

Oct. 3rd - Frisco High/Memorial

- Teams attending: McKinney Boyd, McKinney High, Prosper, Plano East, Pearce, Sachse, Frisco Memorial, Frisco High
- 8:00 am - Varsity Girls 5K followed immediately by Varsity Boys 5k
 - Varsity teams will need to clear the course by 9:30 am
- 10:00 am - JV Girls 5K followed immediately after by JV Boys 5K
 - JV teams will need to clear the course by 11:30 am

Team arrival and parking:

- Varsity teams may begin arriving at 6:30 am or an hour before the scheduled start time of the Varsity races.
 - JV teams may begin arriving at 8:30 a.m. or an hour before the scheduled start time of the JV races.
 - JV teams will not be allowed to unload or be on the course until all varsity runners and teams are cleared from the course.
- Drop off for athletes will be at the football field/tennis courts.
 - Buses will park in the parking lot at the south east corner by the football field.
 - Teams will have a designated area for their "camp". Cones will be placed at the possible team sites (8 total). ONLY set up camp at these locations.
- When not actively exercising/warming up, athletes will wear a face covering (mask or neck gaiter); this will include approaching the start line and standing at the start line.

Start/Finish:

- Each team will have a designated box that will follow the set guidelines for social distancing per UIL. We will provide at least one box between each school's designated box.
- When an athlete finishes their race, they will go directly to the designated team camp area.
- Medals will be given to the top 10 finishers of each division at the finish line.
- Finish line will be flagged with additional distance to ensure social distancing and safety for spectators and athletes.
 - Please pay special attention to the boundaries near the finish line.
- Teams will have 30 minutes to cool down in a designated area.
- Teams are responsible for picking up trash in their team area. Please do not leave any trash behind.
 - Teams must leave the course after their cool down period. (breakdown of time in schedule below)

Spectators expectations:

- Spectator parking will be located in the main parking lots by the Pavilion
- Spectators will be allowed and will be expected to maintain social distancing and wear a face covering when 6 feet of separation cannot be maintained. Any spectator not willing to adhere to these guidelines will be asked to leave the meet.
- Spectators will be prohibited from designated camp areas, starting line and finish line.

Team Expectations:

Each school must provide one worker to assist with the running off of the meet. These volunteers need to report to the finish line 30 minutes prior to the start time of the first race to receive instructions.

Teams and athletes are expected to bring their own water and prepared ice bags for athletes that use them on a regular basis.

The host/co-host teams competing in the meet will provide the appropriate athletic training staff and needs. Athletic trainers will:

- Treat injured or ill athletes only
- Have an emergency water source near the finish line
- Provide ice bags as needed for injuries