***Onate High School Virtual XC Meet***

***October 31st thru November 7th***



**Host Virtual School:** Onate High School

**Contact Contact Info:** David Nunez dnunez@lcps.net

**Date:** October 31, 2020 through November 7, 2020

**Meet Guidelines:** All team time trials **MUST** be run in compliance and accordance to ALL the Governors, NMAA and your local school district COVID guidelines and policies to be official.

**Place:** Anywhere you can find a safe dirt/grass 1 mile dirt/grass “Loop Course”

**Meet Race Instructions:** Athletes should run a 3 x 1 mile "Loop Course" -- meaning the start and finish are at the same location to equalize any elevation gain or loss. You will have 7 days to complete and submit your team times starting on October 31, 2020 and ending on November 7th.

**Entries/Results to Virtual Meet:**  We will use runnercard for you to record your times. Varsity will only be allowed to enter 7 with OPEN unlimited. You will enter the name and the time they ran at their time trial under their mark in runnercard sign up. Similar to the way we enter our track entries but only this time is what they ran in your loop course time trial. http://runnercard.com

**Runnercard Entries/Results CODE:** CXC2020 (all caps)

Please be accurate with your times and distance! Due November 7 by 8 PM.

**Results:** I will export names and times from runnercard into my Hytek program for individual and team scoring results.