

## Cross Country Spectator Guidelines

1. Spectators should stay in designated zones. We kindly ask that you refrain from visiting athletes at team camp and stay back from the finish line.
2. You will not have access to public bathrooms. Please plan accordingly.
4. Limit the "following" of runners. Again, look for designated spectator zones.
5. Maintain 6 feet social distancing from other spectators and runners.
6. Have a mask with you. Although not required, we do ask that you are considerate of other spectators and runners and if you are unable to remain 6 feet from them, please have a mask on.
7. Cheer loud and support everyone.