

Cross-Country informational letter

Please note the following Information is subject to change

Please make sure you join Remind by texting the number: 81010 with the message: @4c7gab

I will send out updates and further race information through this platform

A \$75 Pay-to-Participate fee will be required before October 16th and may be made here:

<https://osp.osmsinc.com/Volusia/BVModules/CategoryTemplates/Detailed%20List%20with%20Properties/Category.aspx?categoryid=CI737>

Cross country is currently the 21st item in the list.

- **Location**

- DeLand Middle School will be the host site for the majority of the races this season, except for two weekends when Ivy Hawn already had a race scheduled and an optional race at Spruce Creek HS.
 - A single location, and not an eastside/westside schedule, will make is easier to obtain timing/scoring.

- **Race Schedule**

- Optional Pre-Season Race
 - October 10 at Spruce Creek HS
 - Additional cost for this race, \$50 per school
- Race #1
 - October 17 at Ivy Hawn
- Race #2
 - October 24 at DeLand MS (race time TBD due to timer availability)
- Middle School State Championships
 - October 31 at TBD
- Race #3
 - November 7 at DeLand MS
- Race #4
 - November 14 at DeLand MS
- Volusia County Middle School Championship
 - November 21 at DeLand MS
 - Championship Division – Fastest 5 runners from each school
 - Open Division – All other runners

- **Race Time**

- Two options depending on the number of runners competing,
 - Option #1 – if we have a similar number of runners as we did last year,
 - Westside girls run at 8:00a
 - Westside boys run at 8:45a
 - Eastside girls run at 9:30a
 - Eastside boys run at 10:15a
 - Option #2 – if the number of participants is lower and we can safely social distance athletes,
 - All girls will run at 8:30a

- All boys will run at 9:30a
- **Transportation**
 - It is the responsibility of the parent to transport their athlete to the races.
 - Races will be treated the same way high school sporting events are handled.
 - Parents may transport other athletes to/from races in addition to their own athlete.
- **Race day logistics**
 - Coaches will be responsible for ensuring the social distancing of their athletes.
 - All, including spectators, must wear masks.
 - Runners can remove masks just before running their race.
 - No sharing of uniforms, towels, water bottles, etc.
 - Water is the responsibility of each coach.
 - No spectators are allowed in the start and finish areas.
 - Runners are expected to not just hang out at random and should social distance while not running.
 - Runners are expected to immediately leave the finish line area after finishing their specific race.
 - Westside runners will leave at the conclusion of the westside races to limit the number of people at the school.

Coach Scitney