

2020 MEET INFORMATION



VIRGINIA TECH
CROSS COUNTRY





VIRGINIA TECH CROSS COUNTRY 2020 VISITING TEAM GUIDE

WELCOME TO BLACKSBURG!

Dear Coaches and Staff,

I wish to take this opportunity to welcome Duke University and North Carolina State University to Virginia Tech for a triangular cross country meet on Friday September 25, 2020.

2020 certainly has been an unusual year, but we hope you and your student athletes are excited about the chance to compete again. Virginia Tech has decided to not allow any spectators to the meet for the safety of all student-athletes competing and staff on site.

If you have any questions or concerns about how the meet will be staged, please contact Head Cross Country Coach, Eric Johanningmeier or Director of Operations Katie Kennedy.

We look forward to seeing you and your teams on September 25.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dave Cianelli'. The signature is fluid and cursive, with the first name 'Dave' being more prominent.

Dave Cianelli
Director of Track and Field and Cross Country
Virginia Tech



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VIRGINIA TECH CONTACT INFORMATION

<i>Event Management</i>	<i>Office</i>	<i>Cell</i>	<i>Email</i>
Eric Johannigmeier, Head Distance Coach	540.231.5537	618.363.6804	ericj89@vt.edu
Jason Cusack, Assistant Distance Coach	--	860.908.2617	jcusack@vt.edu
Katie Kennedy, Meet Manager	540.231.2501	912.271.8774	katiek4@vt.edu
Dave Cianelli, Director of Track & XC	540.231.3094	540.320.4789	dcianell@vt.edu
 <i>Athletic Communication</i>			
Julian Drakeford	540.231.6726	540.270.2456	julian2@vt.edu
 <i>Sports Medicine</i>			
Logan Speicher	540.231.1115	813.270.0328	lspeicher8@vt.edu
 <i>Snap Results (Timing)</i>			
Laurence Loesel	--	540.580.4222	snaptiming@gmail.com

LOCAL MEDICAL CONTACT INFORMATION

Montgomery County Health Department	540.585.3300
Carilion New River Medical Center	540.731.2000
Lewis-Gale Hospital Montgomery ER	540.953.5122
Kroger Pharmacy	540.951.4136
Velocity Care (Urgent Care)	540.961.8040

<https://www.vdh.virginia.gov/new-river/>



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ATHLETE REGISTRATION

- Athlete registration will be submitted through Direct Athletics (www.directathletics.com)
- **Entries will close Wednesday, September 23, 2020 at 5pm**
- Each team will be limited to 16 student-athlete entries per gender
- No unattached or non-team entries will be permitted
- Virginia Tech will not charge an entry fee for our 2020 cross country meets

ATHLETIC TRAINING

Logan Speicher is our athletic trainer and he will be in contact with each visiting school's athletic trainer to review specific medical details upon arrival.

COURSE MAPS & TIME SCHEDULE

The women's 6k will go off at 5:15pm and the men's 8k will follow at 6:00pm.

Please see page 6 for the women's 6k course map and page 7 for the men's 8k course map.

COVID-19 PROCEDURES & PRECAUTIONS

Standard Procedures

- **Social distancing and masks/face coverings are required at all times, in addition to washing your hands frequently and using hand sanitizer.**
- Student-athletes should wear masks as much as possible, however, masks will not be required during actual competition. Student-athletes should wear masks during pre-race activities and routines (strides, stretching, drills, etc.)
- Masks will be required at **all times** for coaches and staff members.

Check-In Screening

All student-athletes, staff and meet management will be screened (temperature check as well as verbal symptom questions) prior to entering the cross country course. Once screened, you will receive a wristband that will need to be worn throughout the duration of the competition. *Please see the parking diagram on page 4 for the double red exclamation points where the COVID-19 screening zone is located.*

ISOLATION / QUARANTINE INDIVIDUALS

Student-athletes or staff members that may need to go into isolation will need to:

- Notify our athletic trainer (Logan Speicher) immediately.
- Virginia Tech Athletics will work to accommodate housing, food, and local contact testing with the visiting team.
- If a visiting staff member is not staying with the individual; our athletic training staff will check-in daily and communicate with the visiting team's athletic trainer.



