



2020 Cross Country Calendar

Last Updated:
August 7, 2020, 8:00 AM

All Schools:

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|-----------------------|---|
| August 17 | <u>1A Through 4A Schools</u> May start Interschool Competition |
| September 7 | <u>5A & 6A Schools</u> May start Interschool Competition |
| October 31 | District Certification Deadline |
| November 9,10 | Regional Meets |
| November 23-24 | State Meet |

Deadlines for filing entry forms to appropriate director:

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|-------------------|---|
| District: | 5 days prior to district meet |
| Regionals: | Immediately following district meet. Please review regional director's specified deadline. |
| State: | Regional results will be sent to the state office by the regional director. The school does not send an entry form or fees to the UIL office. |

- Invitational Meets may have no more than **8** total schools and only one level of competitors (Var/JV/9th) on site at a given time. A school could bring a girls and boys team, but they would need to be the same level. **NOTE: (1) There can be up to 10 athletes (per gender) per each of the 8 teams. (2) There may also be an additional 2 schools added to the 8 schools allowed if those 2 schools have no more than 3 runners.**
- District Meets may only have one level of competitors participating on site at a given time. District Meets will continue to follow the normal entry limit of 7 (+3 alternates). Example: if Varsity Boys/Girls are running, JV would not be allowed on site until the varsity athletes have left. **District Meets may exceed the 8 school limit if their district has more than 8 schools.**
- Additional information concerning Regional and State Meets can be found below.

2020 Cross Country Post Season Structure

District meets shall be held in districts with more than three teams and/or ten individuals entered. Each school may enter seven boys and seven girls to a district meet. **A minimum of five athletes shall constitute a team entry.**

- A maximum of the top **TWO** teams and top ten individuals shall qualify from district to regionals.
- A maximum of the top **THREE** teams and top ten individuals, **not on a qualifying team**, shall qualify from regionals to state. Each school qualifying a team may enter seven boys and/or seven girls to the regional or state meet.
- Only the teams and individuals qualifying through the district and regional meet are eligible to advance to the state meet. Teams qualify as a school and substitution of team members are allowed. Regional and state meet directors must be notified of any substitutions.
- District meet directors will certify results to the regional meet director.
- Regional meet information will be provided from a link on the UIL website. Each meet director may require specific electronic files or online entry procedures. Entry fees may apply to participation.
- Regional results will be certified to the UIL Office by the regional meet director for State. Entry fees do not apply for state meet participation.

District Meets

Deadline – **OCTOBER 31, 2020** – Last date allowed for district competitions. Site/race schedule/fees to be determined by the District Executive Committee. District Meets may only have one level of competitors participating on site at a given time. District Meets will continue to follow the normal entry limit of 7 (+3 alternates). Example: if Varsity Boys/Girls are running, JV would not be allowed on site until the varsity athletes have left. District Meets may exceed the 8 school limit if their district has more than 8 schools.

Regional Meets

Date – **November 9-10, 2020** (Regional Meets will have 3 conferences run on Monday & three conferences run on Tuesday)

Regional sites and a list of directors may be found on the UIL website (<http://www.uiltexas.org/cross-country/regional-sites>). The regional director will declare the time schedule and entry fees. NOTE: Regional sites will have their own safety protocols for their meet.

State Meet

Date – **Monday, November 23, 2020, & Tuesday, November 24, 2020**

Site – Old Settlers' Park at Palm Valley, 3300 Palm Valley Blvd., Round Rock, Texas

Race Schedule:

Monday, November 23rd: 1A, 3A, & 5A; Times TBD **Tuesday, November 24:** 2A, 4A, & 6A; Times TBD

Qualifiers

- The regional director will certify the names of the qualifying participants and the schools to the UIL office immediately following the regional meet.
- Coaches are not required to submit entries to the UIL office. For scratches or substitutions, please fill out the forms on the UIL website:
 - Team Substitutions: <https://www.uiltexas.org/machform/view.php?id=311305>
 - Individual Scratch: <https://www.uiltexas.org/machform/view.php?id=311841>
- State entries do not require a fee.
- Meet information is available on UIL website at www.uiltexas.org/cross-country/state.



2020 UIL Cross Country Season Update & Considerations

General Operational Guidelines

TEA requires all school systems to develop a plan for mitigating COVID-19 spread in schools. UIL guidelines *require* schools to include UIL activities for the 2020-2021 school year as part of this plan and carefully plan for mitigating risk of spread as students and staff participate in them. Schools must post these plans on the homepage of the school website or other easily accessible area of the school website. These plans do not require UIL or TEA approval. All 2020-2021 UIL COVID-19 Risk Mitigation Guidelines can be found at • [Risk Mitigation](#)

Face Coverings- Executive Order GA-29

[Executive Order GA-29](#), regarding face coverings, applies to all UIL activities effective July 3, 2020. This includes the 2020-2021 school year. As the public health situation changes, and/or if subsequent Executive Orders are issued by Governor Greg Abbott, these guidelines may be further modified.

