



CENTRAL TORONTO ATHLETIC CLUB

6 in the Six Cross Country Meet – Sunnybrook Park – October 3, 2021

Heath Questionnaire:

All athletes and coaches are required to complete the Health Questionnaire specific for the meet. Please use the following link. The questionnaire must be completed within 24 hours of the event.

<https://forms.gle/rB86GSLnGyB8nLa88>

Race Schedule

Start Time	Arrival at Staging Area (Parking Lot A)	Departing Staging Area (Parking Lot A)	Age Group	Distance
9:30 a.m.	9:00 a.m.	9:10 a.m.	U12: <i>Boys Wave followed by Girls Wave 30" later</i>	2000m
10:00 a.m.	9:30 a.m.	9:40 a.m.	U14: <i>Boys Wave followed by Girls Wave 30" later</i>	2000m
10:30 a.m.	10:00 a.m.	10:10 a.m.	U16: <i>Boys Wave followed by Girls Wave 30" later</i>	4000m
11:00 a.m.	10:30 a.m.	10:40 a.m.	U18: <i>Boys Wave followed by Girls Wave 30" later</i>	5000m

Check In

ALL race packages and bibs can be picked up by the club coach beginning at 8:15 a.m. on race day. Bib pick up will be at the **Athletics Ontario tent near the White Pavilion**. Coaches are responsible for verifying all athletes have completed the online health questionnaire.

Coaches who are picking up team packages need to confirm their athletes 12+ are vaccinated. Proof of vaccination is required by all unattached athletes.

Race Procedure

On arrival, athletes should warm-up on the fields and chip bark trail running south and east of Parking Lot 6 (A).

There will be no pre-race walk through on the day of the race.

It's recommended that all athletes, spectators, and officials wear a mask if social distancing is not possible. Athletes will be marshalled from the *Staging Area* (Parking Lot A) to the *Start Line*. We'll take a brief stop near Parking Lot 7 (B) to change into spikes.

There will be NO collection of clothing, water bottles, shoes etc. at the *Start*. Spike bags may be left in the area near Parking Lot 7 (B) for collection as you are exiting the course.

Masks can be disposed of at the *Start Line* in a garbage bin provided.

For each age race, boys will be sent off first en masse, with the girls following 30" later.

Athletes, please do not stop your watches as you cross the finish mat! It interferes with the function of your chip timer. Thank you.

Upon finishing the race athletes are asked to leave the start/finish area immediately. They will proceed to the west end of Parking Lot 7(b) before leaving for the lower park to complete their cool down, get water and meet their parents.

Health Precautions - Reminder

- Athletes, coaches, officials & volunteers must keep their gear a minimum of 2m apart & must not share drinks or food.
- There will be portable toilets available for use on the south side of the pavilion.
- Please respect the 2m rule while engaging officials and volunteers during the meet. Wear your mask.
- All participants, coaches, volunteers, and spectators are required to complete the Daily Health Questionnaire within **24 hours of the event**. A link will be provided once entries are confirmed.

Good Luck To All!