

MHSAA Pre-Regional 21-2

Spring Lake High School - Saturday, October 24, 2020

Schedule:

Boys Race: 10:00am

Girls Race: 10:30am

Teams/Format:

Belding, Comstock Park, Coopersville, Fruitport, Ionia, Muskegon Oakridge, Muskegon Orchard View, Spring Lake

Schools may enter 8 runners but only race 7 by rule. The top four teams and the top seven individuals not on a team will advance to the MHSAA Regional race.

Course Location:

The Mel Hall course is located at Spring Lake High School ([16140 148th Avenue, Spring Lake, Michigan 49456](#)). The course is behind the high school near the soccer, lacrosse, and track complex.

COVID 19 Safety Guidelines:

Masks must be worn by all coaches and athletes when not actively participating or warming up/cooling down. This includes before and after races. This is your team's warning. There will be no reminders throughout the time you are on site. If you, other coaches with your school or your team are not wearing a mask, you will be asked to leave campus. The only time a mask should be removed is when an athlete is running (warm up/cool down/race). The starter will give a countdown to remove the mask prior to the race. Coaches are REQUIRED per MHSAA to have them on at all times even if they are running between spots on the course.

The MHSAA health questionnaires must be filled out for all athletes and coaches and temperature checks recorded, prior to arrival on site.

Participating schools will contact Spring Lake immediately if an athlete or coach on their team tests positive for COVID 19 within 14 days of the event so contact tracing can begin immediately.

All athletes are required to wear a mask upon arrival to the starting area as outlined by the MSHAA. A 30 second warning prior to the race will be given by the starting official. Runners will remove and discard masks to the ground behind the starting boxes. These masks will be retrieved and disposed of by SLPS. If a runner chooses to wear their own personal mask and keep it with them, that is up to the individual runner. All runners will be given a new disposable mask upon exiting the finishing area. Runners are expected to apply and wear this mask in accordance to all guidelines brought forth by the MHSAA.

STAY WITHIN YOUR TEAM POD DURING WARM-UPS. PHYSICALLY DISTANCE

Course Information:

The course will be open for teams to preview at 8:30am. Follow all health guidelines at all times. Please have your athletes stay on the trails and within school property. The course follows through both woods and open fields. We try to mark all roots but please be advised that there could be unmarked roots in the trail. The course is marked every .25 mile. Please limit the amount of traffic on the track with spikes please! Each team will have a box assigned to them with a box empty between teams. Course map below.

Bus Drop Off/Pick Up & Parking:

All buses may drop off/pick-up and park behind the track at **16399 144th Avenue**. Please look over parking map.

Tents & Restrooms:

Tents are allowed. Team areas will be designated by SLPS in the track infield and will not be open to non-participants at any time. These areas will be marked with a cone and school's name. Please see tent/parking map below. **The track will be locked off to all non-participants and will be strictly enforced.** Trash bags will be provided, please clean up your team before leaving. Restrooms are available for teams at the track as well as the soccer/LAX complex.

Box Numbers: (random number draw)

1-Comstock Park Box	2-Fruitport	3-Muskegon Oakridge	4-Belding
5-Spring Lake	6-Coopersville	7-Ionia	8-Muskegon Orchard View

Bibs & Results:

Packets may be picked up near the timing tent. Timing by Michiana Timing. Live results and posted immediately after race and online.

Trainer/Water:

There will be a trainer on site. Please advise your runners water will not be available during the event. Each participating team must bring their own water.

Site Policy - Mel Hall Trail: (Violation of these policies will result in disqualification.)

As per MSHAA guidelines, we are following 2 spectators per athlete for the meet. All spectators will be required to follow the non-participant guidelines. **Runners not competing in the event should stay home!**

Participant Requirements:

- Team areas will be designated by SL in the track infield and will not be open to non-participants at any time.
- Participants will wear a mask at all times unless they are actively warming up, racing, or cooling down.

Non-Participant/Coaching Staff Requirements:

- Wear a properly worn mask at all times.
- Maintain the six-foot social distancing space.

Non-Participant Restricted Areas (stay out, no exceptions):

- The start area designated by SLPS.
- The gated track infield, including stands.
- The finishing area exit stands outside the gate.
- Wooded portions of the course.
- 10' space from the course line.

Tent/Parking Map:



Course Map:

