

All-Comers Quarantine Classic

a virtual meet hosted by Bethlehem T&F

Saturday, April 18th, 2020

Gather up your middle/distance teammates for a fun way to compete against other athletes in the Capital Region this spring. Coaches or a team captain will collect either a Strava screen-shot or a photo of one's GPS watch as "proof" of performance to erase any doubt.

Coaches/captains must discourage athletes from gathering together and running at the same time. No one should be running on the grounds of a HS track. This is not only against district policies but can result in discrepancies in the GPS watch measurement. **Anyone found to be running together with another athlete will result in a disqualification.** *Take social distancing seriously!*

All performances must be completed on April 18th

EVENTS: **4x Half-Mile (top four team members)**
 1 Mile
 2 Miles

Legal GPS Distances

(0.49-0.51 miles)
(0.99-1.01 miles)
(1.99-2.01 miles)

Deadline for entries: Email arickert@bethlehemschools.org by Friday, April 17th

- HS Coaches or a team captain should email Coach Rickert to express your intent to participate and will receive a copy of the official "results sheet" **to return by 11:59pm on Saturday, April 18th.**
- All team members must be current students and members of the track team at the school you currently attend. Again, this is done on the honor system.
- Each school can enter an unlimited number of gender-specific four-person teams. The top two (2) four-person scoring teams from each school will be used for scoring purposes:
 1. Each person on the four-person team **must** run a half-mile. The compiled time will be scored as a "4xHalf-Mile relay."
 2. Everyone on the team **must also run either** a mile or two-mile.
 3. Scores will be top eight in the three events: 10-8-6-5-4-3-2-1
 4. Anyone competing outside the designated teams will still appear on overall results.
 5. If a team has less than four runners competing, those individuals must still run a half-mile and one of the other distance events in order to score in the meet.
- GPS distances must be within .01 miles to be "legal" (i.e.; 0.98 is not okay but 0.99 is alright).
- The segment must be reasonably level ground. No downhill segments please!
- Complete results will be posted by **Monday, April 20th** with team scores.

Share photos of your performances on Instagram by using the hashtag #quarantineclassic and tagging us @bethlehemruns