

FSU Invitation Pre-State Cross Country Meet, October 2-3, 2020

We are excited to welcome you to Tallahassee and Apalachee Regional Park again this year and for the FSU Invitation Pre-State Cross Country Meet. Due to COVID-19 there will be significant changes to event operations including required safety protocols for the protection of participating athletes, coaches and essential personnel. While there will be changes our dedication to providing a welcoming and championship level environment remains strong.

There are a few non-negotiable participation requirements that will be followed at all times approved by the Leon County Board of County Commissions, which must be followed for participation in all 2020 meets at Apalachee Regional Park* at this time.

Requirements Safety Protocols

- **Prohibit spectators and nonessential personnel** at cross country races
- **Require everyone to wear a face cover** at a cross country race unless they are actively competing or have a chronic pre-existing or demonstrable medical condition.
- **Require everyone to be screened for COVID-19 symptoms**, including temperature checks, prior to admission to the designated cross-country race area.
- **Require all competitors, coaches, and their essential personnel to receive negative test results for COVID-19 within 72 hours of the event.**

COVID-19 Negative Attestation Form

All competitors, coaches, and their essential personnel are required to receive negative test results for COVID-19 within 72 hours of the event, and verify that by completing an Attestation form.

Note: We are unable to provide free testing as we had hoped originally hoped.

The [Attestation Form](#) must be presented in order to receive the team packet. The completed form may be emailed to Roachj@LeonCountyFl.gov by Thursday (10/1) at 8 p.m. or presented in person at packet pick up. Below you will find additional information about testing options.

Additional COVID-19 Testing Options

- Find a testing location near you [Florida Department of Health](#)
- Additional testing resources <https://floridahealthcovid19.gov/testing-sites/>
- [Pixel](#) At Home Test
- Contact Primary Care Physician

Packet Pick Up

Friday, October 2- Packet pick up will be drive thru from 11 a.m.- 6 p.m. at the entrance of the park (follow message boards) at Apalachee Regional Park. Face covering and social distancing will be required all times.

Saturday, October 3- Packet pick up will be located in the Spectator Parking Lot from 6 a.m.- 9 a.m.

- Full Team credentials will include (8) athlete wrist bands, (7) essential personnel wrist bands.
- At this time, due to the COVID-19 pandemic spectators and nonessential personnel are prohibited at cross-county races. So therefore, only those with wrist bands will be allowed inside the facility.
- Unattached competitor's credentials will include (1) athlete wrist band and (2) essential personnel wrist bands.
- Essential personnel - are defined as coaches, athletic directors, medical professionals and chaperones. Minors (under 18 years old) may not serve as essential personnel.
- Coaches must present the Attestation Form at packet pick up in order to receive bibs and wrist bands for race day entrance for all school representatives.

Parking & Race Day Entrance

- All cars and buses will be directed to Spectator Parking Lot on Saturday (10/3).
- Gates open at 5:30 a.m.
- Wrist bands and health screening are required for entrance.

Health Screening Check Point

All race day competitors, coaches, and essential personnel will be required to be screened for COVID-19 symptoms, including temperature checks, prior to admission to the designated cross-country race area. These health screenings will occur adjacent to the parking cell prior to gate entrance.

Credentials Required

All competitors, coaches, and essential personnel will use wrist bands received at packet pick up to grant entrance to the cross-country race area.

At this time, due to the COVID-19 pandemic spectators and nonessential personnel are prohibited at cross-county races. So therefore, only those with wrist bands will allowed inside the facility.

Course Preview

NO COURSE PREVIEW WILL BE AVAILABLE on October 2, 2020 due to the strict requirements of meet management during the COVID-19 pandemic.

Tallahassee does however offer over [700 miles of breathtaking trails](#). Some recommended nearby trails for a prerace shakeout are listed below.

- **Tom Brown Park**
501 Easterwood Dr
Tallahassee FL 32301

- **J.R. Alford Greenway**
2500 South Pedrick Rd
Tallahassee FL 32311
- **Miccosukee Greenway-**
5600 Miccosukee Rd
Tallahassee, FL 32308

Team Tents

Team tents may be used in designated social distanced areas by races referred to as Pods. Each Pod will have porta potty that will be serviced continuously for safety. Face coverings must be worn at all times and social distancing maintained.

Warm Up

The 1-mile warm-up trail will remain open. The course will be open until 7 a.m. and remain closed during competitions. Face coverings must be worn at all times and social distancing maintained.

Race Protocols

Each team will be assigned a box number with an open box between each team to allow for social distancing. Box numbers will be in the packets.

Athletes must wear face coverings at the starting line and may remove once the competition begins. Face coverings will be required again at the conclusion of the race for all.

Hydration & Concessions

Due to COVID-19 there will not be any water or concession provided with one exception. Medical staff will be providing water at the finish line to athletes.

Each competitor, coach and essential personnel is encouraged to bring their own food and drink for their comfort.

More race information may be found at [here](#).

***In light of the COVID-19 pandemic, race schedules and administration are subject to change as we follow state, local and meet management guidelines to assure safety to all.**