

Good Evening, ILCA CC Veterans and New Additions (Ella and Ellie),

Due to the change made by BA's CC meet organizers, we must arrive earlier if we are to walk the course. Only runners competing in the first race at 8:30 am (Varsity Girls) can be on the course after 8:15 am until the time of their race.

Consequently, **all HS athletes** (Emily, Caleb, and Jacob this week—pray for Jackson's legs to fully recover speedily) will need to **arrive between 7:30 and 7:40 am** if we are to walk the 1.5 course (HS athletes will run the course twice to reach the 5K/3.125 mile distance).

Because there is *limited* spectator parking at the adjacent elementary school (Highland Park) next to Oneta Ridge MS, **it would be best for everyone to arrive by 7:40 am**; otherwise, it will be difficult for parents to find parking—*indeed, the meet is full*; therefore, the meet will be packed with many teams, many people. (Additional parking and course info is at the bottom of the email.)

**If MS parents arrive after 7:40ish, their student-athletes will not be able to walk the course before running it** due to the 8:15 cut-off rule made by BA (to reduce potential virus risks, etc.), which is a competitive disadvantage to not know the terrain and more precisely where they are in terms of distance—knowledge gained by walking the course beforehand.

However, sleep is also important. MS student-athletes will compete later in the day; consequently, in order to cheer on the high-schoolers, **MS student-athletes *must arrive by 9:15am*** in order to cheer for Emily when she begins at 9:30 (and to locate the team, receive their registration number, etc.). However, as noted previously, a later arrival that is after 7:40 am will mean not walking the course with the team due to BA's rules.

*Spectator parking* is not allowed at Oneta Ridge Middle School; it is reserved for team busses. Examine a map on the final page of the following link given by BA:  
(<http://www.ohstrack.com/ccinfo2020/brokenarrowinfo91220.pdf>).

Parents will need to stay on the outskirts of the course for this race (my apologies); it seems that staying to the right of the course is acceptable—just do not go into the center of the course on the runners' left side. (The exact wording and other info is pasted below the official race schedule found towards the bottom of the email.)

With the exception of runners who are literally running their race, *we must wear masks at all times* (BA rules).

**Runners: If you finish in the Top 15—remember that you have earned a medal!**

Remember to claim the medal and to have pictures taken by family and the ILCA family as well, so the team and the ILCA community can celebrate with you at the meet and online ([ilcanews.org](http://ilcanews.org)).

I would also like to take this moment to thank Ellie for her help as the new ILCA CC Student-Manager; she will help us out by helping Coach K record student times, encouraging our runners, etc., at meets and during practice. . . Ellie will continue to train with the team to fellowship with friends and to prepare for the spring 2021 Middle School Track sprinting events.

As an additional note, I must share the unfortunate news that I learned this evening: the 9/22 Middle School meet at **Bishop Kelley** (i.e., the meet ILCA added to make-up for the lost MS race at Holland Hall) has also been canceled.

Coach Mueller and I will let you all know if we can find a suitable replacement.

### **Broken Arrow Tigers XC Meet 2020 Schedule**

Date: **Saturday, September 12**

Location and Course: ★ *Oneta Ridge Middle School, 6800 E. Quincy Place, Broken Arrow, 74014* ★ The 5k course consists of two 1.5 mile loops on a grass field across the street.

Schedule: **7:00 - 8:15 HS Packet Pickup**

**8:15 Flag Ceremony**

8:30 HS Girls V 5 k < 9 runners

9:00 HS Boys V 5 k < 9 runners

**9:30 HS Girls JV 5 k unlimited (Emily)**

**10:10 HS Boys JV 5 k unlimited (Jacob and Caleb)**

**9:15 - 11:00 MS Packet Pickup**

**10:50 MS Girls 1.5 m unlimited (Meg, Ella, and Lily)**

**11:15 MS Boys 1.5 m unlimited (Nick)**

Awards: ★ Medals to the top 15 in each HS and MS division

New BA Info:

~ Our viewing will be pushed back considerably from the usual, central area.

~ *Only* coaches and athletes allowed in the inner area. Tents in the usual place.

~ *Teams will line up in an every-other-box format (MS teams every 3rd box).*

~ Teams can otherwise warm up on the north side around the school, or at the soccer fields to the southeast of the course.

~ We have both the port potties outside and the indoor bathrooms accessible.

~ Please ensure your athletes and supporters have a mask on for entry into the school building.

**Directions:**

**\*\*\*All Spectators Enter** heading south on S. Highlands Boulevard off 81st St. When you get to Highland Park Elementary, turn right (west) to loop around the rear of the school. Continue on to the front parking lot as directed and park as far east as possible. Do not park in the street or on any grass. The street in front of the schools, Quincy Place, will be blocked to only allow bus passage. Exit from the Highland Park lot north, heading back to 81st St.

Restrooms: Option 1: portables on the eastern end of the course. Option 2: inside Oneta Ridge MS, east side  
Emergencies: report to the Oneta Ridge MS gym

**Team Tents: setup in the Tent Area in the grass field behind the finish line; not on the north side of street**

Concessions: drinks and snacks on sale via BAXC Booster Club

## **Broken Arrow Cross Country Guidelines**

Welcome to Broken Arrow Public Schools! As we navigate through these uncertain times during the COVID-19 pandemic, we would like you to know that the health and safety of all student-athletes, coaches, staff, officials, administrators, parents, and patrons is our priority.

When you are in our facilities, we are asking you to follow the guidelines below:

1. Masks are required for all participants, coaches, workers, volunteers, officials, patrons or anyone attending the cross country meet.
2. Student-athletes are required to wear a mask when social distancing is not possible.
3. Coaches must wear a mask or face covering, at all times.
4. The starting line area, the finish line area, and the chute will be strictly limited to athletes and coaches only.
5. Student-athletes warming up should practice social distancing. There will be a designated area for teams to warm up, which will keep them off the course when they are not in a race.
6. Student -athletes must refrain from high fives, handshake line, or any other physical contact with teammates, coaches or spectators.
7. No shared hydrating bottles, towels, gloves or any other personal equipment is permitted.
8. Student-athletes should bring their own water bottles.
9. Athletes should arrive dressed in their team uniform. Locker rooms will not be available.
10. Before, during and after the contest - players, coaches, game officials, team personnel and game administration officials should wash and sanitize their hands, as often as possible.
11. High School team entries will be limited to 9. This will allow for spacing and social distancing at the starting line.
12. Middle School team entries will be limited to 5 or 6 teams (based on numbers). This will allow participants to space out properly, while allowing larger numbers of same-team runners.
13. Spectators will only be allowed on the outskirts of the race, not in the central area. All spectators must practice proper social distancing and should wear a mask at all times.
14. Teams are encouraged to limit the number of guests per athlete to two guests, if possible.
15. Please be aware, parking is limited. See the attached course map for instructions where to park.
16. At the conclusion of the race, athletes will be handed a water cup from a gloved & masked volunteer. Athletes will be asked to keep the flow of traffic moving and not crowd around the water tables.

We thank you for your cooperation. If you have any questions or concerns before coming to our facilities, please do not hesitate to contact our athletic department at 918-259-5900.