMS: Albia, Eddyville-Blakesburg, Fairfield(No MS), Grinnell, Newton, Oskaloosa, Ottumwa, Pella Christian, Williamsburg(No MS), Pella (MS Only)

**COVID PROTOCOLS**

The steps we are taking to mitigate the spread of Covid-19 at this invite are:

1. We have cut the field in half this year. This will allow us to spread out teams as the start.
2. Camps must be social distanced away from other teams. There is plenty of space in the park to accommodate this.
3. There will be no awards ceremony. Medals will be mailed after the meet.
4. We encourage spectators to wear masks. Please tell your parents/spectators not to congregate in large groups. Again the park is spacious enough to accommodate this.
5. The finish area will be clear of everyone except for timers and meet workers. Athletes will need to leave the finish area ASAP upon finishing and return to their camp.
6. While a trainer will be present, they will have water only for emergencies. You must provide your own water for your teams.

**Looking forward to seeing everyone. Please help us out and remind your athletes and parents that we need to stay socially distanced at all times.**

If you have any questions, please contact me at 641-673-4421. We look forward to hosting the Cross County Meet on September 15, 2020.

Ryan Parker, Activities Director Mike Comfort, Head Cross Country Coach