



## 2020 Cross Country

**Date:** Thursday October 1<sup>st</sup>, Friday October 2<sup>nd</sup>, Saturday October 3<sup>rd</sup>

**Site:** Shepherd High School Cross Country Course

Due to Covid-19 and the current guidelines from the MHSAA the 2020 BLUEJAY Invite will have a much different feel than past years. We still aim to give many teams a chance to compete on our course, but in a safe and physically distanced manner. These guidelines will require the event to be held over the course of 3 days. There will be many restrictions, timelines and guidelines that teams must follow in order to conduct the meet in a safe manner. Please read this document in its entirety to make sure your team can follow all plans.

**Divisions & Race Schedules:** Races will take place over the course of 8 sessions. 3 sessions for Middle School and 5 sessions for High School. Scoring & awards will take place in 2 Middle School divisions and 3 High School divisions based on school size. Sessions are scheduled on a variety of factors but for Divisional scoring/awards purposes times will be merged across races. We understand this isn't 100% ideal but still wanted an option for teams to compete against schools their size for the final results.

High School Divisions					
Maple		Jays		Yellow	
Holt	1697	Kingsley	474	New Lothrop	297
TC West	1601	Shepherd	474	Saginaw Valley Lutheran	297
TC Central	1444	Carrollton	469	Roscommon	288
East Lansing	1186	Central Montcalm	457	Potterville	253
Alpena	1169	Clare	446	Montabella	245
Cedar Springs	1056	Benzie Central	422	USA	239
Mason	962	Bloomfield Hills Marian	421	Maple City Glen Lake	238
Petoskey	950	Sanford Meridian	382	Bear Lake/Onekema	219
Gaylord	914	Kent City	370	Breckenridge	200
Cadillac	799	Harrison	368	BR Crossroads	147
North Branch	704	Morley Stanwood	361	Brethren	147
Alma	637	TC St Francis	341	Dryden	141
Yale	625	Ithaca	336	Mt Pleasant SHA	110
Freeland	617	Lakeview	326	McBain NMC	77
Tri County	564	St. Louis	322	The Leelanau	41
Frankenmuth	552	Grandville Calvin Christian	309	Petoskey St. Michael	31

Middle School Divisions			
Blue		Gold	
Alma	637	Ithaca	336
Ritmuller	552	Lakeview	326
Chippewa Hills	508	TS Nurnberger	322
Shepherd	474	Montabella	245
Carrollton	469	USA	239
Central Montcalm	457	Glen Lake	238
Clare	446	Breckenridge	200
Benzie Central	422	Brethren	147
Meridian	382	BR Crossroads	147
Harrison	368	Dryden	141
Morley Stanwood	361	Mt Pleasant SHA	110
SEAS	341	McBain NMC	77
		Renaissance	x

**Session & Race Schedule:** The following 3 pages detail the session schedule including detailed arrival and departure times. This time schedule must be closely followed.



## 2020 MEET SCHEDULE

### Session 1 Thursday - Middle School

	Boys	Girls	Box/Parking Zone
Benzie Central	10	14	8
Ithaca	13	13	2
Meridian	14	14	9
Montabella	3	7	6
Morley Stanwood	6	5	4
Northern Michigan Christian	5	1	3
Renaissance Rams	9	7	7
Sacred Heart Academy	10	9	10
Total:	70	70	

Time	October 1, 2020
3:00 PM	Teams Arrive
3:30 PM	Boys Race
4:00 PM	Girls Race
4:40 PM	Teams Depart

\*No JV Races in Session #1, enter up to 14 But not more than you entered on survey.

### Session 2 Thursday - Middle School

	Boys	Girls	Box/Parking Zone
Carrollton	1	3	8
Clare	14	14	2
Freeland	11	11	4
Harrison	13	7	3
Lakeview	4	12	7
Rittmueller	6	4	9
Shepherd	14	14	10
St Elizabeth Ann Seton	14	14	6
St. Louis	14	10	5
Total:	91	89	

Time	October 1, 2020
5:00 PM	Teams Arrive
5:30 PM	Combined JV Race
6:00 PM	Varsity Boys Race
6:30 PM	Varsity Girls Race
7:10 PM	Teams Depart

\*7 in Varsity, rest in Combined JV. May enter up to 14 But not more than you entered on survey.

