**2020 4A Region 2 Championships** 

October 2, 2020

Dear Coaches and Athletic Directors,

Gateway HS invites you to the 2020 4A Region 2 championships on Friday, October 9, 2020. The races will be held at Northwest Open Spaces Park.

All teams are allowed to race 6 runners with only 5 scoring at Regionals. Due to COVID we are only allowed to have the top 10 teams from our region move on to the State meet. Those top 10 teams will be voted on by the coaches at the conclusion of regionals.

* 8:30 AM Coaches Meeting at the Start Line
* 9:00 AM Wave A Varsity Boys
* 9:02 AM Wave B Varsity Boys
* 9:04 AM Wave C Varsity Boys
* 9:45-10:00 Boys Awards
* Boys Clear The Park: They cannot be at the park when the girls run!!!!
* 10:30AM Wave A Varsity Girls
* 10:32AM Wave B Varsity Girls
* 10:34AM Wave C Varsity Girls
* 11:15- AM Girls Awards

**Registrations & Timing:** Registration is open in milesplit following this link:

[Colorado 4A Region 2](https://co.milesplit.com/meets/392153-colorado-4a-region-2-cross-country/info#.X3dW3GhKiyI)

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Registration will close at 11:00PM on Tuesday, October 6.

**Entries:** Coaches when you enter athletes, please **enter a verified time from 2020 for wave seeding.** Hand times or times from previous years will automatically result in that athlete being placed in wave C. We’ll be seeding the waves based on time- top 25 for wave A, next 25 for wave B and the final group for wave C.

**State Championship Qualification:** The top 3 times and top 2 individuals outside of those teams will qualify for the state championships this year. **Coaches are responsible for the competitor entries into the milesplit system.** The link is [https://co.milesplit.com/meets/374922-colorado-state-cross-country- championships/info#.X20Ej2hKjD4.](https://co.milesplit.com/meets/374922-colorado-state-cross-country-%20championships/info#.X20Ej2hKjD4.) Entries must be inputted by 11:29 PM Saturday, October 10.

**Course Info:** The course will be at the Northwest Open Spaces Park It is a mix of grass, dirt and trail. Each team may be asked to provide a volunteer for course marshalling.

**Start and Finish Area:** Starting and finish area are restricted to runners actively participating in a current race and coaches. No spectators or non-participating runners will be allowed at the start or finish lines.

**Team Camps:** Team camps can be set 100 feet apart from each other. Please avoid the start and finish lines which will be marked off.

**Entry Fee:** We are asking for an entry fee of \_\_\_\_ total for boys and girls for each team. This is to cover the course rental, timing costs, and ambulance costs. Please make checks payable to: Gateway High School

Attn: Athletics XC

Gateway High School

1300 S. Sable Blvd,

Aurora, Co 80012

**Spectators:**. Because of Governor Polis’s size limitations on outdoor events, the park is asking us to limit spectators to 2 per athlete. Spectators should also arrive no sooner than 30 minutes from their runner’s race and leave immediately afterwards.

**COVID-19 Guidance:** Please ensure that all coaches, runners, and spectators are familiar with the guidance outlined in the 2020 cross country bulletin and masks must be worn at all times while at the park.

**Trainer on site:** Medical staff will be provided near the finish line. There will be a school athletic trainer with a portable AED as well an ambulance.

Sincerely,

Kim Meeks

Gateway Cross Country

Course Map:

