

**PVC 2020 Covid Schedule**  
**(Updated 9/21/20 9:20 AM)**

**Pods**

<b>Bangor Central Area</b>	<b>Central</b>	<b>Aroostook County</b>	<b>Acadia</b>	<b>Down East</b>
Hermon (L) (H)	Foxcroft Acad. (M) (H)	Caribou HS	Ellsworth HS (M) (H)	Wash. Acad. (S)
John Bapst (L)	Dexter (M)	Presque Isle	MDI (L)	Calais (M)
Old Town (M) (H)	Lee Acad. (S)	Houlton	Bucksport (S) (H)	Machias (S)
Bangor Chrit. (S)	Schenck HS (S) (H?)		D-I Stonington (S)	Narra. HS (S)
Bangor (L) (H)	Central (S) (H)	Will Schedule own based on timing available	GSA (S)	Shead
Orono (L)			Searsport (S) (H)	
Brewer (L) (H)				
H.A. (L) (H)				
Brewer Timing - can really only accommodate two sites on a day at a time. A Thurs., Fri, Sat race date should be considered. Large Team Size (S), Medium Team (M), Small Team (S), Host Site (H)				

Week of Sept 24-26

Dual or tri meets up to about 85 runners. Varsity scores are tabulated. Starts are up to host school

<b>Date</b>	<b>Host</b>	<b>Attending</b>
Thur. Sept. 24 <sup>th</sup>	Hermon	JB, OT, BC, Orono
	Foxcroft Acad. (maybe move to Sat)	Dexter, Central, LA, Schenck
Fri. Sept. 25 <sup>th</sup>	Searsport	MDI, DIS
	Ellsworth	Bucksport, GSA
	Narra (date and location and own timing)	Calais, Machias, WA, Shead
Sat. Sept. 26 <sup>th</sup>	Foxcroft Acad. (maybe move to Sat)	Dexter, Central, LA, Schenck
<b>SAT Day</b>	Bangor	Brewer, H.A.

Week of Oct 1-3

**HOST SCHOOLS ARE RESPONSIBLE FOR COMMUNICATING THE FORMAT AND NEED FOR EACH MEET TO SCHOOLS ATTENDING. MEET FORMAT, TIMES, COST, REGULATIONS, ETC.**

Varsity meets only (top 7 runners). Meets would have 5 schools (7 girls + 7 boys + 2 coaches) for a total of about 80 individuals. Varsity scores are tabulated.

Date	Host	Attending
Fri. Oct. 2	WA	Calais, Machias, Narra, Searsport, DIS, Shead
	Brewer	BC, JB, Hermon
	Central	Dexter, LA, Schenck, FA.
Sat. Oct. 3 <b>SAT Day</b>	Festival of Champs	MDI, Bangor, Belfast, Brewer, Bucksport, ELL, GSA, HA, OT, Orono

Week of Oct 8-10

Dual or tri meets up to about 85 runners. Every runner on a team competes. Varsity scores are tabulated.

Date	Host	Attending
Thur. Oct. 8 <sup>th</sup>	LA	FA, Dexter, LA, Central, Schenck
Fri. Oct. 9 <sup>th</sup>	HA	Hermon, JB, Brewer
	Searsport	GSA, Bucksport
Sat. Oct 10 <sup>th</sup>	? (date and location and own timing)	Calais, Machias, WA, Shead, Narra
<b>This is a change</b>	OT	Bangor, Orono, BC
	Ellsworth	MDI, DIS

Week of Oct 15-17

Varsity meets only (top 7 runners). Meets would have 5 schools (7 girls + 7 boys + 2 coaches) for a total of about 80 individuals. Varsity scores are tabulated.

Date	Host	Attending
Thur. Oct. 15 <sup>th</sup>	? (date and location and own timing)	Calais, Machias, WA, Shead, Narra
Fri. Oct. 16 <sup>th</sup>	FA	Dexter, LA, Schenck, Central
	Bangor	OT, JB, HA
Sat. Oct. 17 <sup>th</sup>	Hermon	Orono, Brewer, BC
	Bucksport	ELL, MDI, DIS, GSA, Searsport

Week of Oct 22-24

**HOST SCHOOLS ARE RESPONSIBLE FOR COMMUNICATING THE FORMAT AND NEED FOR EACH MEET TO SCHOOLS ATTENDING. MEET FORMAT, TIMES, COST, REGULATIONS, ETC.**

JV Championship week. No varsity meets. If the last few runners on your “top 7” are very slow (would likely not place in the top 10 in the JV meet) they could run in the JV meet. Coaches should not run a true varsity athlete down into the JV meet.

