The following protocols are designed to enhance your safety and have been reviewed by the local health department and comply with national, state and local guidelines. As those guidelines change, our protocols may also change. We understand that these times are challenging, and we appreciate everyone’s patience and understanding as we navigate as responsibly as we can. Together, we can find new ways to have fun while being diligent to maintain proper physical distancing. Please be responsible and help us safely implement these requirements to ensure the safety of all involved.

Packet Pick-Up (VA Sports Center)
- Masks will be required by all staff and individuals in packet pick-up.
- 2 people per club will be allowed entry for packet pick-up with a limited number of people allowed in the room at a time (please plan accordingly).
- Social distancing will be encouraged while in line to pick up packets and designated by signage.
- Sanitizing stations will be available at each table and upon entry.

Facility Entrance Requirements
All athletes, coaches, spectators, officials, volunteers and other staff will be denied entry if any of the following applies to them.
- You have had close contact with an individual infected with COVID-19 within the last 14 days.
- You are currently experiencing - or in the past 14 days have experienced - fever, cough, shortness of breath.
- You have had close contact within the last 14 days with an individual suspected of being infected with COVID-19 (including individuals exhibiting COVID-19 symptoms).
- You have traveled to an area that is under a travel advisory by the US State Department.

All athletes, coaches, spectators, officials, volunteers and other staff will be required to wear a mask while in the facility.
Athletes do not have to wear a mask while competing, but can do so if they so choose.
- Social distance will be required as you enter the facility. You must remain at least 10 feet apart.
- Due to facility capacity limitations, once an athlete completes their race or event the athlete and family members/spectators must exit the facility after each session. There will be a continual flow through the Entrance/Exit area.

Athlete Areas & Equipment
- All common areas and equipment, hurdles, and starting blocks will be sanitized.
- Water coolers and water fountains will not be in use so we encourage athletes to bring thie own water bottle.
- Sanitizing stations will be present throughout the facility.
- Athletes will enter the Clerks Areas in groups of 8, and will stand behind one another placed 10 ft. apart with their heat.
- Athletes will remain socially distanced to the best of their ability while being escorted from clerking to the track or starting line.
- Athletes should maintain social distancing in the Warm Up Area.

Spectator Areas
- Spectators, Athletes (while not competing), Officials, Volunteers and other staff will be required to wear a mask at all times.
Capacity limitations will be enforced in the spectator stands, with sections of the bleachers marked off to promote social distancing. Capacity will also be enforced in the coaches stands and athlete warmup area.

**Field Event Competition**
- Check in 30 minutes before scheduled event. Flights will consist of 12-18 athletes at a time. Athletes that do not make the finals will be required to leave the competition area.
- Top 8 athletes will go to the Contactless Awards Area.

**Running Event Competition**
- Time Finals (TF): Runners will compete in their event; Top 8 will go to Contactless Awards Area.
- Semi-Finals (SF): Runners will compete and leave the track at the end of the race.
- Finals (F): Runners will run their race and be sent to the Contactless Awards Area.

**Contactless Awards Area**
- Competitors will come pick up their medals at the designated area ([Click Here to View Stadium Map](#)).
- Individual photo opportunities will be available in a socially distanced set-up.
- Athletes and their families will be required to leave the area after medals are received and photos taken.

**Required Safety Measures:**
- Wear a mask or face covering.
- Wash your hands often.
- Avoid close contact and stay **at least 10ft.** from other people.
- Cover coughs and sneezes.