

Westosha Central Falcon Invite

UW- Parkside National Cross Country Course

Thursday – October 8, 2020

SITE: Wayne H. Dannehl National Cross Country Course - University of Wisconsin-Parkside.
4400 Petrifying Springs Road, Kenosha, WI 53144
No drones, athletic balls, Frisbees or dogs are allowed at the race site on meet day.

SPECTATORS: Spectators should arrive as late as possible and leave the site immediately after the conclusion of the meet. The fee is \$5.00 per person (no age exceptions). Card payment is preferred. Anyone who leaves the site will not be allowed to re-enter.

MASKS: Everyone **MUST** wear a mask at all times before, during and after the event. Runners may take off their mask while running. Coaches and all event/team personnel should keep masks on at all times if possible.

PARKING: All buses, team vehicles & spectators should come in on Highway E and then turn left onto HY JR to access the UW- Parkside Physical Education or Communication Arts parking lots located off of Hwy JR east of the course. **There is no participant drop off on Highway JR.** No parking is allowed in any of the Petrifying Springs parking lots – this includes teams, coaches and spectators. Handicap Parking (with Permit) is allowed in the lot immediately North of the course on HY JR.

TEAM SITE ENTRY: All teams' coaches and participating athletes must enter the site as a complete group. Every athlete must bring their own water bottle. **DO NOT SHARE WATER BOTTLES.** Every team must bring their own hand sanitizer. **NO TENTS are allowed.** Teams will have a designated team area behind the finish line. This area is restricted to competing athletes, coaches and officials. This is where athletes leave their gear bags and water bottles. Social distancing in your team area should be practiced. Athletes, coaches and officials should wear masks in this area. No team coolers or team supplied beverages or food is allowed. All warmups and cooldowns should be conducted on the UWPXC course. Athletes should be in the designated team area when they are not warming up, racing or cooling down. They should not be mingling with spectators. **ATHLETES SHOULD NOT GATHER AND CHEER FOR THEIR TEAMMATES ALONG THE FENCE OR STRAITAWAY TO THE FINISH LINE.**

TIME SCHEDULE:

3:15 pm	Site opens
4:30 pm	Boys 5K Race – unlimited entries
5:00 pm	Girls 5K Race – unlimited entries

Check-in/Start: Teams must check in with officials in the team camp area 10-20 minutes prior to the start of their race. At 6 minutes they will be sent to the starting line. Athletes may not bring any extra clothing or bottles to the starting line. Each starting box is 10 meters wide. Teams will run the first 400 meters in coned alleys. Athletes will safely be given water by meet management at the completion of their race.

UWP 5K COURSE: The course is the original UW-Parkside 5000 meter course.

RESULTS : Results will be posted to: <http://wisconsinrunner.com/results/2020WestoshaFalcon.php>