

## **Coaches Instructions**

### **1. Sign Up**

There is no pre-race sign up necessary. List all your runners on the appropriate race sheet (see attached HS Boys, HS Girls, JH Boys, JH Girls), add you school and bring this sheet to the meet.

### **2. Team Camp / Start Procedure**

When you arrive, please occupy one team camp area (see attached situation plan) and stay there with your team. When a race is called up over the PA, have your athletes go to the start line. The time between call up and start is 3 minutes. There will be no instructions and no run outs for athletes.

### **3. Scoring / Timing**

To minimize the COVID risk **we need your help!!!** Here is how it will work.

- Every time somebody crosses the finish line we will take a time (printed time stripe)
- Every runner crossing the finish line will get a place card
- The runners bring this place card to their coach
- **The coach writes the place card number onto the pre-populated team race sheet (See point 1 Sign Up)**
- **After completion of the race the coach hands in the completed team race sheet at the finish line trailer**
- There will be no team scoring

### **4. Awards / Results**

After completion of all races the coaches can pick up their team packets at the finish line trailer.

The packet will include medals for places 1 through 3, ribbons for all finishers and copies of your team score sheets as well as copies of the time stripes for all races. This way you have times and places for all your kids when you leave. Results will be posted over the weekend at [www.ys-track.com](http://www.ys-track.com)

### **5. Time Schedule**

- 09:45 Coaches meet at the Finish Line Trailer
- Go over scoring / timing, coaches responsibilities, answer questions
- 10:00 Start High School Girls
- 10:45 Start High School Boys
- 11:30 Start Junior High Girls
- 12:00 Start Junior High Boys

### **Face Masks / Social Distancing**

Coaches and Spectators must wear a face mask during the entire time of the event, no exceptions! And please maintain a social distance of 6 feet or more in respect of everyone.

Competitors can remove their face mask at the starting line. Before and after the race competitors need to wear face masks as well.