



2020-2021

MINNESOTA STATE HIGH SCHOOL LEAGUE

Cross Country, Girls and Boys Section Tournament Information

Dates	Week of October 12, 2020
Location/Facility	Multiple Sites as determined by each section
Tournament Format	<ul style="list-style-type: none"> • A multi-site or multi-session section meet held over two days if necessary. • A maximum of 4 teams competing on course at one time. • Per MDH guidelines, no more than 25 runners on the start line at any time. • Section Management and Regions to determine how to group teams for competition. • Teams consist of 7 runners with the top five scoring. If the total number of runners exceed 25, a wave start is required. The first wave will include runners 1 – 6. A second wave will start 2-4 minutes after the first wave and include each team's 7th runner. • Girls and boys races may run on the same day and same course, but not be on the course at the same time.
Changes/ Adjustments in MSHSL Approved Season Sport Guidance	<ul style="list-style-type: none"> • The number of teams at a site will be increased to four (4) teams. • Varsity races only

Information on Advancement	Advancement beyond Section Tournament is TBD
Site Management (Spectators, Concessions, etc)	<ul style="list-style-type: none"> • See MSHSL Cross Country Guidance and Information • Up to 250 spectators or 25% of the venue may be allowed in accordance with Governor's Orders. • Per MDH recommendations, concessions shall not be sold.
Tournament Personnel	<ul style="list-style-type: none"> • Team members, game officials and site staff (including ticket takers/sellers, administrative supervision from both schools, certified athletic trainer, announcer, etc.) do NOT count toward the maximum

	number of occupants. These individuals are considered “essential” to the game
Seeding	<ul style="list-style-type: none"> • Determined by section or meet management
Awards/Certificates	<ul style="list-style-type: none"> • Trophy presentations will not happen at the site of competition to eliminate additional gathering. • Trophies 1st - 2nd Place Teams • Medals 1st - 2nd Place Teams (8) • Individual Medals 1st – 8th Place
Officials	<ul style="list-style-type: none"> • Starter/Referees
Streaming	<ul style="list-style-type: none"> • Streaming could take place
Media	<ul style="list-style-type: none"> • Media guidance submitted to member schools can be used as a template. • Media allowed indoors is TBA
Promotions/Results	<ul style="list-style-type: none"> • Method for sharing brackets/results TBA
Ticketing/Passes	<ul style="list-style-type: none"> • Ticketing and passes must comply with the Executive Order limiting spectators and others to a total of 250 individuals. (This limit is for anyone not essential to the competition, participants, coaches, officials, etc.) • Ticketing or entry fees will be determined by the section committee.

All aspects of athletics including meetings, practices, competitions, transportation and facility usage must align with the requirements of the Minnesota Department of Education plan for return to learning, must follow the requirements from the Minnesota Department of Health’s Guidance on Youth Sports, and must include the required actions identified in the Governor’s Executive Orders.

Sportsmanship should have a constant presence in all school-based athletics.

- Teams are encouraged to find appropriate methods of demonstrating good sportsmanship and respect towards others within the physical distance guidance.

Additional care should be taken when addressing contest officials with questions or seeking interpretations. At no time, other than in the natural course of competition, should a coach or player violate the required physical distance with an official. Any coach or player verbally interacts with an official must do so with a mask on and at a safe distance.

General COVID Safety:

1. Educate athletes about physical distancing, handwashing and sanitizer use, and other immune system protocols.
2. Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate healthcare professional.
3. Individually or as a team, participants should confirm that they are symptom free. These confirmations can be aligned with the CDC's "Coronavirus Self-Checker" or current MDH recommendations.
4. A record should be kept of all individuals present at practices and competitions (contact tracing).
5. It is recommended that personal prep areas are to be set up prior to practice - Cones or other markers should be set up at least 6 feet apart so players have a specific place for their own bag, water bottle, etc. One cone or marker should be assigned per player.
6. Avoid grouping of athletes at start and end of practice or during transitions Staggered start times for practices and team meetings are recommended, when possible and when field space does not allow players to come and go from separate areas.
7. Workouts should be conducted in "pods" – following current MDH Return-to-Play guidelines. Pods are small groups of students always working out together. This will ensure limited exposure if someone develops an infection.
8. Whenever possible, players should maintain the recommended six feet of distancing between individuals and should not be in contact with each other. In addition, there is to be no sharing of equipment to the extent that it is possible.
9. Officials are not expected to monitor physical distancing: each person is responsible to provide space between themselves and others. Coaches should provide direction to their students regarding social distancing and other safety protocols.
10. Team celebrations or congratulations should be no-touch and should be done with appropriate social distancing.
11. When spectators are allowed at outside events, they should not have access to student athletes during the competition. Social distancing should be practiced throughout the entire event and spectators may connect with participants following the completion of the event.

