

2020 COAC CROSS COUNTRY MEET

Date: Tuesday, October 13th, 2020

Hosted By: Deer Creek High School

Location: Deer Creek Cross Country Course

Divisions: High School (Varsity & JV)

On-line Entries: www.enduroentries.com (All entries must be completed on-line)

Entry Deadline: Monday, October 12th @ 5:00 (No runners will be added after deadline)

Entry Fee: None for COAC member high school teams (which is all who can attend)

Admission: Tentative to be discussed (likely none this year to minimize transactions)

Parking: Buses will need to be parked in the NE corner of the PAAC Parking Lot

Schedule: Revised to facilitate and minimize crowds on site. Starting with varsity allows teams with only those numbers of runners to leave immediately after and alleviate crowds and congestion. With JV boys being potentially the biggest race, having those races last, allows smaller teams to be able to leave with just those larger teams remaining.

High School

8:30 AM	HS Coaches Meeting	
9:00 AM	Varsity Girls (7 runners)	5000m
9:30 AM	Varsity Boys (7 runners)	5000m
10:00 AM	JV Girls (14 runners*)	5000m
10:30 AM	JV Boys 1 (14 runners*)	5000m
11:00 AM	JV Boys 2 (overflow for teams w/more)	5000m

*Contact Coach David Riden with your exact numbers if you are just over 14 runners in JV.

- In order to stay on schedule, official timing will be stopped after 29 minutes.
- Top 20 runners in each Varsity and JV race will receive medals, and those will be given to runners as they exit the finish chute instead of an awards ceremony.
- Special Awards (Runner of the Year, Coach of the Year) will be voted on prior to the event.

Contact Information:

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