# Welcome to Roncalli High School's 53 ${ }^{\text {rd }}$ Annual Sue (Schneider) Schmitt Cross Country Invitational!!! 

Course Markings: There will be people on the course, wearing masks, in orange vests to help with directions in addition to flags, chalking and paint.

Course perils: Remind your runners to be careful of roots, ruts, mud, leaves, and mosquitoes on the paths in the woods.

Uniforms: Uniforms should follow WIAA regulations.
Spikes: Spikes may be worn but a significant portion of all courses is on blacktop.
Team Tents: We're asking teams to set up team tents according to the map which is included with this information packet. Team tent numbers correspond to lane assignments. There will be painted marks on the grass for reference. We'd like coaches to make sure your athletes wear masks and practice safe distancing while under the tents and all through the park except while racing.

Masks: We require all athletes, coaches and spectators to wear masks and practice safe distancing during the entire meet. Athletes must approach the starting line wearing masks and keep their masks on until they reach the orange cone on the blacktop road that goes past the tennis courts. At that point they can lower them for the rest of the race. Athletes are asked to raise their masks again once they are through the finish chute.
Coaches, please let your parents know the importance of wearing masks and safe distancing even though we're outside. Let's be good role models for our athletes.

Parking: All buses should park in the main parking lot of Lincoln park. They should not park in the street or lots near other cabins of the park. We will have volunteers directing traffic. Spectators in cars will be directed to park in the streets surrounding the park.

Spectators: For the safety of our runners and coaches and volunteers we ask teams to limit the number of spectators they invite to come to the meet. We'll follow the EWC rule of :
"Outdoor Events - (Cross Country, Tennis, Football, Boys Soccer, Poms, Cheerleading, Dance) -- 4 tickets per participant. Social distancing is to be maintained, and Face Coverings are to be worn when social distancing cannot be maintained."
To reduce the number of individuals in the park at a time we ask spectators not to arrive early and to leave after their athlete's race. Once again, it's the coaches' responsibility to relay this information to their athletes and parents.

Course tours: All course tours must be completed by 10:00 a.m.....the starting time of the first race.
Lane assignments: Lane assignments have been chosen at random and are listed at the bottom of this sheet. Due to conference rules, Kewaunee and Sevastopol will not be at the invite. Lane Assignments will be adjusted by the meet official.

Start: A count down start will be used and explained at the coaches meeting. Stride-outs should be limited.Please do not have runners at the start line until 5 minutes before the start of the race. We will have a starting line with open boxes between teams.

Scoring: All runners will be timed electronically. The timing chips are athlete specific.
Awards: Medals and ribbons will be mailed to coaches the week after the invite. We'll try to give placques to winning teams after the varsity races.

Results: Results will be available after the meet at https://www.adesports.com. We will be contacting the Manitowoc Herald Times Reporter about results.

Facilities: The Manitowoc Recreation Department is kind enough to let us use their facilities. Please ask your runners to treat the park and all facilities, including the bathrooms with respect. Help us leave the park cleaner than we found it.

Trainer: Erin Butke, athletic trainer from Holy Family Memorial, will be available for the entire meet.
Jury of Appeals: The jury of appeals will include the coaches from Two Rivers, St. Lawrence Seminary and St. Mary's Springs.

## UPDATED INFORMATION

## Middle School Run:

Teams: Howards Grove, Manitowoc Lutheran, NEWCHAA, Roncalli, St. Mary’s Springs Academy, Two Rivers,Valders, ( Mishicot? )

Entry: Middle School coaches need to fill out entries in advance on athletic.net. This information needs to be entered by noon on Thursday, September $10^{\text {th }}$. The timer will not enter runner names at the meet nor will he have enough bibs and chips for the runners.

Lanes: Same as high school lane assignments.
Course: 1.7 mile course

Detour: There is construction on Waldo Blvd if you are coming from the west or south.
Exit 152 is Waldo Boulevard -- that is closed once you get into town.
Continue north to Exit 154 which is Hwy 10 West or Hwy 310 East -- follow the signs and go east on Hwy 310.

You will go through 3 round-a-bouts and at the 3 rd one (Hwy B) turn right and drive south.
Continue until you drive past Lincoln Park and take a left on Oak Street
Follow Oak until the stop sign which is Lincoln Blvd take a left and the parking attendant will allow the buses into the parking lot. We are only allowing workers and buses into the parking lot. Spectators will need to park on the streets surrounding the park.

## Lane Assignments:

St. Lawrence Seminary
Mishicot
Howards Grove

Roncalli
Two Rivers
NEWCHAA
Manitowoc Lutheran
St. Mary's Springs
Valders
Winneconne
Lane assignments were chosen at random and sent to you last week.
We recently found out that due to conference rules, Kewaunee and Sevastopol will not be at the invite. Lane assignments will be adjusted by the meet official.

Any questions: contact Sue Schmitt at susan.schmitt@roncallicatholicschools.org

TEAM TENT AREAS

1. St. Lawrence
2. Mishicot
3. Howards Grove
4. Roncalli
5. Two Rivers

8 NEWCHAA
9. Manitowoc Lutheran
10. St. Mary's Springs
11. Valders
12. Winneconne


# Roncalli Cross Country Invitational September 12, 2020 

## TIME SCHEDULE

| 8:45 a.m. | Course Tours |
| :--- | :--- |
| 9:30 a.m. | Coaches Meeting |
| 9:50 a.m. | National Anthem |
| 10:00 a.m. | Girls' Varsity race |
| 10:30 a.m. | Boys' Varsity race |
| 11:00 a.m. | Boys' and Girls' JV race |
| 11:45 p.m. | Middle School Run (1.7 miles) |