### Session 3 Friday - Middle School

	Boys	Girls	Box/Parking Zone
Alma	14	14	8
Brethren	0	7	5
Central Montcalm Middle School	14	13	6
Chippewa Hills	8	14	10
Crossroads	3	1	2
Unionville-Sebewaing	7	8	4
Total:	46	57	

Time	October 2, 2020
3:00 PM	Teams Arrive
4:00 PM	Varsity Boys Race
4:30 PM	Varsity Girls Race
5:10 PM	Teams Depart

\*No JV Races in Session #3, enter up to 14 But not more than you entered on survey.



## 2020 MEET SCHEDULE

### Session 4 Friday - High School

	Boys	Girls	Box/Parking Zone
Brethren	3	7	5
Crossroads	0	5	2
Glen Lake	10	10	3
Harrison	7	5	7
Montabella	7	6	9
Potterville	11	3	6
Shepherd	0	7	8
Tri County	12	5	10
Unionville-Sebewaing	7	8	4
Total:	57	56	

### Time October 2, 2020

5:30 PM	Teams Arrive
6:00 PM	Boys Race
6:30 PM	Girls Race
7:10 PM	Teams Depart

\*No JV Races in Session #4, enter up to 14 But not more than you entered on survey.

### Session 5 Saturday - High School

	Boys	Girls	Box/Parking Zone
Alma	14	14	9
Clare	13	13	7
Detroit Catholic Central	14		5
Freeland	14	14	4
Holt	14	14	8
Ithaca	8	8	3
Morley Stanwood	6	5	1
Mt. Pleasant Sacred Heart	9	11	10
Shepherd	14	14	2
St. Louis	14	13	6
Total:	120	106	

### Time October 3, 2020

8:00 AM	Teams Arrive
9:00 AM	JV Boys Race
9:30 AM	JV Girls Race
10:00 AM	Varsity Boys Race
10:30 AM	Varsity Girls Race
11:10 AM	Teams Depart

\*7 in Varsity, 7 in JV.

### Session 6 Saturday - High School

	Boys	Girls	Box/Parking Zone
Alpena	14	12	4
Benzie Central	14	14	3
Birmingham Seaholm	0	1	11
East Lansing	14	14	7
Frankenmuth	0	1	11
Ithaca	1	1	11
Mason	14	14	8
Northern Michigan Christian	6	4	5
Petoskey	14	14	1
Roscommon	14	7	10
TC St. Francis	14	14	2
TC West	14	14	6
Traverse City Central	14	14	9
Total:	133	124	

### Time October 3, 2020

11:30 AM	Teams Arrive
12:00 PM	JV Boys Race
12:30 PM	JV Girls Race
1:00 PM	Varsity Boys Race
1:30 PM	Varsity Girls Race
2:10 PM	Teams Depart

\*7 in Varsity, 7 in JV.



## 2020 MEET SCHEDULE

Session 7 Saturday - High School	Boys	Girls	Box/Parking Zone
Bear Lake	7	6	8
Bloomfield Hills Marian	0	14	2
Cadillac	8	11	7
Cedar Springs	14	14	4
Frankenmuth	12	14	5
Gaylord	14	9	10
Grandville Calvin Christian	14	14	9
Kent City	14	11	3
Petoskey St. Michael	7	0	6
Yale	14	0	1
<b>Total:</b>	<b>104</b>	<b>93</b>	

Time	October 3, 2020
2:30 PM	Teams Arrive
3:00 PM	Combined JV Race
3:30 PM	Varsity Boys Race
4:00 PM	Varsity Girls Race
4:40 PM	Teams Depart

\*9 in Varsity, rest in Combined JV. May enter up to 14 But not more than you entered on survey.

Session 8 Saturday - High School	Boys	Girls	Box/Parking Zone
Carrollton	1	3	3
Central Montcalm	8	6	8
Dryden	5	4	10
Kingsley	6	14	2
Lakeview	6	6	7
Lapeer	7	0	4
New Lothrop	14	14	5
North Branch	11	9	1
Sanford Meridian	12	9	9
<b>Total:</b>	<b>70</b>	<b>65</b>	

Time	October 3, 2020
5:00 PM	Teams Arrive
5:30 PM	Boys Race
6:00 PM	Girls Race
6:40 PM	Teams Depart

\*No JV Races in Session #8, enter up to 14 But not more than you entered on survey.





