

Coaches and Athletic Directors,

With the UNK Cross Country Invitational coming up in less than 2 weeks, here are a few reminders and updates. These guidelines were included in our event plan with our local health district in order to have this meet approved. Please help us stay in compliance.

- Shuttle Buses - Masks will be required on the shuttles. We plan on 50% capacity on the buses, although we will let families sit together and athletes/coaches from the same team sit together.
- Masks/Social Distancing - Masks are required to gain admittance to the meet and while at the course. Please share this with your fans/parents. Competing athletes should wear masks up until the start of their warm-up and put them back on after their cool-down. Social distancing is expected whenever possible. Again, please share this with your fans/parents.
- Awards - There will not be a formal awards ceremony. Coaches should pick up any medals or plaques their team has won at an awards tent that will be set up on the hill directly west of the finish line (on the fairway between the start and the finish).
- Entries - As a reminder, entries are due Thursday, September 24th at 8:00 PM. [Click here](#) to enter.
- Updates - Remember to check the [meet website](#) for other updates. Links to the final entries and box assignments will appear here a couple of days before the meet.

One last thing...We will be sending instructions for the starting line protocol next week. It is obviously challenging when we could have 35-40 teams line up on a 40-meter wide starting line in Class C and Class D. In a nutshell, the guidelines will include arriving at the starting area no more than 5 minutes before the race and being on the starting line for no more than 1 minute prior to the gun. Again, I will send the details of how we plan to do that next week.

One more last thing...Please encourage your fans/parents not to congregate in the finish area after each race. This is probably the biggest social distancing concern at every cross country meet this fall. In an effort to discourage people from gathering in that location, we are working on a plan that includes additional snow fence behind our normal finish line area.