



# Typical 2020 CYO Cross Country Meet Site Plan

## Meet format/guidelines

- Places will be based on time
- Girls and boys will run at the same time, scored separately
- Each team will be assigned a starting time
- Teams must not arrive more than 60 mins. before their assigned starting time
- Teams must follow the schedule and placements illustrated below
- No team tents
- No walking of the course (the course is closed at all times)
- Mask and social distancing required, except for athletes

## Schedule

**10 min. intervals**

Minutes to start*	
T - 60	Teams arrives at site
T - 55	Teams assembles in assigned CORRAL, coach distributes tags/chips
T - 50	Team warms up
T - 10	Team moves to BLUE ZONE
T - 5	Team moves to ORANGE ZONE
T - 2	Team moves to STARTING LINE
T 0	Race begins
T + 10-25	Team finishes race, cools down
T + 30	Team departs site

\*T 0 is the assigned start time, T- or T+ is the amount of time before or after the assigned start time.

## COMMON AREA

CORRAL staging areas for health screening, affix tags/chips, final race prep and pregame prayer.

**Items can not be left at the CORRAL.**

## Registration

### CORRAL "1"

T - 55 Team Assembles

#### Start Times

Saturday	Sunday
10:00 AM	1:00 PM
11:00 AM	2:00 PM
12:00 PM	3:00 PM

### CORRAL "2"

T - 55 Team Assembles

#### Start Times

Saturday	Sunday
10:10 AM	1:10 PM
11:10 AM	2:10 PM
12:10 PM	3:10 PM

### CORRAL "3"

T - 55 Team Assembles

#### Start Times

Saturday	Sunday
10:20 AM	1:20 PM
11:20 AM	2:20 PM
12:20 PM	3:20 PM

### CORRAL "4"

T - 55 Team Assembles

#### Start Times

aturday	Sunday
10:30 AM	1:30 PM
11:30 AM	2:30 PM
12:30 PM	3:30 PM

### CORRAL "5"

T - 55 Team Assembles

#### Start Times

Saturday	Sunday
10:40 AM	1:40 PM
11:40 AM	2:40 PM
12:40 PM	3:40 PM

### CORRAL "6"

T - 55 Team Assembles

#### Start Times

Saturday	Sunday
10:50 AM	1:50 PM
11:50 AM	2:50 PM
12:50 PM	3:50 PM

## STARTING AREA

Athletes, coaches and officials only

Teams/athletes must be ready to start at their assigned time.

**No late starts or running at an unassigned times.**

### STARTING LINE

T - 2 Team Steps to the Line  
T - 0 Team Starts  
Team spread across starting line

### ORANGE ZONE

T - 5  
Team Enters Zone

### BLUE ZONE

T - 10  
Team Enters Zone

Athletes and Coaches only

## FINISHING AREA

Athletes, coaches and officials only

### FINISH

Times recorded

Results will not be posted at the meet

**Results will be posted on Athletic.net**

T + 10-25  
Team finishes and cool down  
T + 30  
Team departs site

Athletes and Coaches only