**MASKS MUST BE WORN AT ALL TIMES, INCLUDING DURING COMPETITION!**

**COVID-19 Information and Protocols**

Please note that all information regarding our COVID-19 protocols may change at any time, as more information becomes available.

Facility Information

All athletes, student chaperones, and staff must enter through The Armory’s main entrance on Fort Washington Avenue.

You will be denied entry if any of the following exists:

* You have experienced, or are currently experiencing, a fever, cough, or shortness of breath within the last 14 days.
* You have had close contact with an individual infected or suspected infection with COVID-19 within the last 14 days.

Once you have passed the screening in the lobby, you should proceed to the fourth floor and sit in the stands. Each team will be assigned a certain section to sit in. Athletes and Coaches must remain in that section unless they have been called to check-in for their event.

* Everyone must wear a mask at all times inside the facility.
* Everyone must socially distance themselves and keep six (6) feet away from others inside the facility.
* All stairways and walkways will be unidirectional. Please strictly adhere to signs and arena maps that will be provided in each packet.

Hand sanitizers are available throughout the facility.

All spectators/coaches will be required to sit in the 4th floor bleachers and not within six (6) feet from other chaperones and competitors.

**Running Event Information**

There will be no warming up inside The Armory. All warming up should take place across the street from The Armory entrance at the Haven pedestrian plaza or outside on the sidewalk. You may go back outside to warm up. Please have your bib on prior to going outside - that will be your ticket to get back in the building.

Clerking for all running events will be done on the apron outside the track along the first turn (underneath the Virginia C. Fields Scoreboard).

All athletes should not enter the clerking area until called for their event, about fifteen (15) minutes before their scheduled event. Please respect the one-directional signage and use the appropriate staircases to go down. Athletes will enter the clerking area by the New Balance store and will line up by heat in the clerking area. ATHLETES NEED COME DRESSED TO COMPETE AND MAY NOT BRING ANY BAGS WITH THEM TO THE 3RD FLOOR TRACK AREA!

Because all events will be seeded prior to competition, every athlete should remember what heat and what lane they will be in.

All running events will be FAT timed.

Starting blocks will be allowed only for the 55m and 555HH Final. No outside starting blocks will be allowed into the facility.

Infield races (55m and 55m hurdles) will be contested with an athlete in every other lane. While one heat is on the line, the next heat will wait at the top of the oval, another heat will do strides on the backstretch, and another heat will do strides on the homestretch.

Oval races will have athletes starting and finishing at different ends of the track. They will be seeded so that no one starting from the different starting lines should be passed while competing.

Competitors will enter the track at the staircase on the first turn of the track in the clerking area and go to their lanes at their respective starting line. They can do a stride to get to the start.

**ALL ATHLETES NEED TO WEAR THEIR MASKS AT ALL TIMES IN THE ARENA, INCLUDING COMPETITION!**

Competitors that finish at the first turn will step off the track near the timing room and walk toward the door near the clerking area to exit. Competitors that finish at the far turn will exit the track by going down the new staircase near the throwing cage.

Absolutely no spitting, nose blowing or other similar action will be permitted in any capacity including in or around garbage cans within the facility.

**Field Event Information**

Athletes should remain in the stands until their event/flight is called.

Athletes will enter the throwing cage using the northeastern staircase at the back of the 4th floor. Athletes in the throws events may bring their gear to the track level.

Jumpers will enter the arena by using the northeastern staircase at the back of the 4th floor. Athletes should walk along the wall on the final straightaway and cross the track to the long jump pits when it is safe. Jumpers may bring their gear and place it at one of the markings in the infield.

Field events will be given an abbreviated warm-up period, but competitors should report to their event warmed up and ready to compete.

Implements will be weighed during check in.

Athletes are encouraged to bring their own implements.

All athletes must retrieve their implement after each attempt.

All common implements will be sanitized between each attempt.