MSHSL Cross Country Guidance and Information

Practice	
Required:	<ul style="list-style-type: none">• Runners must maintain the recommended six feet of distancing between individuals and must not be in contact with each other,
Recommendations and Considerations:	<ul style="list-style-type: none">• Masks are strongly recommended for student-athletes and coaches before and after practice• Masks not recommended while running.

	<ul style="list-style-type: none"> Recommended that all activities occur outdoors. Clean frequently touched areas and provide ample hand sanitizer.
Equipment	
Recommendations and Considerations	<ul style="list-style-type: none"> Individual student equipment / Personal Items.
Competition	
Masks/Face Coverings	
Required:	<ul style="list-style-type: none"> All participants, including student-athletes, coaches, officials, and meet personnel, must wear masks if they cannot socially distance at 6 feet from others, unless actively participating in the meet. This includes coming and going from the venue.
Recommendations and Considerations:	<ul style="list-style-type: none"> Masks may be worn by competitors during a race if desired.
Equipment	
Recommendations And Considerations:	<ul style="list-style-type: none"> No touch distribution and collection methods are strongly encouraged.
Site Set Up	
Required:	<ul style="list-style-type: none"> When spectators are allowed, they must NOT have access to athletes and must be restricted to areas outside of the course width. Design start area with boxes of 6' in width, with an empty 10' box between each school/team. If unable to accommodate in a straight line, consider use of a staggered/wave or interval start. Team camps areas, if permitted, should be isolated from spectators or other non-essential personnel. Team camps must be only available to members of that specific team, and not a shared/common space. Social distancing requirements of 6 feet must be maintained in these areas. Host schools must work with timing company to set up timing system that works for the type of meet. There must be a restricted area at the finish that keeps spectators away, so they do not interfere with the "quick exit" of each athlete. There must be a restricted area at the finish that maintains distance between spectators, athletes, and officials. Spectators should not interfere with the "quick exit" of each athlete.
Recommendations and Considerations:	<ul style="list-style-type: none"> Host schools may add course monitors / marshals to the course in multiple key spots to monitor social distancing.

	<ul style="list-style-type: none"> • Additional flagging or signage may be necessary to identify restricted spectator areas. • Clean frequently touched areas and provide ample hand sanitizer.
Pre-competition	
Required:	<ul style="list-style-type: none"> • No more than 25 participants may be on the start line. • Entries by teams: Triangular: 8 or less Dual: 12 or less. Coaches should consider grouping athletes from the same training pod together. • Runners shall arrive at the starting line 15 minutes before the race begins. There shall be no clerking at the start line. • Team run outs need to be done straight out from the team box, maintain physical distancing from other teams. • No pre-race handshakes or fist bumps.
Competition	
Required:	<ul style="list-style-type: none"> • A race is a specific gender and specific level event that is timed. A meet is the entirety of the event between two or three teams. • A meet is multiple teams with multiple levels of races. A race is a single event within the meet. • Varsity and JV races may be held on the same course. Meet management must allow time for competitors (teams) in the first race to clear the course before the next group of teams enter the start area. • JV Races: staggered/wave starts are required if there are more than 25 runners competing in a JV race. This can be done multiple ways as determined by meet management (i.e. starting each teams’ runners together based upon ability, times, position on team, etc.). Wave start groupings must be coordinated with the finish timer to ensure: 1) appropriate timing between each wave start; 2) proper timing of runners in each wave; and 3) minimizing the mixing of multiple waves. JV runners may be placed in waves of 25. Meet Management shall determine the number of waves for each race. Social distancing required of all attendees including participants, coaches, officials, and spectators. • No collection of warmups at the start area. Runners will return to the start area to retrieve their own warmups. • If shoe chips are used, then the coach of each school must collect and turn in following the meet.
Recommendations and Considerations:	<ul style="list-style-type: none"> • The use of an open finish corral is recommended to allow runners to immediately exit the finish area. • It is strongly recommended that each team is asked to provide a representative in the finish corral to assist each of their team's athletes to quickly exit the corral. Each representative must be

	<p>wearing a mask, gloves, and social distancing from individuals not of their team.</p> <ul style="list-style-type: none"> • Inclement weather: PRE-RACE: The Games Committee and/or Meet Management would decide if it was safe to start a race based on weather information that can be gathered (i.e. lighting detector) and following the MSHSL severe weather protocol. If a delay occurred causing the race start time to be altered, the newly established start time should also include a warm-up period for all competitors. If there is a need to suspend the meet, then all in attendance at the site should seek shelter in their own car and/or bus. The race will be contested when conditions are safe and warranted. • Clean frequently touched areas and provide ample hand sanitizer.
Post-Competition	
Required:	<ul style="list-style-type: none"> • No post-race handshakes or fist bumps. • No award ceremonies following meet.
Recommendations and Considerations:	<ul style="list-style-type: none"> • It is recommended that athletes, coaches, and team personnel leave the site of competition as soon as possible.