

Sycamore Junior High School
STONEBERGER CROSS COUNTRY INVITATIONAL

WHEN:

Thursday, September 17, 2020, 4:30pm

WHERE:

Weller Park in Montgomery and Good Shepherd Church 8832 Weller Road Montgomery, Ohio 45249

DIRECTIONS:

From I-75 or I-71:

Exit onto I-275 East. Proceed to Exit #50 (Montgomery-Morrow exit). Make a left turn which will take you south on Montgomery Rd. Go about 1/10 of a mile to stoplight at McDonalds Restaurant (Weller Road). Turn left & proceed about 1/2 mile (2nd stop sign). Turn left & continue on Weller Rd. Weller Park will be on left about 3/4mi

Buses will drop off runners at Good Shepherd Church. Spectators will also park at Good Shepherd Church.

From I-275 West

Proceed to Exit # 50 (Montgomery-Morrow exit). Make a left turn which will take you south on Montgomery Road. Go about 1/10 of a mile to the stoplight at the McDonalds Restaurant (Weller Road). Turn left and proceed for about 1/2 mile (2nd stop sign). Turn left and continue on Weller Rd. Weller Park will be on your left about 3/4 mile.

Buses will drop off runners at Good Shepherd Church. Spectators will also park at Good Shepherd Church.

COURSE: 2 miles, well-marked with flags and lining chalk

RECORDS

Overall Male Time	Aiden Amshoff	Mason	10:51	2017
Overall Female Time	Olivia Connaughton	Nagel	11:57	2012
7th Grade Male	Keith Nueberger	Mason	11:00	2017
7th Grade Female	Natalie Adkins	Mason	12:04	2013
8th Grade Male	Aiden Amshoff	Mason	10:51	2017
8th Grade Female	Olivia Connaughton	Nagel	11:57	2012

ENTRY FEE: \$175.00 / School (Make checks payable: Sycamore Junior High Athletic Dept. and send to Sycamore Junior High School, 5757 Cooper Road, Cincinnati, OH 45242. ATTN: Athletic Director)

Awards: Trophies: Top two teams
 Plaques: Top three individuals
 Medals: Places 4-15

Entries / Timing / Results: We will use Running Time LLC (runningtime.net) along with CHIPTIMING. Results will be available at meet and on line. Rosters submitted through [Stoneberger Inv - Baumspage](#). Registration open & will close Sept. 16th @ 2 PM.

RACE INFORMATION: CHANGED*****

4:30: Girls Open

5:00: Girls JV

5:30: Girls Varsity

5:55: Boys Open

6:20: Boys JV

6:45: Boys Varsity

OTHER ITEMS:

Restrooms/Water: Please bring your own water. Restrooms are on site.

Admission / Parking: Free.

Note: Please No Frisbees, soccer balls, footballs, or pets.

For Severe weather: Athletes will return to buses and Spectators will return to cars.

Contact: Coach Meredith Hromadka (hromadkam@sycamoreschools.org) or Coach Rick Shomo (shomor@sycamoreschools.org)

COURSE MAP BELOW

Sycamore Meet

COVID Guidelines

Event Date: Thursday, September 17th, 2020

Event Location: Weller Park & The Community of The Good Shepherd Church

All information contained herein is subject to change based on shifting guidelines and best practices. This document will be updated as changes occur.

General Guidelines

- Per the Governor and Hamilton County Health Department, all athletes, coaches and spectators are required to wear masks.
- Athletes are required to wear a mask at all times except when warming up and running in the race. Social Distancing is encouraged at all times. Hand sanitizer will be readily available.

Spectators

- Per guidance issued by the Governor, the OHSAA, and Sycamore Schools, spectators are limited to 2 per family per runner.
- Maintain Social Distancing while cheering on the athletes. Please avoid congregating “shoulder to shoulder” near key viewing areas, especially near the finish line.
- All spectators are expected to maintain social distance and wear facial masks that cover nose and mouth.
- Spectators should depart immediately following the race they came to watch.

Participant Covid Protocols

- It is expected that all coaches will have followed your schools COVID protocols prior to your athletes participating in a practice or game. Each team will be responsible for documenting the results of your protocols as required by your school.
- Any athlete who is quarantined from school is not permitted to participate. Any athlete or coach who is exhibiting symptoms is not permitted to participate.
- Per the Governor and Hamilton County Health Department, all athletes and coaches are required to wear masks.
- Athletes are required to wear a mask at all times except when warming up and running in the race. Social Distancing is encouraged at all times. Hand sanitizer will be readily available.

Arrival at venue

- Teams should arrive no more than an hour before their first race. Where possible, please bus your boys and girls separately so they can arrive at the venue no more than an hour before their races and depart the venue after their cool down.
- At the conclusion of their race, runners may cool down however, must leave the event/grounds immediately after cooling down.
- Only runners who are designated to participate in a race may attend the Stoneberger Invitational. Up to two Team Managers are permitted to attend.
- Unfortunately we cannot permit teammates staying and cheering on for later races.

Team Camps

Tents permitted, no side walls and a 12' buffer between your tent and others.

Packet Pick-up/Chips

- The packet pick-up will be located near the finish under the Green Sycamore CC Tent.
- Music/Announcements will be broadcasting from this area.
- Disposable chipped bibs will be used. Bibs DO NOT need to be returned. Runners warming up must also stay clear of the finish line to avoid false reads.
- Each team will be issued garbage bags at packet pick-up. We require all teams to police their areas after the meet to help facilitate tear-down.
- Full garbage bags should be tied and left at team camps.

Race Start

- Start boxes will be 10' wide and have 6' of spacing between boxes.
- Start line and boxes will NOT open until 5 minutes prior to race time.
- On your way to the Start Line, masks must be worn.
- Recommended teams provide each athlete with a zip lock bag with their name on it. Once your team gets to the start line, athletes may take off their masks and seal them in their personalized plastic bag.
- These bags should be collected and given to the coach who will be in the finish area. Immediately following their race, the athlete retrieves their mask from the coach and must put it on before moving toward the team Team Tent for water and cool down.
- Run outs are permitted, BUT NO TEAM HUDDLES, CHEERS OR GATHERINGS.
- After masks are off, approximately 30 secs - 60 secs, the Official will require teams to get in their box to start the race.

Finish

- No corrals at finish. The finish area will be designed to encourage runners to spread out.
- No water will be provided at the finish area. Athletes should bring a water bottle and 1-2 bottled waters.
- Please have one representative from each team at the finish line to assist their own runners.
- Team representatives, athletic trainers and paramedics will be required to have PPE including a face mask and disposable gloves. Change gloves after assisting a runner. Gloves will be provided.
- Absolutely no team members not participating in the race, additional coaches or parents are to enter the designated finish area! The only persons allowable in the finish area are race participants, team representative, athletic trainer(s) and paramedics.
- Athletic trainers will be stationed at the finish for any runner who is in need of additional support.

Awards

There will be no awards ceremony this year. We would like nothing more than to celebrate your runners, however, awards ceremonies encourage crowds to gather. Awards will be placed in manilla envelopes for teams and placed at the finish area. They can be picked up after the conclusion of the last race.

Concessions and Misc.

There will only be a Kona Ice Truck at the event.

Sanitizing stations will be placed throughout the venue. There are two restroom locations onsite with running water for hand washing. It is advised that only 2-3 athletes are in the restroom at a time.

Course Maps are provided below.

