

# His & Her Track and Field Invitational

## Penfield High School

May 8, 2021

### COVID Information Sheet

1. Penfield High School and the Greater Rochester Officials Association welcome you to this year's His and Her Track and Field Invitational. Listed below are protocols that must be followed in order to run a safe meet. The cooperation of the coaches and athletes will be appreciated.
2. Please check your athletes for any fevers prior to coming to the meet. At the scorers table, we will have a sign in sheet for coaches to sign verifying the athletes have been checked and approved to participate.
3. Masks need to be worn at all times when not competing. We will create areas on the outside of the track for teams to set up, allowing for proper social distancing. Tents without sides are allowed.
4. Athletes in the field events must wear their masks. In the running events mask must be worn until the athlete may no longer tolerate it, per NYS Health Department.
5. To streamline runners getting their hip numbers, we will be using a self-serve system, similar to indoor track. Numbers will be inside the storage building on the garage door end of the building. Have the athlete look up their event, heat, and hip number, and then pick up what they need. Hip numbers are NOT needed in the field events.
6. To help prevent crowding at the start, we will be using lane starts for the 800m. Athletes will run the first turn in lanes, then break for the pole on the back stretch.
7. Water will not be turned on at the track, so athletes need to bring their own water or energy drinks. There will be no concession stands at the meet. If there is an emergency and an athlete does not bring water, we will have a limited amount of water for hydration purposes.
8. Rest rooms will be available under the storage building, opposite the turf field.
9. Hand sanitizer will be spread around the track and field areas.
10. We regret that we CAN NOT allow spectators to this meet. It will be screened on-line at

[https://www.youtube.com/channel/UCAtAVvS8Dxbd\\_b1\\_lu2L\\_NQ](https://www.youtube.com/channel/UCAtAVvS8Dxbd_b1_lu2L_NQ)

or go to rschool :

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1:00pm

Track & Field: Boys Varsity Invitational



NO SPECTATORS ALLOWED

vs. Multiple Schools.. @ Penfield High School

Track

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