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LIGHTNING PROCEDURES

When lightning is detected within 15 miles of the competition site, meet management shall inform those in attendance that inclement weather including lightning is within 15 miles and that all those who wish to vacate the competition site for a safe shelter should relocate to Rector Fieldhouse.

When lightning is detected within ten (10) miles of the competition site, those in attendance shall be required to relocate to Rector Fieldhouse. Thirty minutes must elapse from the time of the last lightning strike within the ten (10) mile radius before any athletes, coaches or meet management shall be permitted back on the course.

Please see page 8 for the Lightning Safety Policy.

LOCKER ROOMS & SHOWERS

Due to other athletic competitions hosted at Virginia Tech, no locker rooms or showers will be provided to visiting teams.

MEDIA REQUESTS

Visiting teams that wish to have on-site media coverage should contact our athletic communications coordinator, Julian Drakeford, to receive approval for their SID and/or photographer to have access to the cross country course.

PARKING

All team buses and passenger vehicles must unload and park in the Cage Parking Lot located at the intersection of Duck Pond Drive and Washington Street. There is a path from that parking lot that leads down to the cross country course. Directional signage will be placed along the route. The double red exclamation point is the COVID-19 screening zone.





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PACKET PICKUP

Packets will be available for pickup at the tent located at the Finish Line designated for Snap Timing.

STATE / LOCAL COVID-19 GUIDELINES

[Phase 3 Guidelines in Virginia](#)

Blacksburg Specific Guidelines:

- Keep at least 6 feet apart through social distancing
- Keep gatherings to 10 people or less
- Masks are mandatory at ALL times on campus and Downtown Blacksburg (inside & outside)

TEAM CAMPS & TENTS

Team camps will be made available to visiting teams in the corridor pathway from the parking lot to the cross country course. There will be signage to mark each team area provided by Virginia Tech.

Visiting teams interested in reserving a tent for the competition should contact either:

1. [Aztec Rentals](#)
2. [Tents R Us](#)

Virginia Tech staff will meet with tent companies to direct the set-up of tents prior to the visiting team's arrival. Please notify Katie Kennedy after you make your reservation.

RESULTS

Results will be available online at both www.snaptiming.com and www.hokiesports.com. The meet will be scored and the results will be uploaded to TFRRS system as required during the regular NCAA sponsored season.

Snap Timing will provide Lynx Camera timing as this will be a small enough race for us to provide a race without chip timing. For questions regarding results, please contact Laurence Loesel with Snap Timing.

ADDITIONAL COMPETITION LOGISTICS

- The starting line will be wide enough to provide adequate amount of space between each team so teams are able to continue to maintain appropriate distance prior to competition.
- The finishing chute will be divided into 3 so each team's student-athletes will all finish in the same chute. The following teams should finish in the chutes below:
Chute #1: Duke
Chute #2: NC State
Chute #3: Virginia Tech



100M

VIRGINIA TECH[®]

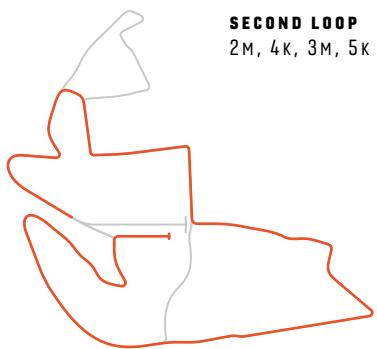
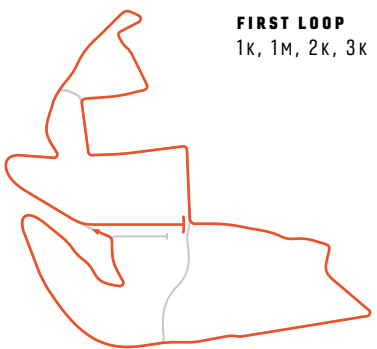
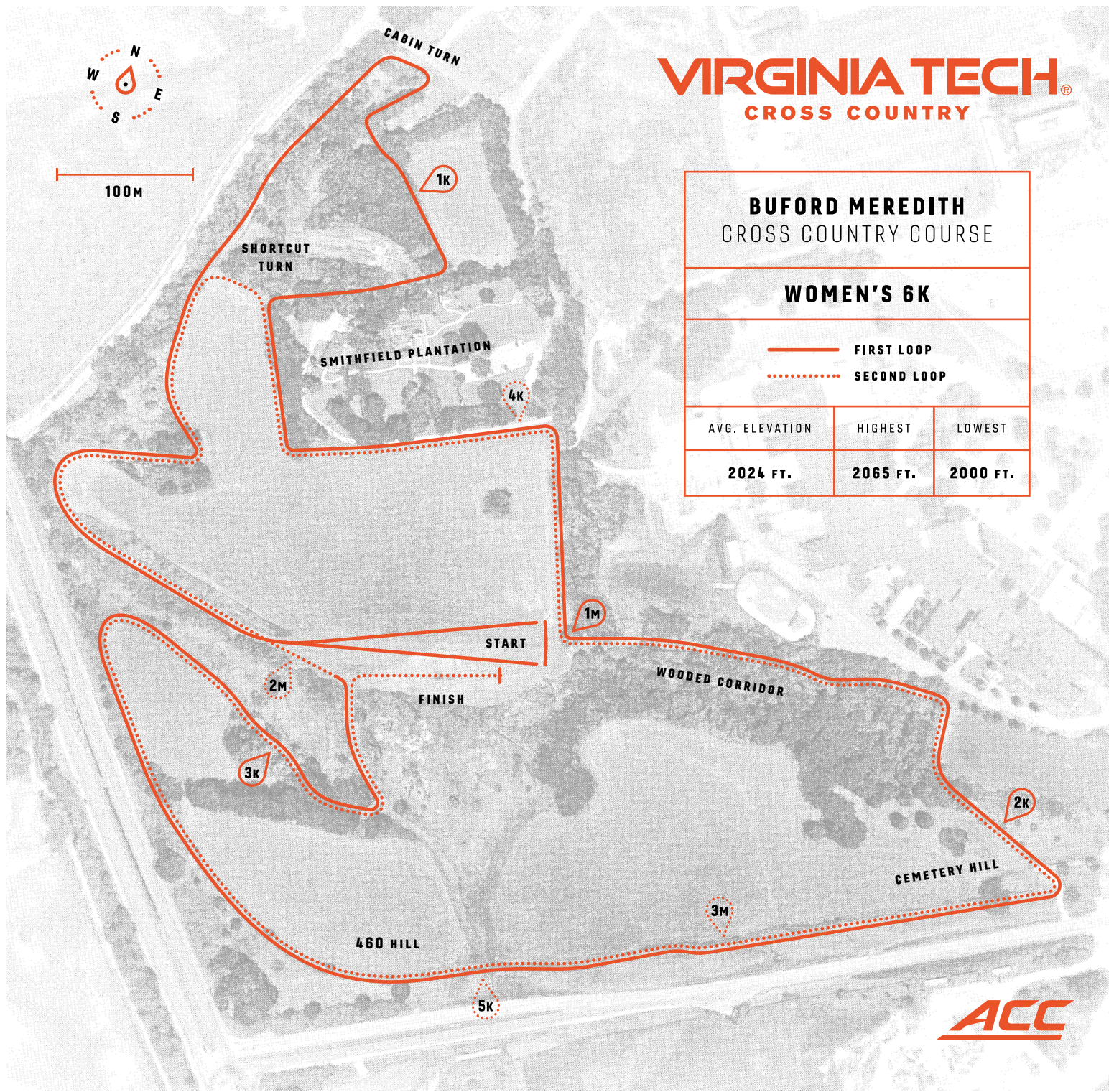
CROSS COUNTRY

BUFORD MEREDITH CROSS COUNTRY COURSE

WOMEN'S 6K

- FIRST LOOP
- SECOND LOOP

AVG. ELEVATION	HIGHEST	LOWEST
2024 FT.	2065 FT.	2000 FT.



