

HYDRANGEA RANCH XC TIME TRIAL SERIES #4

TEAM TIMELINE

WAVE 6

BOWERMAN TRACK CLUB

9:20 am = Arrival Time at Ranch

(runners may begin warm up)

(Parents/drivers remain in vehicles until 8:15)

10:20 am = parent/driver (Max = 1 per participant) allowed to move to viewing area

10:20 am = Runners arrive at Start Line

10:30 am = Race Time

10:50 am = Parent/driver (1 per participant) return to vehicles (immediately after last runner on team finishes)

10:55 am = Athletes gear returned to vehicles

Athletes allowed brief cool down on track following (max 2 laps)

10:55 am = Team loads vehicles

11:00 am = Departure Time from Ranch

PARKING MAP – HYDRANGEA RANCH



HYDRANGEA RANCH XC SERIES TEAM TIME TRIAL #4.....INSTRUCTIONS

1) Travel Suggestions/Parking Allowance

Each Team of up to 10 runners will be allowed up to 1 vehicle per participant/chaperone. See the Oregon Health Authority suggestions for sports team travel are available [here](#)

SAFE TRAVEL RECOMMENDATIONS

2) Check In

Upon arrival at the Hydrangea Ranch (9455 Kilchis River Rd, Tillamook, OR 97141) **ALL** meet attendees in each vehicle will:

- 1) Complete a Covid 19 screening protocol = Answer Screening questions, temperature checked.
- 2) Turn in Waiver Form.
(please have waiver form for both driver and participating athlete already completed)

PARTICIPANT/DRIVER/CHAPERONE WAIVER

WE ASK THAT DRIVERS AND PARTICIPANTS REMAIN IN YOUR VEHICLE WHILE COMPLETING SCREENING AND TURNING IN YOUR WAIVERS.

3) Parking Following Check-In . Drivers will be directed to specific parking area by meet officials.

4) Face Coverings/Social Distancing Required

Chaperones/Drivers are expected to wear face coverings while checking in and whenever they are outside their vehicle. All Drivers and Chaperones are expected to remain 6 feet from any other spectators and to remain in designated viewing areas.

Athletes are expected to wear face coverings while preparing to race, using restrooms, walking around the ranch. While racing athletes will agree to remain 6' from other runners or wear face covering while passing fellow runners or anytime they cannot remain 6' apart from other runners.

5) WARM UPS/WARM DOWNS

Teams are expected to complete warm up in the prescribed area and to maintain social distancing throughout their warm ups

a6) Starting line procedures

Runners are expected to wear their mask/face covering while warming up and while stretching. Runners should wear mask/face covering to the starting line and at that time we will space runners out by 6' or more and they can run race with face covering off unless they are within 6' of another runner.

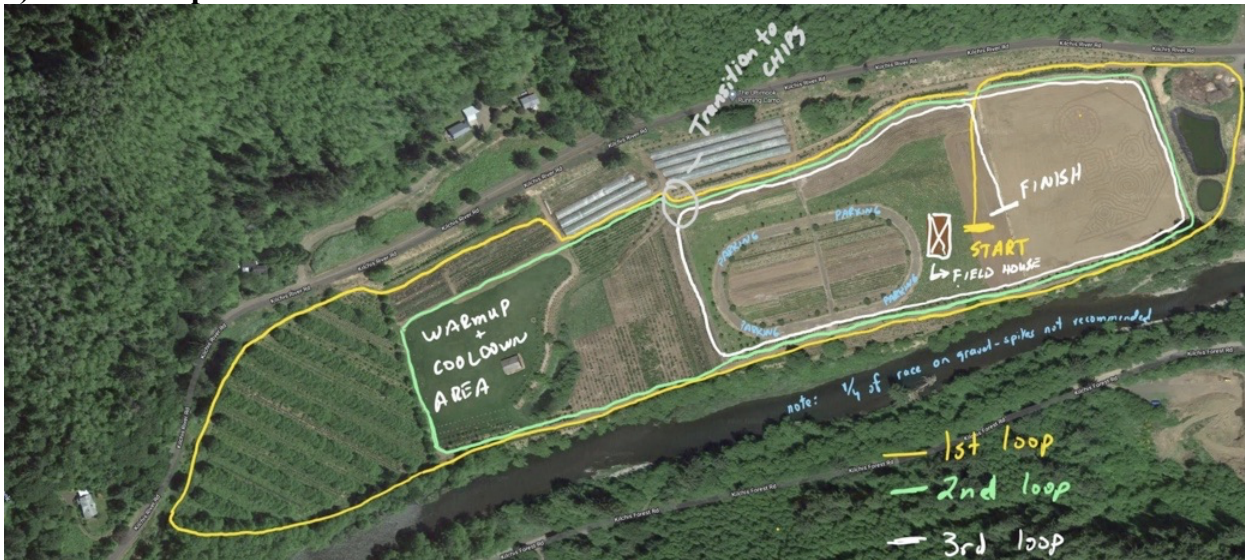
7) Meet Results

Meet results will be posted live via Athletic Timing. Individual times for each Team will be posted on athletic.net and all times will be merged into one master list following all races.

8) Event exit after race

Teams are expected to complete warm down and exit Ranch by the listed departure time for their teams

9) Course Map



Course Map 3k



If you have any questions feel free to contact us.

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