

**Cedar Grove-Belgium Middle School
Rocket Cross Country Invitational
Tuesday, September 15, 2020**



Basic Information

4:15 Boys Race 4:45 Girls Race

Races will take place on the Cedar Grove-Belgium School campus (321 N. 2nd Street). The starting line is on the west side of the middle school and the finish is on the track. Spectators can view the finish from the stands. **Only coaches, runners and volunteers allowed on the track and infield at the finish. Runners need to exit the track upon finishing. Any runners that stay in the infield to wait for teammates need to have face coverings.**

Parking is available in the parking lots after 3:50pm. Buses should park and unload on the far north end of the high school parking lot. Teams can set up under the bleachers at the track or near the soccer field on the west side of the middle school.

Our buildings are closed to visitors. Concession stand bathrooms at the track will be open for those that need them.

Lane Assignments

Please do not go to your starting box until five minutes before the race. Masks are required.

Box 1--Oostburg Christian

Box 2--Oostburg

Box 3--Howards Grove

Box 4--Kohler

Box 5--Cedar Grove-Belgium

Box 6--Ozaukee

Box 7--Elkhart Lake

Box 8--Port Washington

Box 9--Port Washington

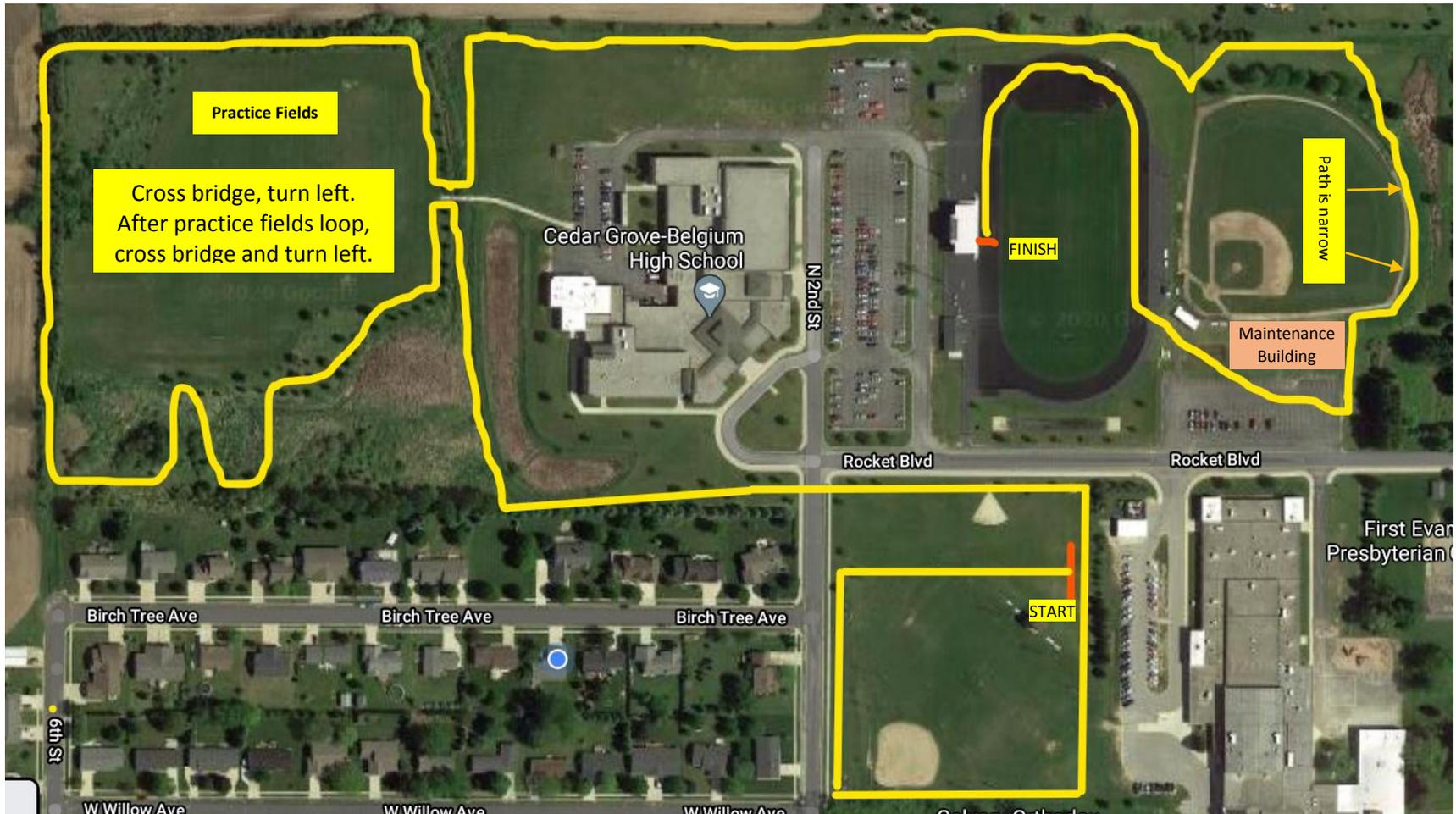
Extra Safety Precautions

Face coverings are required for runners at the start and for the first 300ish meters of the race. A volunteer will be stationed on the course to inform runners when they can remove it. Runners should keep it with them so they have it upon finishing. This is a common expectation in high school races this year and seems to be working fine.

As per Big East guidelines, spectators are limited to two per runner. Masks are required for all spectators and all should do their best to physically distance themselves from others.

At the end of the race, we will not be handing out place cards or collecting anything for scoring. Coaches or parents will have to keep track of their times. We will have the scoreboard at the track running during the duration of each race.

CEDAR GROVE-BELGIUM MIDDLE SCHOOL CROSS COUNTRY COURSE



- The course is approximately 1.75 miles. It is marked with a painted line and flags.
- At the start, runners head west and then go around the baseball diamond and soccer field before crossing 2nd Street.
- Runners cross a bridge to the practice fields area. The loop around the practice fields is run clockwise (cross bridge, turn left and complete loop. Cross bridge and turn left.)
- Runners will be crossing the street on 2nd Street near the beginning of the races. Please drive with caution and watch for adults directing traffic.
- The course crosses a street, a section of parking lot and finishes on the track. Spikes are not recommended.
- Only runners, coaches and course volunteers are allowed on the track and the infield. Great finish line viewing is available from the stands.