

## Woodbridge Cross Country Classic “Tramples the Virus” Virtual Race Information

Due to current out of control fires burning in all of the Western States, especially California, Oregon and Washington, the **Woodbridge Classic “Trample the Virus” Virtual Race** has been extended until October 2 and 3, 2020. The fire evacuations, unhealthy air quality and the tragedy of lives lost and property damage have presented huge problems for the coaches and athletes to be able to run the virtual race and deal with all that is going on at this time. Additionally, many athletes have not able to meet with their coach. We hope that by October 2, all these barriers will be removed.

**So,**

- 1. Team and athlete registration will remain open until Friday, October 2, 2020**
- 2. The Virtual Race can take place anytime between Saturday, September 12 and Friday, October 2**
- 3. The Race results/times can be submitted anytime from Saturday, September 12 and Friday, October 2 at Noon**
- 4. Those unaffected by the fires, or reside in states that allow the Cross Country season to take place at this time, have two options**
  - a. Use the time from one of your cross country races (3.0 miles) or use the virtual race you have already completed.
  - b. Get in some additional training or preparation and use the extended window to schedule the virtual race closer to October 2.

**Remember,**

1. Easiest way to register is:
  - a. Give each athlete the Athletic.net Team or Club team Code and tell them what race you want them to race in.
  - b. Athlete then downloads the Athletic.net App and register themselves for the team:  
<https://www.athletic.net/CrossCountry/meet/170240/register>
2. If you, as the coach, want to register your whole team (a bit more complicated) then...
  - a. Build your team roster (add anyone that is not listed on your current athletic.net roster).
  - b. Invite each athlete on your updated roster to participate in the event.
  - c. When your athletes accept the invitation to participate in the virtual race, then add them to the different races.

The race is 3.0 miles (12 laps + 30 yds on a 400 meter track) in flats. If a track is not available, then run the race on a flat road or dirt trail. **No spikes allowed in California cross country.**

### **Event Particulars**

#### **A. Awards:**

1. Even though the awards are not a high priority for staging the event, we will make available the following keepsakes: T-Shirts to the first 10,000 participants that register for the event (designed on top of this note), medals to the top 100 for each of the 48 scoring races, 7 patches to each of the top 6 teams in each of the 48 races.

## B. Race

1. The races must take place between Saturday, September 12 and Friday, October 2, 2020 noon. The coach decides what day (during the meet week) fits best in the team's training schedule. The individual race results must be reported by Friday, October 2 at Noon.
2. We recommend that the races be run under cool weather conditions (the weather at the real Classic) and the coach runs each squad separately. So, varsity boys run in their own race, etc. We feel that running all the frosh boys together, for example, could be a good "dress-rehearsal" of what happens in a real invitational.
3. If the virus protocols prohibit group runs, then the coach starts the fastest runner first and then the remaining runners at a certain time interval later. If the coach cannot have in-person contact with the athletes, then the athletes race on their own.

## C. Results:

1. Individual results will be reported by the athletes to Athletic.net and will be posted live immediately on Athletic.net as they are received from the individuals. The deadline for reporting the results will be Friday, October 2, at Noon.
2. Team and final individual results for each race will be posted online at [www.gvarvas.com](http://www.gvarvas.com). To create as real as possible a Woodbridge Classic, we will post the team and overall results for each race at the meet scheduled time for that race. For example, the Boys Sweeps race results will be released/posted at 9:54pm on Saturday the 3rd.

## D. Entry Fee:

1. The entry fee will be \$10.00 for each participant. The fee is paid when the athletes register on Athletic.net.
2. This fee entitles the first 10,000 entrants to a meet T-Shirt (designed specifically for the Virtual race). Additionally, each participant will have the opportunity to earn an individual medal (top 100 times in each race) and 7 team patches (top 6 teams in each race) for their team.

## E. Athlete Registration:

1. Participants will register on their own with Athletic.net. The coach can also register the athletes on the athletic school account. The school must have an Athletic.net account (free to set up).
2. Registration deadline is October 2, 2020 at Noon.

## F. Divisions:

1. **White:** School total enrollment between 1 and 799. Varsity A (1-500), Varsity B (501 – 799)
2. **Red:** School enrollment between 800 and 1599. Varsity A (800-1199), Varsity B (1200 – 1599)
3. **Gold:** School enrollment between 1600 and 2499. Varsity A (1600-2050), Varsity B (2051 – 2499)
4. **Blue:** School enrollment of 2500 +. Varsity A (2500 -3000), Varsity B (3001 +)

**G. Races available and Race Schedule:**

1. <http://gvarvas.com/meet-schedule/>

We hope that you will find value in this event for your team and athletes. Please accept our request to have your team's results included in these National rankings. Encourage every member of your team to participate. As always, we thank you for considering our event.