## 2020 Cross Country

**Entries:** Teams will be allowed to enter and race 7 Varsity athletes and 7 Junior Varsity athletes. Teams have indicated their roster numbers already and must make entries based on the numbers listed on the session schedule. **Entries for all teams will be due Tuesday September 29<sup>th</sup> at 11:59 PM.**

**Awards:** Awards shirts will be sent out by our clothing vendor.  
Division Champion – 7 Divisional Champion shirts  
Division Top 10 – 10 Individuals earn Divisional Top 10 shirts

**Course:** The races will be held on Shepherd Public School's Cross Country course. It is a one loop course with a mix of paths through fields as well as trails through wooded areas. (See Attached Map)

**Timing:** Athletes will be assigned a bib. Imaging systems will be used to capture runners at the finish. Please remind runners to not stop their watch right at the finish in order to keep their bib visible to our cameras. Once finished athletes should keep moving past the finish and back to the parking lot.

**Cost:** \$200 total for both HS genders (\$100 if only bringing one), \$100 for MS team(\$50 if only bringing one)

**Shirts/Concession:** Shirts will be available at an online store. Link coming soon.  
Concessions will not be available, please see contact for local food options at the end of this document.

**Results & Stream:** Live results will be posted quickly here: <http://anet.live/ihuex6>  
Live Video Stream will be available at <http://freetracklive.com>

### Safety & Schedule/Order of Events

**Prior to Arrival:** In order to attend the 2020 Shepherd BLUEJAY Invite teams must be following all MHSAA guidelines at practice and competitions including wearing face coverings and completing the daily Covid-19 Athlete/Coach Monitoring Form. If any coach or athlete has tested positive for Covid-19 or come into contact with someone who has tested positive since September 17<sup>th</sup>, please let us know and do not attend the meet. For the day of the meet please fill out the MHSAA Covid-19 Athlete/Coach Monitoring Form and have it available to turn into Meet Management. Include all coaches, athletes and assistants who will be entering the complex. <https://www.mhsaa.com/Portals/0/documents/AD%20Forms/covid%20coach%20monitor%20form.pdf>

**Team Arrival:** Each team is assigned a specific arrival time based on your session. Please plan to show up at your arrival time but no earlier. Teams will also be assigned a parking zone(also your starting box). This zone will have space for 2 Busses and 4-5 cars, and also include 1 Port-A-John. These Port-A-Johns are specifically for the teams assigned to each Zone. Do not use Port-A-Johns from another team's Parking Zone. The Parking Zone is essentially your Team Camp. As an entire group, teams will not be coming inside the athletic complex, only when your race is up. See Map #1

As teams arrive and park our workers will distribute team packets and collect MHSAA Covid-19 Athlete/Coach Monitoring Form

**Face Coverings:** Masks must be worn by all coaches and athletes when not actively participating or warming up/cooling down. Athletes who are about to compete will be in the Cross Country Complex only briefly before and after the races so masks will not be required for that time. There is ample space for physical distancing and it is required. If a team about to compete wishes to wear masks into the Cross Country Course Complex a designated Coach or Team Member can collect the masks prior to the start and have them available at the finish. Coaches shall wear masks at all times. In the parking lot everyone shall wear masks. This is your team's warning. There will be no reminders throughout the time you are on site. If you, other coaches with your school or your team are not wearing a mask, you will be asked to leave campus. Awards will be forfeited, your team will be disqualified and entry will NOT be refunded. Coaches are REQUIRED per MHSAA to have them on at all times even if they are running between spots on the course.

There is plenty of locations outside of the course for teams to do warm up and cool downs and we ask that they not plan on doing them on the course. If athletes who are waiting to compete or who have already competed wish to watch their teammates they can enter the complex but MUST be wearing masks while out on the course unless they are racing.

**Warm Up / Cool Down:** Athletes will warm up and cool down outside of the complex(as in not on the Cross Country course). Please be respectful of all traffic laws while running in the Village of Shepherd. If teams need additional warm up or cool down time they can park at several parks in the area. See Attached Park Map.



