

Johnson County Central Invitational Cross Country Meet

Tecumseh, NE – September 4, 2020

To: Athletic Directors and Cross Country Coaches
From: Garrett Collin, Athletic Director & Nick Weber, Cross Country Coach
Subject: JCC Cross Country Invitational

The Johnson County Central Invitational Cross Country Meet will be held on Friday, September 4, 2020, at the Tecumseh Country Club, located 1 ½ miles west of Tecumseh on Highway 136. Team buses and vans can park in the country club's parking lot. Please assist us by reminding your fans and athletes to stay off the greens and out of the clubhouse. Course maps are attached and will be included in your coaches' packet when you arrive on the 4th.

Due to the chance of warm temperatures runners will be able to take water from spectators throughout the entire race, please make sure this doesn't interfere with other runners on the course.

The Jr. High (grades 7 & 8) Fun Run will begin at 9:00 a.m. The race will be approximately 2500 meters in length. Medals will be awarded to the top five girls and top five boys.

The girls' varsity race will begin at 9:30 a.m. with the boys' varsity race following at approximately 10:15 a.m. Each team is limited to six runners. The top four runners from each team will be tallied for determining team scores, with the fifth and sixth place finishers as the tiebreakers, if needed. Fifteen individual medals will be awarded. The winning girls and boys team will receive a championship plaque and six gold medals; the second place girls and boys team will receive a runner-up plaque.

The JV girls and boys race will begin at approximately 10:30 a.m. There are unlimited entries in the JV races and no team scores will be kept. **To be eligible for a medal in the JV race you should have a minimum of four runners compete in the varsity race.** Medals will be awarded to the top five female and male runners. Both the girls and the boys will run the same course. We are planning on running the girls and boys JV races at the same time, unless the number of runners dictates otherwise.

We will be using the HY-TEK Meet Manager Computer Program and will be **using an online entry form.** Please go to www.lewistonschool.net/track and use these passwords – Girls 23060 Boys 13060. This online entry allows your entries to be imported to the HY-TEK program without error. Enter your athlete's name and the race they will run from the drop down menu. You do not need to include a time. Please include all athletes eligible to compete for your school at this meet even if they are not entered in an event so they can be imported into the Meet Manager. Each competitor **must** run with their assigned BIB number.

The entry fee is \$120/school or \$60/team. **Please have entry and fees turned in by noon Monday, August 31st.**

If you have any questions, please contact Garrett Collin, Activities Director, at garrett.collin@jccentral.org, or call at 402-335-3320.

Schools Invited:

Bishop Neumann	College View Acad.	Conestoga	East Atchison	Elmwood-Murdock
Freeman	JCC	Louisville	Malcolm	Palmyra
Pawnee City	Platteview	Weeping Water	Yutan	

Johnson County Central XC COVID-19 Protocol

Attendance:

No individual (player, coach, spectator) should attend the meet if experiencing any of the following:

- Fever of 100.4°F or above
- Sudden onset of a cough
- Experiencing shortness of breath or difficulty breathing
- Muscle or body aches
- Recent loss of taste or smell
- Sore throat
- Nausea or vomiting
- Diarrhea

Spectators should wear a mask when they are unable to socially distance.

Spectators are not allowed near the finish line or FAT tent.

No individual who has been asked to quarantine by state or local authorities should attend the meet if the quarantine is in place for September 4.

The clubhouse will have limited access to those wishing to make a purchase. Anyone entering the clubhouse will need to wear a mask and practice social distancing. All participants and spectators should use the portable toilets located west of the clubhouse.

Parking is limited to the parking lot. There should be no vehicles parked on the course.

Teams:

We ask that temperatures of all athletes and coaches be taken before each school depart for the meet. Anyone with a temperature of 100.4°F or above needs to stay home.

Packets can be picked up at the FAT table. Please send only one coach to pick up the packet for your school. Any scratches or changes can be made at the table. BIB numbers, safety pins, course maps and starting positions will all be available in your packets.

Teams will be called to the start line 5 minutes prior to start to minimize duration in close proximity. Please limit contact between runners from other schools.

As runners finish their race, they will need to keep moving up the chute to avoid congestion. Please have a coach nearby to assist any of your runners who may need help.

There should be no handshakes between competitors.

Encourage your athletes to bring their own water or beverage. Water will be available at the finish. Cups will be filled and distributed by meet workers.

Water for athletes on the course is permissible but this needs to be handled by each school. This would mean that you may assign a player or a coach to have the athlete's water bottle available at a specific spot on the course so the athlete can hydrate on the go.

Awards:

We will not have an awards ceremony. A coach from each school can pick up results and medals at the conclusion of the last race. Please check to make sure you have the correct medals earned before you leave the meet.

Please remind your coaches, athletes, and parents to stay off the greens on the golf course and to pick up your area after the meet is over.