

# 2020 Westmoreland County Cross Country Championship

**Date:** Thursday, October 15, 2020

**Race Start Times:**

Varsity Girls – 1:00pm          Varsity Boys – 2:30pm

**Location:** Westmoreland County Community College

**Timing Company:** Gingerbread Man Running Company

**Cost to Participate:** \$200/team (\$100 boys + \$100 girls)

Checks payable to “Greensburg Central Catholic”

**Registration: PA Milesplit**

Teams may enter up to 12 athletes per varsity race

**Live Stream:** GCC is attempting to provide a form of live stream for the race.

Details will be provided the week of the race.

**Awards:**

Top 20 runners will receive a medal and t-shirt

**Safety Protocols:**

1. Athletes should bring their own individual water. No water will be provided by the meet.
2. No spectators at the meet. This is a WCCC policy and required to fit within the PIAA 250 person cap.
3. Athletes and coaches must wear facemasks at all times. Athletes may remove their facemasks for warmup and competition.
4. All athletes and coaches must sign the appropriate waiver below (adult or minor waiver) and turn in as a team at registration. You will not be allowed into the meet without a signed waiver.
5. All coaches must provide documentation at registration of their team’s temperature screening and COVID symptom checks for the

day of the meet. This has to be done before departing your school. Anybody with a temperature greater than 100.4 F or an answer of “yes” to a screening question will not be allowed at WCCC. This can be documented on the NJCAA form from WCCC or an equivalent form used by the school district.

6. All athletes and coaches must maintain social distancing of at least 6-feet.
7. No team tents are allowed. The staggered start will minimize the time the athletes are in the sun (i.e. they're not waiting around for hours for their race).
8. All teams will be spaced 6-feet apart from other teams at start of the race.
9. Awards and t-shirts will be given to the coaches at the end of the day. They will be not be distributed to the athletes on race day.
10. Each of the races are expected to have between 80 and 100 athletes. Total attendees will remain below 250.

# WCCC Course Layout





## Westmoreland County COVID-19 Pre-Event Team Screening

All Westmoreland County student-athletes, coaches, staff, and visiting team players and personnel are required to be pre-screened before any practice, game or athletic event taking place at a Westmoreland County member institution. The form will be kept on file for 30 days. Those who display positive symptoms must complete the contact tracking form and may be referred for further evaluation.

Event: Westmoreland County XC Championship Date: 10/15/2020

1. In the past 48 hours have you had any of the following symptoms: fever over 100.4°F, new loss of taste or smell, shortness of breath, cough, sore throat, extreme fatigue or body aches (outside of what is normal for sport), nausea, vomiting, diarrhea, or loss of appetite?

2. Have you or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed in quarantine for possible contact with COVID-19?

#	Last Name	First Name	Neg.	Pos.	Temp.
1			<input type="checkbox"/>	<input type="checkbox"/>	
2			<input type="checkbox"/>	<input type="checkbox"/>	
3			<input type="checkbox"/>	<input type="checkbox"/>	
4			<input type="checkbox"/>	<input type="checkbox"/>	
5			<input type="checkbox"/>	<input type="checkbox"/>	
6			<input type="checkbox"/>	<input type="checkbox"/>	
7			<input type="checkbox"/>	<input type="checkbox"/>	
8			<input type="checkbox"/>	<input type="checkbox"/>	
9			<input type="checkbox"/>	<input type="checkbox"/>	
10			<input type="checkbox"/>	<input type="checkbox"/>	
11			<input type="checkbox"/>	<input type="checkbox"/>	
12			<input type="checkbox"/>	<input type="checkbox"/>	
13			<input type="checkbox"/>	<input type="checkbox"/>	
14			<input type="checkbox"/>	<input type="checkbox"/>	
15			<input type="checkbox"/>	<input type="checkbox"/>	
16			<input type="checkbox"/>	<input type="checkbox"/>	
17			<input type="checkbox"/>	<input type="checkbox"/>	
18			<input type="checkbox"/>	<input type="checkbox"/>	
19			<input type="checkbox"/>	<input type="checkbox"/>	
20			<input type="checkbox"/>	<input type="checkbox"/>	
21			<input type="checkbox"/>	<input type="checkbox"/>	
22			<input type="checkbox"/>	<input type="checkbox"/>	
23			<input type="checkbox"/>	<input type="checkbox"/>	
24			<input type="checkbox"/>	<input type="checkbox"/>	
25			<input type="checkbox"/>	<input type="checkbox"/>	

Athletic Trainer/Coach Signature: