

COVID Cross- Country Series - organizer Adam Penner – pennerfitness@hotmail.ca 204-801-3705

Sept 26th COVID XC #1 (club/school event) **ENTRY DEADLINE THURSDAY SEPT 17th**

Oct 3rd COVID XC #2 (adult, university, club/school event) **ENTRY DEADLINE THURSDAY SEPT 24th**

Oct 10th COVID XC #3 (club/school event) **ENTRY DEADLINE THURSDAY OCT 1st**

I am not sure how many athletes will be in each category, or what current COVID rules will allow us to put on the start line at one time, so I have put all events as 2 wave starts for now, in easy blocks of time to manage. Once actual entries come in, this will be adjusted!

*Note: male and female athletes may run together if there are low numbers for a particular race distance. COVID compliance and overall time any particular athlete spends at the park are the more important factors. Race results will be separated afterwards if this occurs.

Sept 26th: 2k, 3k, 4k, 5k, *10k

2k @ 8:00am, 2 waves

3k @ 8:45am, 2 waves

4k @ 9:30am, 2 waves

5k @ 10:30am, 2 waves

*OPTIONAL 10k IF there is sufficient interest (minimum of 5 entries)

**all start times subject to COVID rules at the time of the event

Oct 3rd: 3k, 5k, 8k, 10k

3k @ 8am, 2 waves

5k @ 9am, 2 waves

8k/10k @ 10:30am, 2 waves

**all start times subject to COVID rules at the time of the event

Oct 10th: 2k, 3k, 4k, 5k, *10k

2k @ 8:00am, 2 waves

3k @ 8:45am, 2 waves

4k @ 9:30am, 2 waves

5k @ 10:30am, 2 waves

*OPTIONAL 10k IF there is sufficient interest (minimum of 5 entries)

**all start times subject to COVID rules at the time of the event

Registration on Trackie (for COVID tracking)

Non refundable entry is \$5 per athlete in a club, school, or university setting. \$15 for adults (18+ non university runners and Masters)

Late entry will be accepted IF there is room (COVID compliance mandatory) and will be \$25 REGARDLESS OF AGE OR DISTANCE

Minimum of 65 athletes in TOTAL needed for event date to take place.

Rain dates are planned to be the following day (27th, 4th, 11th) for each event.

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Here are some important things for **EVERYONE** to remember for the event:

***Athletes**- Arrival will be determined by your start time. You will be allowed to warmup in small groups that are socially distanced a max of 1 hour for all warmup activity at a place near or at the park that is NOT NEAR the race course itself. Same for cooldown, small groups, socially distanced at all times, not near the race course. It is encouraged to do a short cooldown, and leave the park as soon as possible afterwards- any stretching, foam rolling, etc. that may need to be done should be done so at home. Additional time will be allowed at the start for warmups to be taken off and stored in socially distant ways. YOUR BIB is your bib for the WHOLE SERIES. KEEP YOUR BIB if you plan to do more than 1 race, you will not be given another one to reduce contact.

***Coaches**- You may stay and overlap the various groups of athletes as you may have athletes in multiple waves. Please indicate this to me beforehand though as I will need to calculate total numbers of people at the park for each wave, event distance, and hour of the event to ensure we do not exceed the limit at any given time.

***Volunteers**- You will be allowed to stay in your designated area along the course (or other jobs as required) as long as determined needed. Please try to wear a reflective vest or something bright orange or yellow if you have, to identify yourself as a volunteer. It will also be your job to model, help remind, and monitor social distancing of others.

*YOU ARE RESPONSIBLE to ensure that ALL COVID protocols are followed!! Take safety precautions as you see fit and make you feel safe and reduce your risk! This includes spreading out your vehicles in the parking lot!

*Race kit pickup will be with Coaches primarily, and they are responsible for safe distribution. If an athlete has no coach present, please let me know to make alternate arrangements.

Start time for first wave is 8am. Wave size will be up to 50 people in pre determined groups. IF COVID rules change, these groups will be further broken down into smaller COVID compliant groups, and new start times given to those subdivided groups. A separate notice will be sent out *only IF this is required at the time.

*We are going to have the start line on the North side of the parking lot past the first grouping of trees.

*There are washrooms there but I do not know what time they are unlocked.....be prepared in case they are not open early!! Extra TP!

****Revolution Rehab will be on site for medical treatment and Athletic Therapy services***

*Bring extra water as most parks do not have water fountains going this year. Do NOT share water or water bottles!!

Put your full name on your water bottle

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*Do NOT share any clothing or equipment of any kind. Examples: singlets, shoes, toques, mitts/gloves, scarfs, jackets, etc. Be prepared for various weather conditions.

*Always maintain social distancing and follow all COVID rules and regulations while on Park property!**

*There will be flags, tape, and cones marking the route, and there will be km indicators as well

*You MUST clean your hands upon arrival AND departure from the park