



2021 High Desert Cross Country

With guidance from the Bend-LaPine District Office and guidelines given to us by the State of Oregon, below is what the 2021 middle school cross country will look like.

#1 Goal – Be Safe, Learn, & Have Fun!!!

Season Design:

- Athletes will attend practice Monday, Tuesday, Thursday, Friday. No practice at school on Wednesdays, but athletes will be asked to do something on their own.
- Practice Time – 4:15-5:30. Athlete pick-up time will be 5:30.
- Transportation will NOT be provided by the district on days athletes are not in-school.
- Practice will be organized with social distancing and all safety precautions a top priority.
- Cross Country is open to 6th, 7th, and 8th graders.

Track Calendar:

- April 5th-9th – Practice
- April 12th-16th – Practice
- April 19th-23rd – Inter-Squad Meet
- April 26th-30th – 1st Meet
- May 3rd-7th – 2nd Meet

Upcoming Important Dates:

- Sign-Ups for cross country will run from Wednesday, March 10th through Friday, April 2nd.
- Season will start Monday, April 5th and run through Friday, May 7th.

Participation Requirements:

- All athletes will need to register online with FamilyID for their home school.
- Pay to Play Fee has been waived for this year.
- All athletes will need to have an updated physical on file with their home school. All 6th graders need an updated physical. All 7th graders need an updated physical with a date

after May 2020. 8th graders only need a physical if they did not get one during their 7th grade year. Please contact your home school if you have questions about physicals.

Additional Information:

- 1) Daily Attendance Requirement – Athletes will report to the outdoor patio area after school to fill out a Google form that asks if they are symptom free. As long as they are symptom free, athletes will then be released to practice.
- 2) NO Transportation to and from practice and meets. Athletes are responsible to arrange their own transportations during the season. Coaches will give specific times on when athletes will need to arrive and be ready to start.
- 3) Meets – We are still working through what meets will look like.
- 4) Dressing Down? Athletes will be using the boys' and girls' restrooms to dress down. We will social-distance and limit the number of athletes in the bathroom. Once the athlete is dressed, they will report to the practice area.
- 5) Spectators – Spectators are NOT allowed at practices or meets. Spectators are asked to stay in their cars if they arrive early to pick-up.
- 6) Masks are required. We will have designated areas where athletes will be able to take off their masks if needed.
- 7) Bring your own water bottles.
- 8) Athlete Pick-Up Time: Please be at the school on time for pick-up. Practice will end at 5:30. We will keep you updated if this time changes.