

Dual Meet

MASKS ARE REQUIRED AT ALL TIMES EXCEPT FOR RUNNING THE RACE

Date: Friday August 21, 2020

Race Location: Stony Creek Southdale Picnic Area

Please park in the Northdale Parking lot. (on the right when you pull into the Southdale driveway)

Race Time: Boys race 8:45 am arrive at or before 7:30 am

Girls race 9:30 am arrive at 8:20 am

Who: Dakota vs. Eisenhower and Dakota vs. Chippewa Valley

- No bus transportation. Athletes will have to find a ride to the race.
- Please complete the daily health questions and temperatures will be taken upon arrival to the park.
- **Bring plenty of WATER. No water will be provided.**
- Entry to Stony Creek is \$10 per car or \$40 for a season pass.
- Boys will wear their green practice jerseys with black or blue shorts
- Girls will wear their blue practice jerseys with black or blue shorts

The races will follow all MHSAA guidelines and will be limited to a maximum of 70 runners per race. We ask that parents do not congregate near the course to limit the number of spectators.

- To keep the number of people at the course to a minimum, the girls will meet and complete their warm-up in a different location away from the boy's race. At the conclusion of the boy's race, the boys will complete a cool-down and stretch away from the racecourse and then leave the park after stretching. The park wants to make sure that the races are following all State and MHSAA guidelines.