



**NHIAA Cross Country Divisional Championships**  
**Saturday, October 31, 2020**  
**Derryfield Park**  
**Manchester, NH**

**Protocols**

No Spectators – event will be livestreamed on [www.newhampshirecrosscountry.com](http://www.newhampshirecrosscountry.com)

Athletes and coaches will follow all protocols including:

- Masks are required when not running.
- Announcer will call teams to the line prior to the start of each race.
- Teams will have specific areas to place belongings.
- Teams cannot visit other areas.
- No tents
- No high fiving, or team cheers etc.
- Coaches only at packet pickup, registration table will be sanitized regularly
- Two tents – one for medical tent and one as COVID tent holding area
- Athletes should be taped at their home school prior to arrival

**Teams**

Will be allowed to bring 8 athletes (7 competing + 1 alternate) per team, so 16 athletes per school with 2 coaches per team (4 total per school).

**Finishing AREA + Medical Area**

Athletes should immediately return to team area after finishing race. Larger area to promote distancing after finish. Officials will focus on distancing and moving kids through to head back to team area.

Medical Area will be adjacent to finish line but will be enlarged.

**The following guidelines should serve to mitigate congestion and confusion at the XC finish line.**

- Run through the finish line and continue moving away from the finish area.
- Continue through after crossing timing mats. You will impede athletes behind you if stopped.
- Don't talk to teammates or coaches until you depart the finish area.
- Finish order does not have to be maintained after crossing timing mats.
- Do not intentionally cross the finish line simultaneously with teammate(s).
- Listen to the officials!

**Porta-Potties**

1 porta-potty per team which will be cleaned between divisions

**Awards Ceremony/Concessions/Merchandise**

No ceremony. Coaches only will collect plaques and/or medals.

No Concession Stand.

Merchandise will be sold online only

**Starting AREA will have 4 different lines:**

**WAVE 1** – On the actual **STARTING LINE**

**WAVE 2** – 12 feet behind **WAVE 1** athletes

**WAVE 3** – 12 feet behind **WAVE 2** athletes

**WAVE 4** – 12 feet behind **WAVE 3** athletes

\*Division III will have additional waves if necessary

After a **WAVE** receives their start at the **STARTING LINE**, remaining **WAVES** will move forward to the next starting line. All **WAVES** will start from the **STARTING LINE**.

### **Division I & II**

| <b>Wave*</b> | <b>Team Runners</b> | <b>Total Runners per Wave</b> | <b>Start Time</b>       |
|--------------|---------------------|-------------------------------|-------------------------|
| 1            | #1's, #2's          | 32-42                         | Ex. 9:00 a.m.           |
| 2            | #3s, #4s            | 32-42                         | 10 seconds after wave 1 |
| 3            | #5s, #6s            | 32-42                         | 10 seconds after Wave 2 |
| 4            | #7s                 | 18-33                         | 10 seconds after Wave 3 |

### **Division III**

| <b>Wave*</b> | <b>Team Runners</b> | <b>Total Runners per Wave</b> | <b>Start Time</b>       |
|--------------|---------------------|-------------------------------|-------------------------|
| 1            | #1's                | 32                            | Ex. 3:30 p.m.           |
| 2            | #2's                | 32                            | 10 seconds after wave 1 |
| 3            | #3's                | 32                            | 10 seconds after Wave 2 |
| 4            | #4's                | 32                            | 10 seconds after Wave 3 |
| 5            | #5's                | 32                            | 10 seconds after Wave 4 |
| 6            | #6's                | 32                            | 10 seconds after Wave 5 |
| 7            | #7's                | 32                            | 10 seconds after Wave 6 |

**\*Waves may be added or consolidated based upon the number of entries.**

**NOTE: Teams should not report to the starting line until they are called. The announcer will call teams to their assigned starting location. This process will end no more than 5 minutes before scheduled start of the race. Stay in place on your line. No stride outs at starting or staging lines.**

**ENTRIES:** The Coach, Athletic Director or Principal is to complete the entry procedure using [www.DirectAthletics.com](http://www.DirectAthletics.com) for the NHIAA Championship Cross Country Meets. **Entries will close at 6:00 PM on Sunday, October 25, 2020.** Each school may enter up to a MAXIMUM of 7 athletes. Coaches will not be able to add entries after the deadline; they will only be able to replace someone already entered.

**The following entry procedure is new this year because of COVID-19 safety guidelines (updated 10/13/20):**

- a) Each Division will have its own meet on Direct Athletics and will include one Girls race and one Boys race. Each race will be divided into 4 starting “waves” with coaches entering their athletes in the appropriate “waves”.
- b) Coaches will need to enter their athletes in the correct “waves” (fastest to slowest) as follows:
  - a. DIVISION 1 -
    - i. Wave 1 – the #1 and #2 runners
    - ii. Wave 2 – the #3 and #4 runners
    - iii. Wave 3 – the #5 and #6 runners
    - iv. Wave 4 – the #7 runner
  - b. DIVISION 2 -
    - i. Wave 1 – the #1 and #2 runners
    - ii. Wave 2 – the #3 and #4 runners
    - iii. Wave 3 – the #5 and #6 runners
    - iv. Wave 4 – the #7 runner
  - c. DIVISION 3 -
    - i. Wave 1 – the #1 runner
    - ii. Wave 2 – the #2 runner
    - iii. Wave 3 – the #3 runner
    - iv. Wave 4 – the #4 runner
    - v. Wave 5 – the #5 runner
    - vi. Wave 6 – the #6 runner
    - vii. Wave 7 – the #7 runner
- c) “Waves” may be adjusted if necessary after the entry deadline.
- d) Each team will be assigned two starting line slots for the “wave” starts. These assignments will apply to both Girls and Boys teams. Starting line and “wave” assignments will be published online at [lancertiming.com](http://lancertiming.com) on or about Tuesday – October 27, 2020.
- e) Coaches will be allowed to make athlete substitutions up to 2 hours prior to the start of each race by emailing [rick@lancertiming.com](mailto:rick@lancertiming.com).
- f) Results of each race will be published immediately upon the completion of the race and results forwarded to meet officials for award distribution.

## **SCHEDULE**

**\*Teams must stay on the bus until their arrival time.**

### **Division 1**

| Time    | Race               |
|---------|--------------------|
| 8:00am  | Arrival            |
| 9:00am  | Girls              |
| 9:50am  | Boys               |
| 10:45am | Departure Deadline |

### **Division 2**

| Time    | Race               |
|---------|--------------------|
| 11:15am | Arrival            |
| 12:15pm | Girls              |
| 1:05pm  | Boys               |
| 2:00pm  | Departure Deadline |

### **Division 3**

| Time   | Race    |
|--------|---------|
| 2:30pm | Arrival |
| 3:30pm | Girls   |
| 4:20pm | Boys    |