



## 2020 AIA Cross Country Modifications

This document provides guidance and game modifications for schools, game administrators, coaches, players, and officials to follow in accordance with NFHS, state and local restrictions and recommendations. Game Administration is responsible for informing all participants of local guidelines for participation.

### ❖ **Attending a meet—Pre-Meet.**

- For transportation to a meet (on a school bus) coaches are to follow their district guidelines.
- Numbers of Shade tents for athletes need to accommodate athletes, managers and coaches are required to allow for social distancing of athletes.
- Face coverings are to be worn by athletes while sitting under the tent or when not warming up or racing.
- Coaches are to wear face coverings at all times; when in contact or proximity of participants or spectators. Spectators may attend at the discretion of the Host School. Spectators must also be masked.
- Athletes are to bring their own labeled water bottles.
- If an athlete is to interact with a medical personnel or trainer; they are to wear a face covering.

### ❖ **During the meet and pre-race:**

- In the team huddle there is to be no hand holding.
  - A team may still do a team chant.
  - Non racers should NOT be a part of the team huddle.

### ❖ **Hosting a Meet or Invitational.**

- Team camp areas must be large enough to allow for teams to spread out.
- Stretch out starting line as much as possible to allow for athletes not to be touching each other (shoulder to shoulder).
  - Team boxes should be at least six feet wide.
  - The width of each starting box for invitations should allow only two runners to be on the line, and without touching athletes standing next to them.
  - For multiples or duals the starting line box should be wide enough for at least seven runners to stand side by side without touching each other.
- Limit number of runners per race.
- Limit the number of teams at your meet that can be safely accommodate social distancing.
- IF chip timing—LYNX is coming out with a plug in called Time Trial. It allows for stagger start times. If your meet is using Wingfoot Finish; they have this capability.
  - With Time Trial one can start a team or a couple of teams every couple of minutes.
  - Once the last runner finishes the race; Time Trial can score sort the finishers in finish order and score the meet and various divisions (Frosh-Open-Varsity).
- If you are chip timing, you should consider disposable chips.
- All meet personnel at the finish line must wear face coverings and gloves.

- Designate workers to help fallen runners. These workers need to change gloves after each race or more frequently if time permits.
- Allow time between races for chute workers to change to new gloves.
- The back part of the finish line needs to be large enough to allow athletes to exit safely, keeping an appropriate distancing between runners as much as possible.
- Rope off finish area to prevent spectators from crowding along the finish chute.
- Medical staffing.
  - Trainers and student trainers all need to wear a face covering.
  - Post-race and mid-race water tables need to have single use cups.
  - Personnel filling cups should remain constant and not change.
  - Cups at post race (beyond the finish line) should be handed out by gloved individuals.
  - Cups on mid-race water table are to be spread out and on multiple tables – these cups will be grabbed by runners.
- Awards—eliminate award presentations.
- Awards should be put in an envelope for pick up by the coach.
- Results should be posted online or emailed to participating schools.

**Should the conditions warrant, these modifications will be adjusted. Any further update will be posted on [aiaonline.org](http://aiaonline.org).**