



2020 USATF New Jersey Holiday High School Cross Country Meet

Sunday, November 22, 2020

Dream Park, Logan Township, New Jersey

SCHEDULE & AGE DIVISIONS:

Age Division	Distance
NJ High School Girls	3.1 miles 11:55am
NJ High School Boys	3.1 miles 1:10pm

First race goes off at 11:55am

75 participants per race

Bib Pick Up starts 30 minutes prior to your race -Registration area is located in parking lot area near finish line

ELIGIBILITY REQUIREMENTS:

Individuals: A competitor must compete in his/her age division only. All ages based as of 12/31/20. Go to: <https://www.usatf.org/home/top-utility-nav-content/membership>, to obtain a USATF membership.

All memberships that are registered or renewed on or after 11/1/2020 are valid until 12/31/2021

ENTRY FEES & DEADLINES:

On-Time Registration now open:

<https://www.simplyregister.net/register/?e=118968>

Must be completed by 11:59pm Tuesday, November 17.

ONLY ONLINE REGISTRATION ENTRIES WILL BE ACCEPTED. Online waiver must be signed by the appropriate individual.

Individual Entries: \$12.00- USATF-NJ Member

\$18.00- New Jersey High School Resident Non-Member.

THERE ARE NO DAY OF RACE ENTRIES PERMITTED

PAYMENTS: The online entry system accepts all credit cards. If you do not pay for your child's entry then your child is not entered into the meet.

EVENT RESULTS: Will be posted and emailed to all participants

AWARDS: Top 10 Male & Female Runners

For questions or concerns please contact the USATF NJ office: (973) 334-8900
managingdirector@newjersey.usatf.org

USATF-NJ / Dream Park COVID-19 Guidelines

- Dream Park Release of Liability form will need to be handed in at registration table. This form will be emailed to all participants
- Temperature checks will be taken
- Individuals, including coaches, players and families should stay home if they have tested positive for or are showing COVID-19 symptoms or have recently had close contact with a person with COVID-19
- No contact rule- we discourage unnecessary physical contact, such as high fives, handshakes, fist bumps or hugs
- Face masks - Everyone on site - athletes, parent, guardian, coaches, officials, volunteers, and race staff must wear a mask at all times, except for athletes during their race
- Social Distancing of at least 6 feet expected

Spectator Information

- Spectators are limited to 2 family members of athletes competing
- No spectators allowed at the start and finish areas
- Coaches & Parent/Guardian can't be on course prior to or during competition
- No post-race refreshments will be available
- Once athletes complete their race, they will be required to leave the finish area and proceed to their cars and exit the park
- Results will be posted online and emailed to all participants