## 2020 Cross Country

**Entrance/Exit to Complex:** Entering and Exiting the complex will be setup in one way locations. Coaches may enter and exit as needed but please use the correct locations for the direction you need to go. Teams may enter the complex 10 minutes before their race and this means only the race that is upcoming, so the Varsity may come in 10 minutes before the Varsity Race and then the Junior Varsity can come in 10 minutes before the Junior Varsity Race. At the time teams are entering the complex this time is considering their warm up and masks/face coverings are not required, but physical distancing from each other and other teams is required. Athletes are not to bring anything inside the complex with them that they will need to pick up after the race. This means they should have their spikes on or with them and not have other shoes or clothing that they will throw down at the start line.

Teams can move to the Final Warm Up Zone to do their last strides and drills and then move to the On Deck Zone. From the On Deck Zone meet workers will direct teams to the correct starting boxes.

Upon conclusion of the race all athletes will follow the Finish Chute/Zone straight out to the Parking Lot and back to their Team's Parking Zone. Each team should provide a representative in the Finish Chute/Zone to assist each of their team's athletes to quickly exit the area. Each representative must be wearing PPE and social distancing from individuals not of their team. The Shepherd Athletic Trainer will be located at the Finish to assist with any medical emergencies. Disposable masks will be available at the finish for any athlete who is struggling to leave the Finish area quickly.

Please see Map #2 – Cross Country Complex

**Racing:** All runners shall attempt to give space to all other runners. It is the trailing runners responsibility to run wide and give space if they are gaining on a lead runner. No runners should ever 'run on someones shoulder', all passes should be conducted using the full width of the course. Course marshals will be on the course reminding runners of this and if needed issuing disqualifications if there are continual egregious issues leading to an unsafe environment.

**Spectators:** In accordance with State of Michigan law and MHSAA guidelines we will be allowing 2 spectators per athlete. You will receive wristbands for your spectators and coaches(6) in the mail. Spectators who have a wristband will be able to enter the complex and pay a \$5 admission fee.

Spectators will enter the complex at the normal Track & Field Stadium gate and walk South to get to the course.

Spectators MUST:

- Wear a mask at all times
- Not gather near the start or finish areas
- Give physical distance to all others from different households

**After the Meet:** It is our sincere hope with all of our safety procedures that transmission of Covid-19 does not take place at our event. Despite that, the health and safety of all participants and community members is most important. So if in the 14 days following the event any members of your team or coaching staff develop any symptoms of Covid-19 please communicate that with us so that we can alert other teams if necessary. We do wish to respect all privacy and do not require any names, just that someone has developed symptoms and any info regarding testing would be helpful as well. It would also be helpful if the Coach or AD could give their best guess if this individual possibly contracted Covid-19 at our event or sometime before or afterwards. We understand this would be a guess but we all know that different members of our teams will have different amounts of exposure risk in their daily lives.

Please contact us with any issues or questions,  
Carey Hammel: 1-989-506-8556, [careyhammel@gmail.com](mailto:careyhammel@gmail.com)

# Map #1 - Parking & Arrival





# Map #2 - Cross Country Complex

## Entrance

Teams may enter if their race is within 10 minutes and proceed to the Final Warm Up Zone or the On Deck Zone. Teams must stay physically distanced at all times inside the complex.

## Exit

## Finish Zone / Chute

As athletes finish they need to keep moving through the Finish Zone and exit the complex back to their Parking Zone.

## Final Warm Up Zone

Teams need to be physically distanced while doing their last stride outs and plyos.

## On Deck Zone

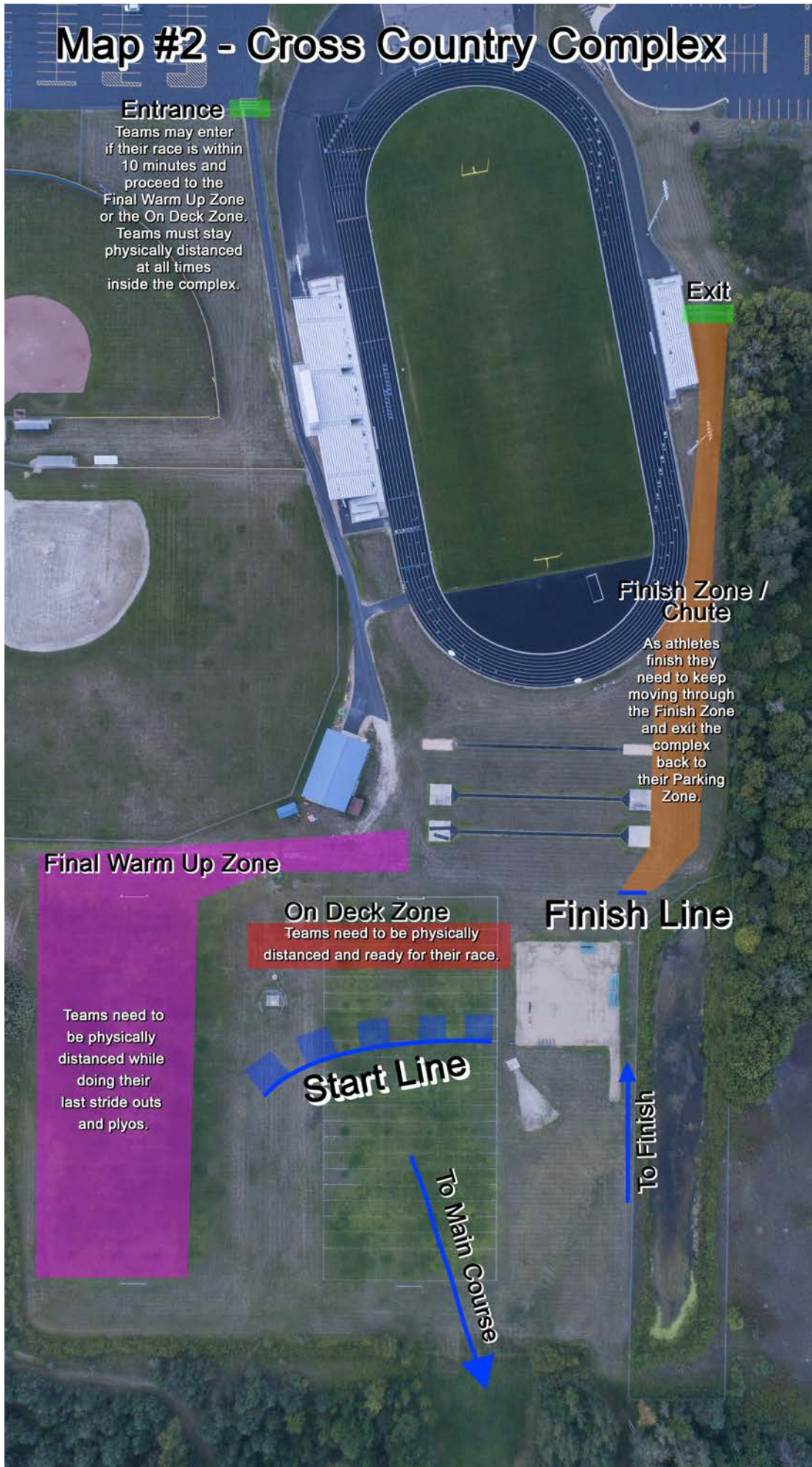
Teams need to be physically distanced and ready for their race.

## Finish Line

## Start Line

To Main Course

To Finish





With the limited warm up time we understand that some teams may wish to warm up or cool down longer. Sadly we have to stick to our strict schedule and will not allow teams to show up early or leave late. If your team wishes to park your bus at a local park and have your kids start warming up there here is a list of parks. Kids could run at the park and then ride the bus to the Course or could warm up to the Course and meet the bus at the Team Parking Zone. If members of the public or other teams are also at the parks please practice physical distancing.



We also will not be doing any concessions at this meet and these parks might be great places for a team to meet and eat after their races. There are 2 great places to get Pizza or other food from in Shepherd that would work well to take to a Pavilion at one of these parks.

