



# HOWARDS GROVE MIDDLE SCHOOL ATHLETICS

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Principal: Heather Zizis

Athletic Directors: Gary Kalk and Ann Parnitzke

Cross Country Coach: Gary Kalk

## Tiger Cross Country Meet

Thursday, September 10, 2020

### REGISTRATION

Please email your final roster numbers, broken down by male and female, to [gkalk@hgsd.k12.wi.us](mailto:gkalk@hgsd.k12.wi.us) by **Tuesday, September 8**. This will help us better prepare adequate starting lanes.

For example:

HG Boys: 5

HG Girls: 17

### MEET LOCATION

Please note: This meet will be held at **Howards Grove High School**, 401 Audubon Road, Howards Grove, WI 53083

### PARKING

**Bus / Spectator:** There will be plenty of space to park in our student parking lot. However, please do not plan to arrive before 3:00 PM. Our high school dismisses shortly before 3:00 PM and this will likely be a very high traffic period.

### TEAM CAMP

Teams may set up camp near our track and football field. You may utilize the bleachers. Adequate spacing is desired. This is where the finish line will be. The starting area will be west of our soccer field, inside the bowl. Coaches, please do your absolute best to practice social distancing with your team!

## **SCHOOL BUILDING**

Howards Grove School District currently has a **NO VISITORS** policy to help us keep our facilities as safe as possible for students and staff. While our building doors will be open, I ask that you inform your athletes and spectators to avoid entering our school. The bathrooms near the concession stand by the track should also be used very sparingly. It would be best to have your athletes dress, use the bathroom, fill water bottles, etc... before leaving your school campus. Thank you in advance for your help and understanding.

## **RACE INFORMATION**

**Race Distance:** 1.6 Miles

**Boys** race will begin at **4:10 PM**

**Girls** race will begin soon after the completion of the boys race.

There will be high school cross-country athletes along the route directing runners where they need to turn. We will also have lead and trail vehicles to help further guide the runners.

## **MEET OFFICIAL**

Pamela Rauwerdink will serve as our meet official.

## **COURSE MAPS**

A course map has been included. Please share this with your team and families. No additional maps will be available the day of the meet. In this new COVID environment, the less distribution and collection of materials the better. Please note that both races will begin west of our soccer field. They will end with one lap around the track. I believe this should make for a nice wide-open finish.

## **LANE ASSIGNMENTS**

Lanes have been assigned alphabetically. We will create extra-wide lanes with intentional space between teams to further assist with social distancing.

**Lane 1 - Cedar Grove-Belgium**

**Lane 2 – Intentionally left open – Social distancing space**

**Lane 3 - Elkhart Lake-Glenbeulah**

**Lane 4 - Intentionally left open – Social distancing space**

**Lane 5 - Howards Grove**

**Lane 6 - Intentionally left open – Social distancing space**

**Lane 7 - Kohler**

**Lane 8 - Intentionally left open – Social distancing space**

**Lane 9 - Oostburg**

**Lane 10 - Intentionally left open – Social distancing space**

**Lane 11 - Ozaukee**

**Lane 12 - Intentionally left open – Social distancing space**

**Lane 13 - Random Lake**

## **MASK USAGE**

While masks will not be required throughout the duration of the race, all athletes are **required** to start the race wearing a face covering of some type. A sign will be located approximately 400 meters into the race. If they so choose, this is where the runners may remove their face coverings. However, immediately upon concluding the race, and crossing the finish line, please encourage your runners to cover their face once again.

Howards Grove athletes will have a string going from ear strap to ear strap to easily assist with removing and reapplying their face covering. Your athletes are encouraged to do the same. One simple solution is to use a lanyard and key ring (image to the right).

Spectators are **strongly encouraged** to wear a mask. Social distancing, even outdoors, can become challenging at times. For our community, and yours, it's better to error on the side of caution.

Additionally, the Big East conference has set a **limit of 2 spectators per athlete**. While this is difficult to verify, please keep this restriction in mind and help us by doing your part to keep this a safe event for all.



