



Harold Scott Invite Pioneers Park

Thursday, September 17, 2020



Meet Location...

Pioneers Park
3201 S Coddington Ave
Lincoln, NE 68522

Teams at the Meet...

Red Division - Lincoln High, Lincoln Pius X, Lincoln Southeast, Seward, Elkhorn South, Millard West

Black Division - Lincoln Southwest, Lincoln Northeast, Lincoln East, Kearney, Hastings, Bellevue East

Open Boys - Southeast, East, Pius X, Southwest and **Lincoln High**

What to Bring to the Meet...

Take everything home Wednesday night. Locker rooms will not be open on Thursday. **DO NOT DROP ANYTHING OFF IN THE ATHLETIC OFFICE ON THURSDAY MORNING!!!**

Pack your bag on Wednesday night!!! Check and double-check everything!!!

-Bring your red duffle bag with your reds, uniform, t-shirt, shorts, and a possible change of clothing. You must wear your racing uniform in order to compete.

-Bring a water bottle of some kind, there will not be any cups available.

-If you are bringing spikes, pack them – Ask for help if you need to replace any of the actual metal spikes.

Travel...

Athletes in the first Varsity morning race division need to be at the park by 7:00am. Those in the Open morning race division (racing at 9:30am and 10:15am) need to arrive by 7:45. You must provide your own transportation to the meet.

Athletes in the afternoon division stay in school all day. You need to be at the park by 4:45pm. You must provide your own transportation to the meet.

Weather Forecast...

Thu 17 | Day

76°

10%
 E 8 mph

Mainly sunny. High 76F. Winds E at 5 to 10 mph.

Thu 17 | Night

52°

10%
 SE 7 mph

A mostly clear sky. Low 52F. Winds SE at 5 to 10 mph.

Race Times...

MORNING DIVISION

8:30am Girls Red Division Varsity - Will be called to starting area.

9:00am Boys Red Division Varsity - Will be called to starting area.

9:30am Girls Red Division Open - Will be called to starting area.

10:15am Boys Red Division Open - Will be called to starting area.

AFTERNOON DIVISION

6:15pm Boys Open - Will be called to starting area.

Make sure to get your head wet and take a small drink just before your race. Leave your water bottles at the team camp.

Cool Down After Your Race...

Cooling down is as critical to cross-country and distance running as is warming up. Your muscles need to continue moving, but at a slower pace, to help flush out any lactic acid build-up and prevent joint/muscle stiffness. Cool down 1-mile within 15-20 minutes after your race. Make sure to stretch – If there is anything on the course that would be helpful for your teammates to know, share it.

Following Cool Down...

MAKE SURE TO RETURN YOUR CHIP TO A COACH. Athletes in the morning division races should pack up and leave the park as soon as possible. You will be given time to go home and shower, clean up, and eat, but then should return to school (A-Day Students: Through Zoom. B-Day Students: In person at LHS.) as soon as possible. Your teachers and coaches will expect you to be back in class. **Do not skip classes over the remainder of the day. Attendance will be checked by the Athletic Office and a report will be sent to your coaches.** Athletes in the afternoon race should help clean up the campsite and then head home with parents.

Awards...

In the Varsity competition medals will be awarded to the first fifteen individual places. Awards will be given for the top ten runners in the open races. These will be handed out at a later date.

SPECTATOR ATTENDANCE RESTRICTIONS

Lincoln Public Schools is working collaboratively with the Lincoln-Lancaster County Health Department to create a Spectator Attendance Plan to ensure safe participation in Athletics & Student Activities. Our goal is to enable families to attend and watch their children perform. We appreciate your cooperation and understanding, and thank you in advance for honoring these parameters.

To help reduce the spread of Covid-19 we ask that all students and families attending events adhere to the following practices and recommendations:

- *Self-screen before attending. If you feel ill, please do not attend.*
- *Wash hands frequently and properly social distance (at least 6ft).*
- *Family groups may sit together in less than the required physical distance, but six feet of distance should exist between groups.*
- *Face coverings will be required to attend any LPS event--both indoors and outside.*

Due to current Covid-19 conditions in the Lincoln area, attendance at LPS-hosted athletic events will be limited. Attendance allowances are dictated by the capacity of the competition/performance venue.

- *The LPS Attendance Plan limits spectators to immediate family members of those students participating in/performing at that specific event. Immediate family is defined as "all members living in the household," and will--in addition--include grandparents.*
- *Immediate family attendance applies to all sports and venues at this time.*
- *Family attendance allowances at this time will be limited to 4 spectators per student participant/performer at all venues - exceptions to this rule will be at LNS and LSW high school football fields based on capacity limitation therefore only 2 per spectators per student participant/performer will be allowed.*
- *If Covid-19 conditions in our community improve (based on LLCHD parameters) and it is feasible to increase attendance in the future we will communicate those changes to the public at that time.*

You Are In Control...

Pioneers is our home course and we know what it looks like. We know the areas of the course where we can use the hills to our benefit and we know the areas where we will need to stay mentally focused. Use your teammates and support one another. Find your running buddies and run as a pack. Stay under control during the first mile and move up as the race goes on. Many individuals will take off too fast, so run your race and use all of the race to your advantage. Temperatures are supposed to be very nice for running, so if we run smart we will be successful. We all ran very well on Friday at Kearney, and everyone that raced set a season PR, but there is still a ton of room for improvement. Think about the adjustments you can make to have a strong finish. Make sure to continue to hydrate this week all the way up to the beginning of the race. As this is the largest race you will run this season as a team, every place that you can move up matters in the last 400 meters. This race is another step in the process of getting better and achieving our goals.



GO LINKS!!!