**Mitchell's Gourmet Deli & Market**

197 E Wright Ave.  
Shepherd, MI 48883

Open 7am to 9pm

<https://www.mitchellsgourmetdeli.com/>

989-567-2114

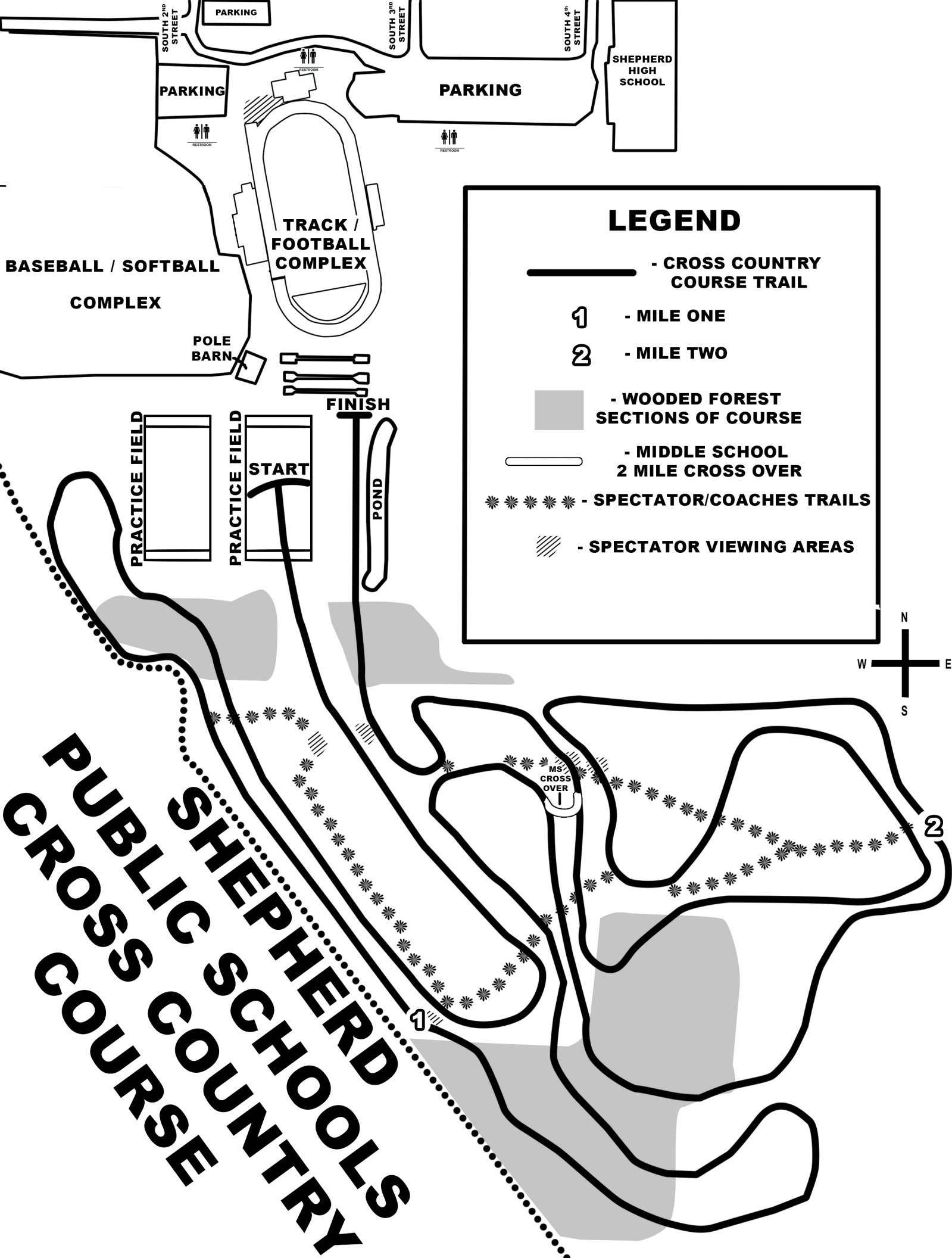
**Shepherd Bar**

324 W. Wright Ave.  
Shepherd, MI 48883






Open 11am to 9pm

<https://www.shepherdbar.com/>

(989) 828-5434



# LEGEND

-  - CROSS COUNTRY COURSE TRAIL
- 1** - MILE ONE
- 2** - MILE TWO
-  - WOODED FOREST SECTIONS OF COURSE
-  - MIDDLE SCHOOL 2 MILE CROSS OVER
-  - SPECTATOR/COACHES TRAILS
-  - SPECTATOR VIEWING AREAS



**SHEPHERD  
SCHOOLS  
CROSS COUNTRY  
COURSE**