



We are days away from hosting the Colorado Pre-State XC Meet - C.M. Stampede! Here are the important facts for the meet.

From Jenn Roberts-Uhlig:

COVID-19 DIRECTION: As the administrator overseeing the Sports Medicine Advisory Committee, I wanted to bring your attention to the numerous pictures and emails we are receiving from athletic programs not following the requirements and mandates that have been put in place.

- WE MUST COMPLY - EVERYONE IS WATCHING
 - Masks
 - Always on the bus for ALL
 - Always for coaches
 - Athletes "mask free" only when competing (ALWAYS before and after) and runners must carry with them.
 - Social Distancing
 - ALWAYS 6 feet
- **SPECTATING**
 - **No spectators** on the grounds of NPEC
 - 250 max capacity for El Paso County; to include participants, coaches, workers and therefore we are not allowed any spectators at NPEC. Coaches, athletes and officials create the max capacity. Please help us manage this event properly, so we can ensure that our athletes can compete in late October!
- **SPONSORS**
 - Many running companies are forbidding the public display of their brands at competitions this fall. As such, our major sponsors in Saucony and Runners Roost have downsized their visibility. This impacts our event; where snow fencing, t-shirt awards and a host of other issues are slightly compromised. We intend to put on a great event, but just slightly different than previous years!
 - Your team should be knowledgeable of the course.
 - Instead of additional event staff serving as course marshals, coaches should fill this role to limit additional bodies. See CHSAA Bulletin

INFORMATION:

- [CHSAA Bulletin](#)
- [CM STAMPEDE WEBSITE](#)



COLORADO STATE CHAMPIONSHIP



- **[TIME SCHEDULE](#)**

- **RACE DATE(s)**
 - Sept 11- Only 4a Schools from the Colorado Springs area
 - Sept 12- All classifications; run at the same times as 2020 State Meet

- **ATHLETE/TEAM**
 - **[ENTRY](#)** (Closes - Sept. 8th at 1AM)
 - Password: **Race**

- **[RACE WAVES](#)** (click on link)
 - Seeded according to team (based on last year's individual PR's)

 - Waves of 4 teams seeded according to last year's results/ team ranking
 - For example:
 - Wave 1- Fastest 4 Teams (according to last years PR's)
 - Wave 2- Teams 5- 8
 - Wave 3- Teams 9-12
 - Wave 4- Team 13-15
 - Separating each wave by 30 seconds
 - 2A- race 5 score 4
 - 3-5A- race 6 score 5

- **BUS PARKING**
 - 2a- [Park Lower Lots](#) - typical state meet location
 - 3a- park in north gravel lot - [main entrance of NPEC](#)
 - 4a- Park in north gravel lot - [main entrance of NPEC](#)
 - 5a- [Park Lower Lots](#) - typical state meet location

- **TEAM CAMPS**
 - In proximity to your bus!
 - No camps in stadium, athlete village or in front of stadium
 - It is critical that we spread out and our visual flow looks proper!

- **COACH'S MTG / packet pick up**
 - 45 min prior to race start out in front by statue



COLORADO STATE CHAMPIONSHIP



START/ FINISH AREAS

- Athletes must be masked up until race start and then masked again at finish - athletes must carry their own masks. No coaches in the finish area!

- Your team will be given important race details (**PLEASE READ**)
 - 1- Classification 2A, 3A, 4A, 5A
 - 2 - Wave # 1-2-3-4
 - 3 - Box # 1-2-3-4
 - 4- FINISH/ EXIT LOCATION- 1-2-3-4
 - #1- STAIRS (straight out)
 - #2- STAIRS (straight out)
 - #3- THIN WALKWAY (typical state exit)
 - #4- HANKS CLUB - north west end of stadium

- EXAMPLE
 - Palmer Ridge: 4A/ Wave #1 / Box#1 / Exit #1 (stairs)
 - Cheyenne Mt.: 4A/ Wave#1 / Box#2/ EXIT#2 (stairs)
 - Air Academy: 4A/ Wave #1 / Box #3 / Exit #3 (Thin Walkway)
 - ETC

- **RESULTS**
 - No posted results, milesplit upload later in evening
 - Coaches will receive a group email with results shortly after the race conclusion.
 - Check results - report errors /appeals within 30 minutes of results being sent!
 - Private Cell (719) 666-1902 / Timing issues only, coaches only!

- **AWARDS**
 - No Individual awards
 - Top 3 Teams will be awarded team belt buckles!
 - 1 team rep reports to the statue out front of the stadium before departing.

After Your Race:

- We have multiple races to host and ask that you please depart the facility as soon as your team has cooled down and one person has picked up your team awards.

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