VIRGINIA TECH[®]

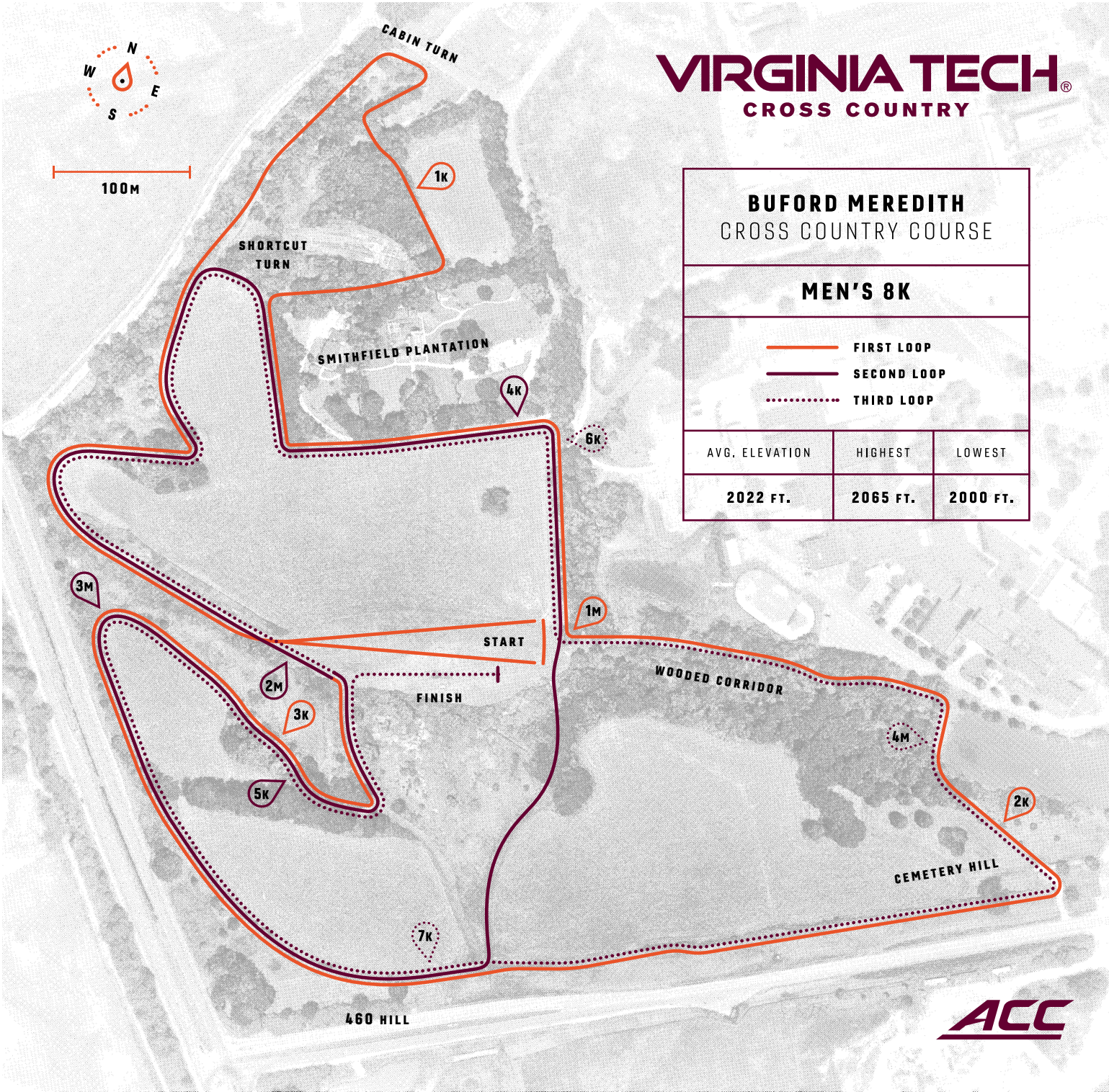
CROSS COUNTRY

BUFORD MEREDITH CROSS COUNTRY COURSE

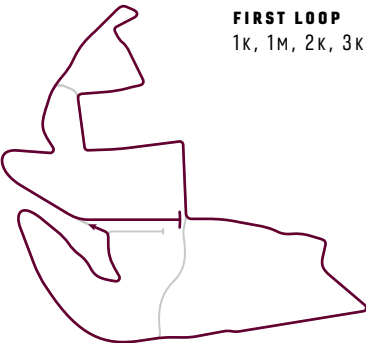
MEN'S 8K

- FIRST LOOP
- SECOND LOOP
- ⋯ THIRD LOOP

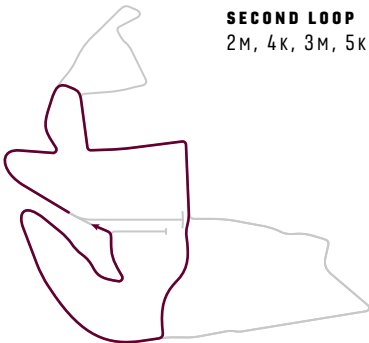
AVG. ELEVATION	HIGHEST	LOWEST
2022 FT.	2065 FT.	2000 FT.



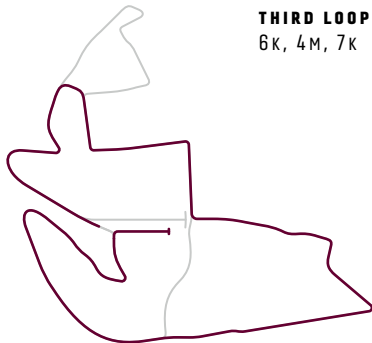
FIRST LOOP
1K, 1M, 2K, 3K



SECOND LOOP
2M, 4K, 3M, 5K



THIRD LOOP
6K, 4M, 7K



<p>Virginia Tech Sports Medicine</p> <p><i>Review: Yearly</i> Director of Athletic Training</p> <p>NCAA Guideline 1d</p>	<p>Departmental Policy</p> <p>Title: Lightning Safety Policy</p> <p>Section: Event Management Lightning Safety</p>	<p>12</p> <p>Key Function: S-A Safety</p> <p>Reviewed: 3/2017</p>
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POLICY STATEMENT: Lightning is a dangerous phenomenon. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. To monitor lightning the Athletic Training staff will utilize both the Flash-to-Bang Method and an online weather monitoring system (MxVision Weather Sentry). Our policy is in accordance with the *2013 National Athletic Trainer's Association Position Statement* regarding lightning safety for athletics and recreation.

PURPOSE: The Virginia Tech Sports Medicine Department has developed a lightning safety policy to minimize the risk of injury from a lightning strike to our athletes, coaches, support staff and fans.

ENTITIES TO WHOM THIS POLICY APPLIES: All events/practices covered by Virginia Tech Sports Medicine.

PROCEDURE:

1. The National Athletic Trainers' Association Position Statement for lightning will be followed by Virginia Tech Sports Medicine Staff Athletic Trainer's during practice situations. The coaching staff, sport administrator and officials at each event should inform the Athletic Trainer and Head Coach of any weather conditions approaching. The official and sport administrator make the final decision on removal of athletes from the field. The Athletic Trainer and Head coach should consult about removal of athletes if time permits. If the Athletic Trainer is not present, the coaching staff will follow the lightning policy as written. The coaching staff may take their athletes off the field before the Athletic Trainer clears the field.
2. The National Athletic Trainers' Association Position Statement for lightning will be followed by Virginia Tech Sports Medicine Staff Athletic Trainer's during game situations. A member of the Athletic Training Staff and game official will monitor the weather and make the decision to notify the head coach or officials of dangerous situations and recommend the suspension of activity in the event of lightning. Exceptions will be made for any activity where an Athletic Training staff member is not in attendance, whereby the supervising coach or game official will have the ability to suspend activity.
3. Athletic Trainers will make a list of safe shelters for participants at each venue.
4. Athletic Trainers will make a list of safe shelters for parents and fans at each venue.
5. Prior to a game a member of the Athletic Training staff and/or Sport Administrator will greet the officials, explain that we have a means to monitor the lightning, and offer to notify the officials during the game if there is imminent danger from the lightning. The Sport Administrator and game officials will then decide whether to discontinue play.
6. Once it is determined that there is danger of a lightning strike, the Sport Administrator will notify the head coach and/or official and subsequently immediately remove all athletes, coaches, and support staff from the playing field or practice area/facility. All activities will be suspended if lightning is detected within 10 miles with the flash-to-bang method or lightning detector. All suspended activities must wait until the lightning detector shows the lightning out of range (10 miles) for the venue. The minimum return time should be 30 minutes after the last lightning strike. Information regarding the event should be immediately communicated to the following departments; Game Ops, Facilities/Grounds, Sports Medicine, Concessions, Sports Information and Marketing.
7. Utilization of the **Flash-to-Bang Method** (Count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five to obtain how far away, in miles, the lightning is occurring.)
8. Local weather forecasts will be monitored via computer using the internet (MxVision WeatherSentry Online) or via television (recommend NOAA or WTOctv radar) if available at individual venues.
9. All individuals have the right to leave an athletic site, without repercussion or penalty, in order to seek a safe structure or location if they feel they are in danger from impending lightning activity.
10. No one is permitted to use the showers or plumbing facilities and landline telephones during thunderstorm activities. They are permitted to use cellular phones to contact parents for transportation.

11. If available, an announcement should be made over the speaker system on seeking safe shelters for fans and participants. During a competition, once the decision to suspend activity has been made, a representative of the athletic department will announce via the PA system.

Announce the location of safe shelter for that venue and offer the following safety tips:

1. There should be no contact with metal objects (bleachers, fences, golf clubs, bats)
2. Avoid single or tall trees, tall objects and standing in a group.
3. If there is no other shelter you may seek refuge in a hardtop vehicle.
4. The existence of blue skies and/or absence of rain are not protection from lightning. Lightning can strike 10 miles from the rain shaft.
5. **DO NOT LIE FLAT ON THE GROUND**
6. Avoid using a land line telephone. Cell phones are a safe alternative if in a safe structure.
7. Avoid standing water and open fields
8. If in a forest, seek shelter in a low area under a thick grove of small trees.
9. **If you feel your skin tingling immediately crouch and grab your legs and tuck your head as described above to minimize your body's surface area.**
10. Persons who have been struck by lightning do not carry an electrical charge. Therefore, enact the EMS system and provide emergency care. CPR is what is most often required. If possible, move the victim to a safe location.

Safe Structures:

Soccer/Lacrosse Game Facility	Report to	Rector Field House
Frank Mosley Practice Field	Report to	Rector Field House
English Field	Report to	Home Team (James C. Weaver Baseball Center) Visiting Team (Rector Field House)
Softball Facility	Report to	Rector Field House
Johnson Miller Outdoor Track Complex	Report to	Rector Field House
Cross Country Course	Report to	Rector Field House
Burrows-Burleson Tennis Courts	Report to	Burrows-Burleson Tennis Center
Football Practice Field	Report to	Football Indoor Practice Facility
Worsham Field	Report to	Home Team (Lane Stadium Halftime Room) Visiting Team (Lane Stadium Visiting Locker Room)

In the event that a safe structure cannot be reached, any vehicle with a hard metal roof will provide adequate protection. Avoid touching the sides of the vehicle and the steering wheel during a lightening storm.