**Covid 19 Protocol for the McGill Cross Country Meet: Sat Sept 18, 2021**

Distance: Women 4km, Men 6km

Each team will have to submit a list of team members and all team personnel for contact tracing should it be needed.

Sanitation measures will be in place with hand sanitizers and face masks available.

Start time: Women 12:00

Start time: Men 12:45

Teams competing will be universities only from the RSEQ and 3 teams from the OUA (Ottawa, Carleton, Queen’s).

Each team will be asked to set-up in a designated area which will be marked by barriers.

All runners, coaches and other team personnel must be fully vaccinated and have their QR code scanned or show proof of vaccination if they are from the OUA, upon arrival at the venue.

The runners will be separated by a minimum of 1meter prior to the start of the race and will be summoned to the starting line 30 seconds before the start of the race.

On the course all volunteers will wear masks while giving direction to the runners.

No awards will be given after the event and all results will be posted online.

After crossing the finish line all runners will be given a mask and will be required to stay at least 2meters apart until their breathing is under control and back to their normal rate. They will only be allowed to socialize with their teammates.

Teams will enter the park from Duluth and Park Avenue and from Avenue Des Pins Ouest.

With the Montreal Alouettes playing at 19hrs the same day, athletes participating in the event will use the McConnel Arena toilet facilities. Volunteers will be stationed at the arena to direct the flow of the runners in and out of the toilets.

It is mandatory that all runners including coaches, therapists and other team officials be double vaccinated to compete in or be present at the McGill cross country race.