



NHIAA Cross Country Meet of Champions
Saturday, November 7, 2020
Mines Falls – Nashua High School South
Nashua, NH

Protocols

No Spectators – event will be livestreamed on 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

Qualifying Teams & Individuals

Teams are 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).

Individuals are allowed 1 coach.

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.

Porta-Potties

1 porta-potty per qualifying team. 1 porta-potty per Division individual qualifiers.

Awards Ceremony/Concessions/Merchandise

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

No Concession Stand.

Merchandise will be Pre-Sale only – organized by school and given to coach at packet pick up

Qualifying (for 2020 only)

1. Division III - top 4 teams and first 5 finishers NOT on qualifying teams
2. Division II - top 5 teams and first 5 finishers NOT on qualifying teams
3. Division I - top 6 teams and first 5 finishers NOT on qualifying teams

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

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

Each set of individual qualifiers will be treated as a respective team (D1 Individuals, D2 Individuals, D3 individuals) and will follow organization below based on order of finish at Divisional Meets.

Wave	Team Runners	Total Runners per Wave	Start Time
1	#1's, #2's	30-36	2:30pm; 3:20pm
2	#3s, #4s	30-36	10 seconds after wave 1
3	#5s, #6s	30-36	10 seconds after Wave 2
4	#7s	<18	10 seconds after Wave 3

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.

Race Schedule

Time	Race
1:15pm	Arrival
2:30pm	Girls
3:20pm	Boys