1. For the purposes of this document, face coverings include non-medical grade disposable face masks, cloth face coverings (over the nose and mouth), or full-face shields to protect eyes, nose, and mouth.
2. All employees, parents, visitors and students ten years of age or older must wear face coverings or face shields upon entry to an area where UIL activities are being conducted and when not actively practicing or playing in the contest, unless an exception listed below applies.
3. The face coverings requirements do not apply to a school in a county that meets the requirements of paragraph 11 of [Executive Order GA-29](#), unless the local school system chooses to implement these requirements locally. Even in these circumstances, the wearing of face coverings or face shields is strongly encouraged.

Exceptions to the wearing of face coverings or face shields include:

- a. Any person with a medical condition or disability that prevents wearing a face covering;
- b. While a person is consuming food or drink;
- c. While the person is in a swimming pool, lake, or similar body of water.
- d. When a congregating group of persons maintains at least 6 feet of social distancing; or
- e. Any other reason or circumstance indicated under [Executive Order GA-29](#).

***Competitive drills involving one or more students on offense against one or more students on defense may be conducted. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.**

Required Screening

Required Screening before attending or participating in activities:

If staff have not been screened by the school for purposes of participating in instructional activities, schools must implement these screening protocols before allowing staff to participate in UIL activities.

1. Schools must require staff to self-screen for COVID-19 symptoms before participating in UIL activities or entering areas where UIL activities are being conducted. Symptoms are listed at the end of this document. The self-screening should include staff taking their own temperature. Staff must report to the school if they themselves have COVID-19 symptoms or are lab-confirmed with COVID-19, and, if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, they must report to the school if they have had close contact with an individual who is lab-confirmed with COVID-19, as defined at the end of this document, and, if so, must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. Close contact is defined in this document below.
2. Parents must ensure they do not send a student to participate in UIL activities if the student has COVID-19 symptoms (as listed in this document) or is lab-confirmed with COVID-19 until the below conditions for re-entry are met. School systems may consider screening students for COVID-19 as well. Screening is accomplished by asking questions by phone or other electronic methods and/or in person. The screening questions should also be

asked of a student's parent if that parent will be dropping off or picking up their student from inside areas where UIL activities are being conducted.

3. Before visitors are allowed access to areas where UIL activities are being conducted, school systems must screen all visitors to determine if they themselves have COVID-19 symptoms (as listed in this document) or are lab-confirmed with COVID-19, and if so, they must remain off campus and away from areas where UIL activities are being conducted until they meet the criteria for re-entry as noted below. Additionally, school systems must screen to determine if visitors have had close contact with an individual who is lab-confirmed with COVID-19, and if so they must remain off campus and away from areas where UIL activities are being conducted until the 14-day incubation period has passed. When practical, screening questions could be supplemented with temperature checks of adults.

Remote Learning

Students participating in remote learning offered by their school district, whether synchronous or asynchronous (as defined by TEA), may participate in UIL activities if they meet all other UIL eligibility requirements. Students must be enrolled in remote learning options through the school the student will represent. Schools may develop local policies with additional requirements for participation. You can find more information related to the full-time student rule in Section 406 UIL Constitution and Contest Rules <https://www.uiltexas.org/policy/constitution/general/eligibility>

Academic Eligibility-Credit Requirements

For the 2020-2021 school year, UIL eligibility requirements for the first six weeks of school have been modified to allow a student to be eligible for the first six weeks if they accumulated at least two and a half credits since the start of the 2019-2020 school year. Schools may impose additional requirements. <https://www.uiltexas.org/covid-19-information>

District Executive Committee (DEC) Concerns and Game Schedules

- Schools who cannot play non-district games for COVID-19 related reasons will not be required to forfeit those non-district games. These games will not be reflected in season records.
- The DEC should meet to confirm Fall Sport (FB, VB, Team Tennis, XC) schedules, playoff qualifiers, and safety protocols concerning the 2020-2021 school year.
- The DEC shall arrange a schedule to determine district representatives prior to the posted district certification date.
- The DEC shall determine the place and/or time of district games in case of disagreement between two schools for both the regular season, games postponed due to weather, or disruptions in scheduled games due to COVID-19. The DEC should strongly consider schedules that allow for disruptions and for certifying district representatives in the event games cannot be made up. The DEC should develop policies to address games that cannot be played for reasons related to COVID-19 before district play begins.
- The DEC may consider a district schedule that would allow district play to be completed prior to the District Certification Deadline. This consideration may include playing district contests in place of non-district games and/or building in open dates to account for season disruptions.
- The DEC should prepare policies to address tie-breakers as well as certifying the district representatives in the event of incomplete district seasons.

