Columbine High School

Home of the Rebels

To: Jenn Roberts-Uhlig (CHSAA Commissioner)

 Lane Ververs (CHSAA)

 Jim Thyfault (Jeffco District Athletics Director)

Casey Coons – Arvada West (Athletics Director)

Ryan Scherling – Bear Creek (Athletics Director)

Craig Aukland – Chatfield (Athletics Director)

Matt Heckel – Dakota Ridge (Athletics Director)

Denny Squibb – Fruita Monument (Athletics Director)

Jill Schrader – Heritage (Athletics Director)

Darren Withey – Highlands Ranch (Athletics Director)

Mike Hughes – Lakewood (Athletics Director)

Jim Flanigan – Mountain Vista (Athletics Director)

Sean Patterson – ThunderRidge (Athletics Director)

Brain Bonn – Valor Christian (Athletics Director)

Kevin Brown (Foothills Park & Rec)

From: Patrick Simpson - Columbine High School (Athletics Director)

Subject: 5A Regional Cross Country Meet (Region #2)

Date: Monday, September 28th, 2020

Columbine High School is pleased to be hosting a 2020 5A Regional Cross Country Meet on **Friday, October 9th, 2020**. The meet will be held at **Clement Park** *(7306 W. Bowles Ave, Littleton, CO 80123).* We will do everything in our power to ensure your team has an enjoyable experience. Please make yourself familiar with the following information, at the end of this document you will find our contact information, please do not hesitate to reach out with questions.

**Roster Entry**

To enter your team into the meet, you must go to <https://co.milesplit.com>. The password is **5ARegion2**. Registration must be completed by Saturday, October 3rd at 9:00PM. Per CHSAA guidelines each team will be allowed only 6 runners in each race.

**Entry Fee**

We will be charging all schools including our own **$150.00** entry fee in order to cover the cost of hosting this meet. This is a flat fee for your school, please mail checks to Columbine High School Athletics *(6201 S. Pierce Street, Littleton, CO 80123)* as soon as possible.

**Course Information**

A course map has been emailed to all Region #2 Athletics Directors and is included in this informational packet. If you have questions about the course please contact our Meet Director Emily Krause.

**COVID-19 Requirements**

* Athletes, coaches, officials, and event staff with signs or symptoms of COVID-19 should stay home and not travel to the Regional Meet.
* ALL athletes, coaches, and event staff are required to wear face coverings during the meet. Everyone in attendance will need to maintain at least 6 foot distance when not wearing mask. This would include, but is not limited to, mask breaks or for other activities such as drinking.
* **Athletes must come to the start line masked. They may not drop it or take it off until they begin running. Athletes will be required to keep the mask with them throughout the duration of the race. Coaches will not be allowed to take a mask from their athlete at the start line.**
* **Athletes will be required to reapply their mask at the finish. Coaches will not be allowed in the finish area and are not allowed to collect masks from their athletes.**
* Athletes & Coaches must not share or touch anyone else’s equipment including: water bottles, race bibs, stop watches, etc.
* Athletes must avoid touching their faces.
* Athletes & coaches must practice social distancing: stand at least 6 feet away from others while around team tents and during warm-ups.
* No group celebrations, high 5s, hugs, handshakes, fist-bumps, etc. This includes pre-race team chants…
* Each athlete should have their own bottle of water and hand sanitizer for their individual use. No water will be provided by Columbine High School or event staff, unless an emergency arises.
* **NO Spectators** will be allowed to attend the meet
	+ Due to current requirements/guidelines established by Foothills Park & Recreation District (Clement Park) we are only allowed to have 125 people on site during this event.
	+ We have structured the meet to ensure we stay at or slightly below the 125 person limit.
	+ Between the 72 athletes in each wave and the coaches, trainers, timing crew, course clerks, officials, and other event staff we will have a real challenge keeping the event under the 125 person limit.
	+ ***Please communicate to your families as frequently as possible that they will NOT be allowed to be on the course for this meet. We know this will be very disappointing to some and please know it is disappointing to us, but in order to hold this event having no fans is necessary.***

**Regional Meet Packet**

When your team arrives on site, please stop by the check-in tent located near the NE Pavilion (pavilion H) in order to pick up your team packet.

**Athletic Trainer**

We will have 3 certified athletic trainers from Panorama Orthopedics on site for the duration of the meet. The medical tent will be located near the finish line and will be clearly labeled if your athletes or coaches need anything our team will be happy to assist.

**Administrators**

Due to our tight gathering guidelines we are not expecting administrators on site at the meet. If you are planning to come please shoot me an email at (patrick.simpson@jeffco.k12.co.us) so I can attempt to keep track of the number of people we will have on site.

**Awards**

The CHSAA Office will be providing the regional awards and we will have them ready to distribute on site after each phase of the meet.

* *Top 3 teams from class 5A Regionals = 15 Teams*
	+ *15 teams x 6 runners per team = 90 athletes*
	+ *2 individuals – top 2 finishers (not qualified through their team) per region x5 regions = 10 individuals.*
	+ *Total number of individuals qualifying for State = 100*

**Regional Meet Schedule < Friday, October 9th, 2020 >**

9:45 AM: Coaches & **Boys Teams** arrive at Clement Park… Coaches please remember to check-in and receive your team packet near the NE Pavilion.

10:30 AM: Coaches Meeting

11:00 AM: Flight #1

11:02 AM: Flight #2

11:04 AM: Flight #3

11:25 AM: Conclusion 5A Region #2 **Boys Races**

\*\*\* Boys Awards Ceremony 12:00 PM until 12:30 PM

12:30 PM – 12:45 PM **Boys Teams & Coaches** will need to clear Clement Park

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1:00 PM: Coaches & **Girls Teams** arrive at Clement Park… Coaches please remember to check-in and receive your team packet near the NE Pavilion.

1:30 PM: Coaches Meeting

2:00 PM: Flight #1

2:02 PM: Flight #2

2:04 PM: Flight #3

2:25 PM: Conclusion 5A Region #2 **Girls Races**

\*\*\* Girls Awards Ceremony 3:00 PM until 3:30 PM

3:30 PM – 4:00 PM **Girls Teams & Coaches** will need to clear Clement Park

**Questions and Concerns**

If you have any questions or concerns please feel free to contact our Athletics Dept.

\*\* Emily Krause (Meet Director)

 Phone: (303) 875-9166

 Email: kev\_em@hotmail.com

\*\* Patrick Simpson (Athletics Director)

 Office: (303) 982-4416

 Cell: (303) 905-6236

 Email: patrick.simpson@jeffco.k12.co.us

\*\* Danielle Davis (Athletics Assistant)

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