



MEXICO CROSS COUNTRY

Middle School Roundup Race

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EVENT: **Cross Country Race**

DATE: TUESDAY October 6th, 2020

LOCATION: Green Estates Park, Mexico Missouri

REGISTRATION: rosters **MUST BE ENTERED** by **October 3rd**

using the following online entry

<https://trxctiming.com/wp2/cross-country-meet-information/>



Checks can be brought to the meet and made payable to Mexico Public Schools: \$50.00 Team, \$200.00 max per school. \$10.00 per athlete if they don't have a complete team.

DIRECTIONS: (NOTE: this race is **NOT** held at the middle school)

Please pick-up your team packets from the check-in area located at the Finish Line as soon as you arrive.

- From Highway 54: Take the main Mexico exit at the Walmart, proceed North into town, after passing McDonalds and El Vaquero restaurant turn East (right) onto Teal Lake Rd. Make a left onto Huntingfield Rd and park in the gravel lot by the shelter.
- From Highway 22: Proceed to the first stop light and turn South onto Muldrow(Right), East onto Boulevard(Left), South onto Clark(Right), and East (left) onto Teal Lake Rd. Make a left onto Huntingfield Rd and park in the gravel lot by the shelter.

PARKING:



Busses will be directed to park in the **gravel lot** indicated on the map.

Automobiles will be directed to park on a **temporary grass parking** lot adjacent to the gravel lot. (marked on the included map)

TEAMS PARTICIPATING:

(updated 09-24-20. Final lineup may vary)

Bowling Green
Fulton
Hannibal
Eldon

MEXICO
MMA
Moberly
Montgomery County

North Callaway
Southern Boone
Warrenton

RACE SCHEDULE

3:30 Coaches Meeting Near Start Line

3:50 10-minute warning shot

4:00 **BOYS RACE** (limit TOP 7 runners from each team only) best 20 finishers medal

1st & 2nd Place Team Awards @ 5:25

4:30 **GIRLS RACE** (limit TOP 7 runners from each team only) best 20 finishers medal

1st & 2nd Place Team Awards @ 5:25

5:00 **COMBINED BOYS/GIRLS UNLIMITED ENTRIES RACE**

Top 10 each gender will medal –

In the event of heavy rain awards may be given in the chute and/or handed to the Coach at the conclusion of the meet.

SCORING:

Each team has been assigned a set of **NUMBERED BIBS** and chips. **YOU WILL RECEIVE THESE AS SOON AS YOU ARRIVE AND CHECK IN!** Please make sure to match the correct **NAME & NUMBER** with the correct **ATHLETE** (you will receive a list at registration). Affix the **BIB** to the front of the athletes running singlet using safety pins

Schools are responsible for turning in their chips to TRXC at the conclusion of the meet. Any chip not turned in or lost will result in a \$25 charge to the school!

- ONLY THE TOP 7 RUNNERS WILL SCORE FOR THE TEAM. THE RACE WILL BE SCORED JUST LIKE A HIGH SCHOOL RACE

OTHER NOTES:

Warning gun will be fired by the race official **10min, 5-minutes and 3min whistle** before each race. There will be a 3-meter step-up line. The command will be *"on your marks"* (represented by raising an orange flag)

Awards ceremony will NOT happen this year due to the need to social distance and keep fans and participants safe.

We have ICE & a CERTIFIED TRAINER for EMERGENCIES.

Porta-Potties will be on the course near the start line

Please **CLEAN UP YOUR TEAM AREA** at the conclusion of the race.

There will be No water available at the meet. Athletes and coaches are responsible for providing their own!!

- Please **CLEAN UP YOUR TEAM AREA** at the conclusion of the race.

COURSE DESCRIPTION:

Gently rolling hills, all grass surfaces with the exception of 3 short sidewalk crossings. The course will be marked by a white painted line and NHFS standard blue, yellow, and red flagging. Distance will be 2miles or ~3200meter middle school race, with a straight-away finish located in proximity to the start line.

Good Luck and Have Fun! – Coach Breneman & Coach Green

COVID INFO

- PLEASE CHECK TEMPERATURES OF YOUR ATHLETES PRIOR TO ARRIVING. ANY STUDENT NOT FEELING WELL OR RUNNING A FEVER SHOULD STAY HOME AND NOT ATTEND THE MEET
- PLEASE ENCOURAGE ANY FANS WISHING TO ATTEND TO SOCIAL DISTANCE AT ALL TIMES AND WEAR A FACE MASK IN THE EVENT THAT SOCIAL DISTANCING IS NOT POSSIBLE. ANY FAN FEELING ILL OR RUNNING A FEVER SHOULD NOT ATTEND THE MEET
- AGAIN, THERE WILL BE NO WATER OR SNACKS AVAILABLE AT THE MEET PLEASE PROVIDE YOUR OWN
- THERE WILL BE NO AWARDS CEREMONY AT THE CONCLUSION OF THE MEET. COACHES CAN PICK UP AWARDS OR THEY WILL BE MAILED AT A LATER DATE TO THE SCHOOL
- ENCOURAGE ALL ATHLETES TO NOT CONGREGATE IN THE FINISH AREA. WE HAVE MOVED TO FAT TIMING SO THAT AREA CAN CLEAR OUT QUICKLY AND REDUCE THE AMOUNT OF NUMBERS IN THE SPACE
- ATHLETES ARE ENCOURAGED TO STAY IN THEIR TEAM CAMP AREA UNLESS COMPETING. IN THE EVENT THEY ARE UNABLE TO SOCIAL DISTANCE FACE MASKS ARE RECOMMENDED.

Thank you all for your understanding! Looking forward to a safe and fun day of Cross Country!

-Coach Breneman