## **Individual/Team Results**

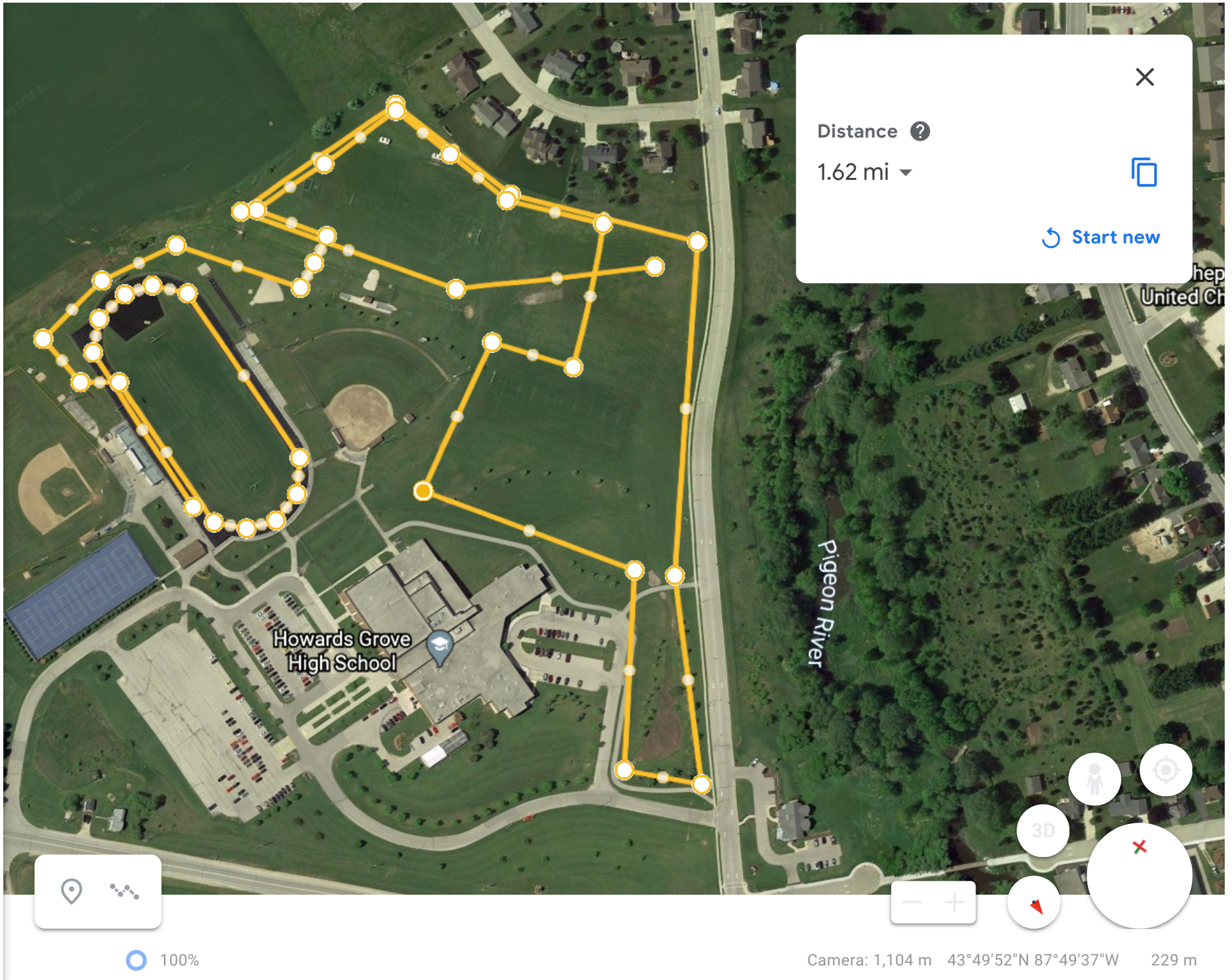
There will be no official individual or team results this year. To limit the spread of COVID-19 as best as possible, we will not distribute and collect place cards at the finish chute. Please record your own athletes race times. Sorry for any inconvenience this causes.

## **AWARDS**

Ribbons will be awarded to the **TOP 10** finishers in each race and will be given to the athletes at the finish chute.

## **WE LOOK FORWARD TO HOSTING A GREAT MEET!**

Gary Kalk  
Athletic Director and Coach  
[gkalk@hgsd.k12.wi.us](mailto:gkalk@hgsd.k12.wi.us)



Camera: 1,104 m 43°49'52"N 87°49'37"W 229 m