Practice Regulations

- Summer Activities
Conference 1A-4A
 - Schools may allow students to continue strength and conditioning and sport specific instruction until the first day of instruction, whether in-person or remote, or the first day of in-season activities, whichever is earlier. Students who have not started in-season activities may continue summer workouts until the first day of instruction.
- Conference 5A-6A
 - For football and volleyball, schools may allow students to continue strength and conditioning and sport specific instruction through September 4, 2020, whether or not the instructional school year has started.

- For activities other than football and volleyball, students who have not started in-season activities may continue summer workouts until the first day of instruction.
- Beginning August 3, the time for sport specific activities will increase from sixty minutes per day to two hours per day.
- If the school year begins prior to September 7, 2020, students may continue to engage in sport specific instruction for two hours per day. The time in the athletic period counts as part of that two hour total.
- Offseason Activities During the School Year
 - Athletics periods may not exceed 60 minutes per day, or 300 minutes per week. Local school policy will determine the students who may attend.
 - For the 2020-2021 school year only, students may participate in a maximum of 60 minutes per day of strength and conditioning activities outside the school day. Local school policy will determine the students who may attend.
- In-Season Activities During the School Year
 - Schools may have athletics periods as described above plus a maximum of eight hours of practice outside the school day during the school week.
 - Schools utilizing an instructional model other than a traditional in-person model may hold the athletics period any time during the day. The athletics period is **not** required to be held during normal school hours.
- Individual Sports
 - Conference 1A-4A Schools
 - Meets / tournaments may begin after August 17, 2020.
 - Conference 5A/6A Schools
 - Meets / tournaments may begin after September 7, 2020.

CROSS COUNTRY Specific Protocols

- **Invitational Meets may have no more than 8 total schools and only one level of competitors (Var/JV/9th) on site at a given time. A school could bring a girls and boys team, but they would need to be the same level. NOTE: (1) There can be up to 10 athletes (per gender) per each of the 8 teams. (2) There may also be an additional 2 schools added to the 8 schools allowed if those 2 schools have no more than 3 runners.**
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NFHS Considerations

Note: This is not an exhaustive list and there might be additional steps to help prevent the spread of virus. Even when taking all precautions, there will still be risk of transmitting illnesses. Everyone should stay vigilant about the health of members of their teams. Lastly, the situation with Covid-19 is rapidly changing. These considerations may quickly become outdated. Please keep up with the latest health officials in your state.

General:

- Social distancing of at least 6 feet should be maintained when possible. No hugging, shaking hands, or fist bumps for support/encouragement.
- Recommend that the starting line must have a designated school box that is a minimum of 6ft wide and 18ft deep for all members of the team. There must be a minimum of 6ft between all adjoining school boxes. If individuals are entered in the race, there must be a box that is a minimum of 2ft wide and 18ft deep for each individual or team of individuals if fewer than 5 entries from a school. {For example, a race with 8 teams (12

runners per team) and an additional 14 individual runners will need a starting line that is at least 280ft wide. A race with just 8 teams of 12 runners will only need a starting line that is at least 96ft wide.}

- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
 - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
 - Recommend that competitors must proceed immediately out of the finish chute and to a designated team recovery location near the finish area where each team is socially distanced a minimum of 25ft from other teams. It is recommended that each team has a box location with a minimum of 144 sqft. Once all racers have finished the race, then the teams may return to their camp sites from the recovery boxes if used. Water can be provided by the team's coach or manager at the designated recovery boxes. If recovery boxes are not provided after the finish line, it is recommended that runners immediately be directed back to their team camp location and not to remain near the finish line.
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Recommend that meet hosts must have an area designated for spectators so that the competitors/coaches/officials are always away from the spectators in the venue. Spectators are not allowed near the starting line area/finish line area/team camp area so that those locations maintain social distancing.
- Recommend that there are designated camp locations for all teams that are a minimum of 25 feet apart from other team camps. If hosts allow, buses can be used as a camp location for teams if desired. Clean and disinfect frequently touched surfaces and exercise equipment.
- Recommend that walking the course or cheering along the course by spectators or teams is prohibited to allow all competitors the social distancing space needed. Only officials and coaches of teams competing may be located along the course during competition.
- **Pre and Post Game Ceremony:** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in "pods" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.

Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
 - Pre and Post Meet conferences,
 - Clerking at the start line,
 - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.