<b>Date</b>	<b>Host</b>	<b>Attending</b>
Thur. Oct. 22 <sup>nd</sup> (maybe move to Sat. 24 <sup>th</sup> )	Searsport	DIS, GSA, Bucksport, MDI, ELL
	Central ? Dexter?	FA, Dexter, LA, Schenck
Fri. Oct. 23 <sup>rd</sup>	Bangor	Hermon, JB, BC
	HA	OT, Orono, Brewer
Sat. Oct. 24 <sup>th</sup>	? (date and location and own timing)	Calais, Machias, WA, Shead, Narra

### October 31

Northern Maine Regional at Belfast

### November 7

State Meet at Belfast

### **(Additional JV Races could be scheduled at points throughout the week)**

Note: This schedule has 3 meets for the JV runners and 5 meets for the varsity runners (plus states if they qualify).

More Explanation below –

#### Option 1:

- Staggard/interval starts that have your ranked runners in different heats –
  - Rank your top 5 runners (both genders)
  - 1’s run at a set start
  - 2’s run at a set start
  - 3’s run at a set start
  - So on...
- Move onto runners rank 5 – 10
  - Same structure as above
- Once ranked runner heats have completed, we move to team-based waves for the rest of the runners.
  - Ex.
    - Wave 1 – Orono
    - Once complete, Wave 2 – Hermon
    - Once complete, Wave 3 – Old Town

#### Option 2:

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- Wave starts that are team based – racers race the clock – teams wave start is depended on the course being clear to run.
- Ex.
  - Wave 1 – Orono
  - Once complete, Wave 2 – Hermon
  - Once complete, Wave 3 – Old Town

#### Cross Country – More Options and Information

- 1) If the number of runners is small enough so that you only need to run 1 race per gender, then coaches can enter their athletes' rosters like they have always done in the past, sending a roster or entries using Team Manager.
- 2) If the number of runners in a race is too large for one race in a gender, then we will do wave starts. This complicates the entry process. Here are the choices.
  - a) Schools would enter your athletes with a time. We can then do waves determined by time. An explanation of how that works is described below.
  - b) Host schools can do waves by affiliation (team). One whole team would start, then the next would start a predetermined time later. So if there was 4 teams in a meet, you would do 4 waves, Or perhaps if you have enough room on the starting line for a couple of small teams, they could start together.
    - b.i) Example: Bangor has 22 boys and they start in the first wave. Hampden has 16 boys they start in the second wave. John Bapst and Searsport have a total of 10 boys and they start in the 3<sup>rd</sup> wave. Teams would enter your roster as usual and we would seed them randomly, like we always do. Print out the order and decide how many will be in each wave. This is a would be a little difficult to get kids in the correct wave, it could work, but probably not a good option.
- 3) Assigning Bibs.
  - a) Meet Director could assign them by time. So the fastest seed time would get number 1, etc... That will make it somewhat difficult for the meet directors making packets. However, it would be great for the athletes because we would be able to say specifically which number were in each wave. 1-20 wave 1, 21-40 wave 2, etc...
  - b) For b), c) bibs would be assigned like they always are, which would be easy for meet directors making packets, but would be much more difficult for coaches to know which kids are in which wave. Another sheet would have to be circulated with that information.
- 4) Starting line

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- a) The starting line should be set up so individual runners are 6 ft apart. So to determine the numbers of runners you can start at one time; take the length of your starting line and divide by 6.
  - a.i) For ex. If you have 150 ft you can start 25 runners. If you have more runners than that in your race then you will either need a bigger starting line or more than 1 starting group. If you are doing wave starts, you will need to put marks on the ground 6 feet behind the starting line where the 2<sup>nd</sup> wave will stand. Once the first wave starts, the second wave will move up to the starting line and they will be started from a predetermined time (like 30 seconds later)
- 5) Let's take each of the ways to run a meet.
  - a) Seeded Start -More difficult for meet management, getting each athlete with the correct bib. Great for the athletes. They would be running competitive races and from a social distance perspective probably the best scenario. They would be together at the start, but in small meets like this, they would spread out quite quickly and run in very small packs or alone.
  - b) Team Start - Easy for Meet management. Easy for the start. Runners would start with their teammates whom they have been practicing with for weeks. But during the race athletes would be catching up and passing slower athletes, so not as safe during the race.

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