

XC MEET REMINDERS

- **Getting to the Meet:** You have three options. I prefer either #1 or #2, but #3 is still an option for you.
 - **Bus:** you can ride on the bus with other members of your pod. No more than one per seat, spaced out as much as possible, loaded back to front. The windows will be open, and you need to wear your mask the entire time (no food or beverage).
 - **Drop-off:** A parent or guardian can drop you off at the meet site. If they stay to watch, they need to adhere to the spectator guidelines that have been shared with them and are posted on our website.
 - **You drive:** Please do not drive a teammate, only bring yourself. Be prepared for a full parking lot and having to park a little further off-site. BE SAFE and be on time or a little ahead of schedule.
- **Masks** requirements are the same as how we have been practicing. If that changes, I will let you know. Bring a plastic Ziploc bag with your name on it in your spike bag, just in case you need to hand your mask off to someone.
- **Monitor your health.** If you have any signs / symptoms of Covid – 19, or have been exposed directly or indirectly to an infected person, be sure to let the coaches know immediately via email or phone. DO NOT show up to get on the bus or go to the meet. NO competition is that important!
- **Facility Usage:** there will be portas designated for each team, but I suggest taking care of any substantial bathroom needs prior to leaving for the meet.
- **What to wear / bring in your bag:**
 - Uniform
 - Racing Shoes / Extra socks (especially with wet ground)
 - Labeled water bottle(s), extra sports drink / water bottle. WE WILL NOT HAVE THE GIANT WATER COOLERS. COME PREPARED!!!
 - An **extra clean mask** to put on in case your first one is all sweaty and gross when you finish hips. I want clean masks on the bus ride home for those of you riding! A plastic bag for storage would be good too.
 - Hand Sanitizer – you want your hands clean / germ free prior to racing, as you may subconsciously be rubbing your face, nose, etc.
- **Race Assignments:** you must run in the race to which you have been assigned. That is important in terms of getting actual results. As coaches, we have had some time to really evaluate your fitness. It does not mean that we got it all right, but we should be close. These assignments will likely change as we go from week to week.

Even though it is going to be difficult, we cannot relax our Covid-19 safety precautions on meet day. Wear your mask, keep distance between you and your teammates as much as possible, keep your hands clean, and do not spit / cough / sneeze around anyone else.

I know this is not how we normally operate; but it's still cross country, it's still race day, and we're still Wayzata. It's time to go!