

YES Athletics Sanctioned Event by Central Missouri Athletics Circuit

HARRIERS YOUTH XC SHOWDOWN

Sunday, October 11

Russellville High School - 13600 Route C - Russellville

schrimpfjessica@gmail.com for more information about this meet



AGE GROUPS & ORDER OF THE DAY	DISTANCE	START TIME	RACE DAY INFORMATION
6-8 Girls Born 2012-2014	2K (1.24 Miles)	2:00 pm	Staff will begin making announcements about the day and season at 1:30. The first race of the day will be the Girls 8U 2K & 13-14 Boys 4K at 2:00. Remaining races will start according to the listed order of the day. Teams are responsible for guiding their own course walks prior to 2:00. No course walks will be guided by CMAC. At the completion of your races, please depart from the facility as soon as possible as we want to keep as few people at the course at once and social distance.
13-14 Boys Born 2006-2007	4K (2.48 Miles)	2:00 pm w / 6-8 G	
6-8 Boys Born 2012-2014	2K (1.24 Miles)	2:30 pm	
13-14 Girls Born 2006-2007	4K (2.48 Miles)	2:30 pm w / 6-8 B	
9-10 Girls Born 2010-2011	3K (1.86 Miles)	3:00 pm	
9-10 Boys Born 2010-2011	3K (1.86 Miles)	3:30 pm	
11-12 Girls Born 2008-2009	3K (1.86 Miles)	4:00 pm	
11-12 Boys Born 2008-2009	3K (1.86 Miles)	4:30 pm	
Order of races will follow as listed above starting with girls first, then boys unless registration changes dynamics. Based on registration and course limitations, the meet director reserves the right to combine age or gender groups into one race or separate groups out into multiple races. Age is determined by year of birth (as of December 31 of the current year). Each competitor must compete in his/her age division only.			

CMAC TEAM REGISTRATION DEADLINE: Have spreadsheets emailed by Thurs, October 8 at 10:00pm

WALK-UP REGISTRATION DEADLINE: Sunday, October 11 at least 20 minutes before start of your race.

MEET DAY CHECK IN 12:30pm-1:45pm. All pre registered and walk up registrations must go to the registration table to pay entry fee. Once paid, the athlete will receive his/her race number.

ENTRY FEE YES Athletics / official CMAC Team Members = \$3.00 per athlete Non-Members = \$5.00 per athlete Please do your best to bring exact cash. Checks can be made to Russellville Harriers. No credit/debit cards accepted.

ELIGIBILITY & HOW TO ENTER THIS MEET *Individuals:* Meet is open to all individuals born in years 2006-2014. Unattached athletes please register by visiting www.leaguelineup.com/cmac by Thursday, October 8 at 10:00pm. Otherwise, you may walk up to register at the meet. You will pay at the registration table when you arrive to the meet and the receive your bib number.

CMAC Teams: Your team's head coach or club designee completes your registration unless informed otherwise.

Middle & Jr. High School Cross Country Athletes: Please check with your school coach to determine if you are eligible to participate in this meet prior to registering.

AWARDS Medals will be awarded to the top 8 individual finishers in each age and gender group. They will be given as the athletes are exiting the finish chute. There will be no awards ceremony with announcements. No team awards will be provided at this meet. Results will be posted to the CMAC website and Facebook page. Please follow us!

For more information about CMAC or if interested in starting a new team in your town: visit us at leaguelineup.com/cmac, Search Central Missouri Athletics Circuit on Facebook, email us at COMOCMAC@gmail.com, or call (573) 999-3106



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RUSSELLVILLE HIGH SCHOOL INFORMATION

PARKING: There is a large lot at the high school, but overflow parking can go to the Lions club across the street on Route C, and at the closed Leo's Mexican Restaurant.

COURSE INFORMATION: This is a 2K loop that will be repeated for the 4K race, and a 3K that uses most of the 2K course. The course is mostly flat, with some slight hills. It is primarily grass with brief moments of crossing gravel, an asphalt road, and finishes on a concrete stretch around the stadium.

RESTROOMS: Facilities are located in the small structure on the west side of the stadium.

CONCESSIONS: There will be concessions available at this meet in the small structure on the west side of the stadium. But, feel free to bring your own food & hydration. Be courteous and clean up afterwards. This is a public school property, so alcohol and tobacco products are prohibited.

DIRECTIONS: From Hwy 63: (From North) Take the Highway 54 W exit, then take Route C exit for approximately 15 miles westward.

MORE MEET INFORMATION

TEAM SCORING: Teams must declare at least 5 for a scoring team in each age/gender group. Top 5 runners will score on each team. All teams must be in registered CMAC clubs. All athletes representing the club must be affiliated with and members of that club as part of their YES Athletics membership.

WEATHER: The meet will continue during rain fall. If lightning strikes are spotted, then 30 minute delays will occur. There will be a maximum of 3 delays, a fourth will lead to cancellation of the event.

SPECTATORS: Please be aware of course boundaries and race action. You must stay 6 feet away from each side of the race line so athletes can have room to compete. You may stand inside or outside the loop; but look both ways for runners before crossing a painted line. DO NOT cross flagged off areas of the course. DO NOT run/walk alongside athletes. It is a rules violation and will lead to disqualification of that athlete. We ask that you please remain as distanced from others as possible during races. View our **Cross Country Etiquette** and **CMAC Cross Country Rules** documents for further guidance.

MEET DIRECTOR INFORMATION FOR QUESTIONS: Please contact Jessica Bryant for specific information about this meet and the course / property: SchrimpfJessica@gmail.com or (573) 533-8292.

UPCOMING CMAC MEETS: 10/17-Monroe County, 10/25-CMAC Championships-Columbia (tentative), 11/10-Regional Meet-Garnett, KS, 11/21 & 11/22-National Meet-Paris KY



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RUSSELLVILLE HIGH SCHOOL COURSE MAPS



Please note this meet starts the 13-14 year olds running 4K races for the remainder of the season. That will move all age groups to the distances they will run for CCCNYC regionals and nationals. The 2K course in Russellville will be repeated and run with 8U.

2K (8U) and 4K (13-14) age groups will follow this yellow path, and finish just outside of the stadium.
The 4K will loop on the teal path on the map to repeat the 2K again.



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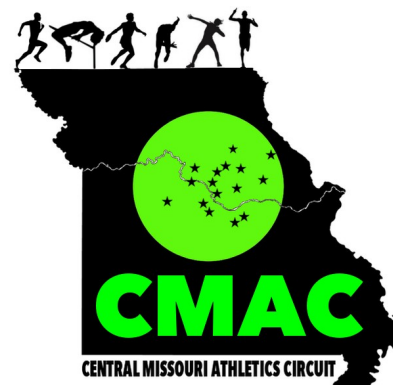
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3K Map



3K age groups (9-10 & 11-12) will follow this yellow path the entire way crossing over Jefferson Street at two points; and then finish just outside the stadium.





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CMAC MEET EXPECTATIONS & SAFETY GUIDELINES FOR THE PANDEMIC , AS OF 9/4/20

Race Order:

6-8 girls 2K with 13-14 boys 4K, 6-8 boys 2K with 13-14 girls 4K, 9-10 girls 3K, 9-10 boys 3K, 11-12 girls 3K, 11-12 boys 3K

Meets:

Spectator limit of 100 people at a time

Only 1 to 2 spectators per racer.

Spectators will need to maintain a 6 foot distance with non household family members.

Spectators are highly encouraged to wear a mask, especially if they can't socially distance themselves from others.

Spectators should arrive shortly before their race time, and leave promptly at the conclusion of the race.

Pre-race:

Each team is asked to check the temperature of their athletes while in their group. Anything 100.4 and above should be sent away from the event.

Course walks will be at the discretion of the individual teams and coaches. Race maps will be provided prior to the race. No one is allowed on the course once races begin. Be done with course walks, and off the course by 2pm as races will have started at that time.

Starting line:

Athletes will be spaced out as much as possible. We will not use team boxes this season.

Volunteers will be needed to assist during the bib checking process so athletes are not standing on the starting line for an extended period of time.

During race:

Please encourage and cheer on athletes while maintaining social distance from athletes and other spectators. Provide 6 feet on each side of the race line to give the athletes room to compete, and to social distance.

Finish line:

Racers will need to exit the chute immediately after their numbers are recorded by staff.

Ribbons / medals will be handed out as racers are exiting the chute. There will be no medal ceremony.

Water coolers will not be available. Families will be responsible for supplying their athlete with water.

The health and safety of the athletes and volunteers is a huge priority of ours. If a spectator or athlete is not feeling well, experiencing any symptoms, or been in contact with someone that has tested positive for COVID, please stay home.



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Along with those expectations mentioned above, here are the guidelines provided to us:

Cross Country

- It is recommended that the start of races be staggered to allow for proper distancing among athletes and proper spacing throughout the race.
- Cross country competitions and practices may only be done in stable groups of 50 athletes or less per staggered start time.
- All athletes and coaches should wear a mask at all times when not participating in physical activity or when unable to socially distance themselves from others. This is required for those within the city of Columbia.
 - Masks should be worn by runners when going to the starting line but may be removed once proper distancing has been achieved.
- Encourage spectators to bring folding chairs to watch the race so that they remain stagnant at least 6 feet apart from others.
- Sanitize barricades where spectators are assigned to watch the race.
- Avoid touching your face during competition.
- Avoid extra-curricular or social activity. Avoid congregating in the parking lot before, during or after the game.

Please follow all guidelines, expectations and more. We want a season in which all can be healthy, happy and become better versions of themselves. What we do not want is to be shut down due to the pandemic and / or carelessness. We ask for you to care for yourselves, each other and our amazing kids in our circuit.

Remain in your vehicles or rather distanced from others away from the course prior to your race after your team's coach has led you through the course walk. Then come out in time to warm up and prepare for your race based on your coach's instructions.

Please leave the premises at the conclusion of your race and not congregate. We will not make results available at the meet to reduce gatherings. Results will be posted to the CMAC website (www.leaguelineup.com/cmac) and the [CMAC Facebook page](#) as soon as we can make them available.

Thank you for your understanding and cooperation!