

Citrus Belt League

Cross Country Meet #1 - Team Time Trials

Saturday, February 13, 2021

Host: Redlands East Valley High School, 31000 E. Colton Ave. Redlands 92374

Participating Schools: Beaumont, Citrus Valley, Redlands, Redlands East Valley, Yucaipa
Questions? REV Meet Manager: Camille Andreas (REV XC Coach) andreasx4@hotmail.com / 909-553-0073

All entries must be submitted at MileSplit CA no later than Thurs. Feb. 11 by 11:59 pm.

- Finished Results will provide timing services ~ follow LIVE results on the Finished Results App. Results will also be posted on FinishedResults.com.

****Social Distancing Guidelines are required at all times and will be enforced by each schools Coaching Staff and/or attending School Administrator****

*REVHS and the Citrus Belt League will follow the guidelines for cross country competition that has been established, in observation of the CDPH Youth Sports Guidelines (dated December 14, 2020) and the CIF-SS Update on All Sports Guidelines for Competition (dated December 16, 2020) As competitions involving more than two (2) schools are currently prohibited under CDPH guidelines, this first CBL Meet will be a time trial as set in the Race Schedule below.

ATHLETE DROP OFF / EVENT PARKING / ATHLETE PICK UP:

- Each school will follow District required health and safety screening procedures specific to their school to ensure safety protocols are met prior to arrival to the REV campus.
 - Your (1) yearbook representative and/or (1) Sports Medicine student must be screened with your team.
- **ATHLETE DROP OFF:** The track gate entrance on Opal Ave. on the west side of campus
- Coaches are to meet their athletes at the Athlete Drop Off Gate to distribute race bibs and escort their team to the warm up location/race staging location /start line/cool down location/and athlete pick up area adhering to the Meet Time Schedule.
- **EVENT PARKING / ATHLETE PICK UP** is located on Colton Ave. - Gym Parking Lot
- Athletes self transporting may park in the upper Event (Gym) Parking Lot but must walk down the exterior sidewalk and enter at the athlete entrance on Opal Ave.
- **All Athletes are expected to leave the REV campus and exit the parking lot after completing their team cool down. Coaches will supervise their athletes during this process. SAFETY PROTOCOL - NO LOITERING IN THE PARKING LOT!**

No parents/spectators will be allowed on campus/athletic grounds, and must remain in the Event Parking Lot. Due to safety protocol spectators MUST remain in their vehicles while observing the race.

ATHLETE EXPECTATIONS

- Each athlete must have a face covering (mask / gaiter) **in possession at all times.**
- Athletes must wear face covering at all times including transitioning between warm up , race start, and cool down. Face coverings may only be removed during warm up/race/cool down. Athletes must have face covering on when reporting to the starting line and will be instructed by the race official when to remove it prior to the race start.
- Athletes must come dressed in school uniform. **No changing facilities available.**
- Every athlete must have their own filled water container. **Water will not be provided.**
- Each athlete should have a small athletic bag that contains their water bottle, sweats, etc. This bag will be placed at the Staging Area prior to the start of their race.
- At the conclusion of their race, once the athlete catches their breath they must mask up, collect their belongings from the Staging Area and head to the Cool Down Area.

WARM UP / COOL DOWN AREAS

Separate, designated warm up area and cool down area have been established and will be used independently by each school for a set duration of time.

****No warming up on the course will be allowed on meet day.****

RESTROOMS:

The **only** available restroom facility for participants is located at the top of the stairs by the Varsity Baseball Field. Custodial Staff will be sanitizing after each use.

ATHLETIC TRAINERS:

The CBL has two ATC Athletic Trainers working the REV Meet.

- (1) located at the Start/Finish area.
- (1) located at the upper North/East corner of Colton Ave.
- Injury ice will be available.

MEDIA / VIP: Media representatives wishing to cover the event must have appropriate lanyard credentials and will be health screened at the Opal Ave. parking lot. MASKS required. The Opal Ave. parking lot is reserved for Athletic Directors, Media, and School Administrators only.

Race Schedule	School/Team	Campus Arrival	Warmup Area	Cool Down Area Departure
7:30	Citrus Valley (Boys)	6:55	7:10	8:40
7:55	Citrus Valley (Girls)			
8:20	Beaumont (Boys)	7:45	8:00	9:30
8:45	Beaumont (Girls)			
9:10	Yucaipa (Boys)	8:35	8:50	10:20
9:35	Yucaipa (Girls)			
10:00	Redlands (Boys)	9:25	9:40	11:10
10:25	Redlands (Girls)			
10:50	REV (Boys)	10:15	10:30	Course Breakdown
11:15	REV (Girls)			