

2020 WDA Schedule Draft

Meets will be limited to six teams at one time (each gender counts as a team)

Race Weeks

Week # 1

Sat. August 22nd – Heen/Ihmels Meet – Municipal Golf Course – 10:00am

V Girls	5000 m	Dickinson, Minot, Watford City, Williston	10:00 AM
JV Girls	4000 m	Dickinson, Minot, Watford City, Williston	10:30 AM
V Boys	5000 m	Dickinson, Minot, Watford City, Williston	11:00 AM
JV Boys	4000 m	Dickinson, Minot, Watford City, Williston	11:30 AM

Sat. August 22nd – Orriginals Meet – Parkhurst Recreation Area – 11:00am,

V Girls	5000 m	Jamestown, Bismarck, Century, Legacy, Mandan	11:00 AM
JV Girls	4000 m	Jamestown, Bismarck, Century, Legacy, Mandan	11:30 AM
V Boys	5000 m	Jamestown, Bismarck, Century, Legacy, Mandan	12:00 PM
JV Boys	4000 m	Jamestown, Bismarck, Century, Legacy, Mandan	12:30 PM

Week # 2

Fri. August 28th – BPS Invite - McDowell Dam - 3:00pm

V Boys	5000 m	Jamestown, Williston, Bismarck, WC	3:00 PM
JV Boys	5000 m	Jamestown, Williston, Bismarck, WC	3:30 PM
V Girls	5000 m	Jamestown, Williston, Bismarck, WC	4:00 PM
JV Girls	5000 m	Jamestown, Williston, Bismarck, WC	4:30 PM

Fri. August 28th – Rusty Bucket – McDowell Dam – 6:00pm

V Boys	5000 m	Century, Mandan, Legacy, Dickinson	6:00 PM
JV Boys	5000 m	Century, Mandan, Legacy, Dickinson	6:30 PM
V Girls	5000 m	Century, Mandan, Legacy, Dickinson	7:00 PM
JV Girls	5000 m	Century, Mandan, Legacy, Dickinson	7:30 PM

Week # 3

Fri. September 4th – Mandan Kiwanis – Municipal Golf Course – 11:00am

JV Girls	5000 m	Jamestown, Bismarck, Mandan, Dickinson	11:00 A M
V Girls	5000 m	Jamestown, Bismarck, Mandan, Dickinson	11:30 AM
JV Boys	5000 m	Jamestown, Bismarck, Mandan, Dickinson	12:00 PM
V Boys	5000 m	Jamestown, Bismarck, Mandan, Dickinson	12:30 PM
JV Girls	5000 m	Legacy, Century, WC, Williston, Minot	1:30 PM
V Girls	5000 m	Legacy, Century, WC, Williston, Minot	2:00 PM
JV Boys	5000 m	Legacy, Century, WC, Williston, Minot	2:30 PM
V Boys	5000 m	Legacy, Century, WC, Williston, Minot	3:00 PM

Week # 4**Sat. September 12th – Anderson/Stavn – McDowell Dam – 11:00 AM**

JV Boys	5000 m	Legacy, Bismarck, WC, Mandan, Minot	11:00 AM
V Boys	5000 m	Legacy, Bismarck, WC, Mandan, Minot	11:30 AM
JV Girls	5000 m	Legacy, Bismarck, WC, Mandan, Minot	12:00 PM
V Girls	5000 m	Legacy, Bismarck, WC, Mandan, Minot	12:30 PM
JV Boys	5000 m	Jamestown, Century, Dickinson, Williston	1:30 PM
V Boys	5000 m	Jamestown, Century, Dickinson, Williston	2:00 PM
JV Girls	5000 m	Jamestown, Century, Dickinson, Williston	2:30 PM
V Girls	5000 m	Jamestown, Century, Dickinson, Williston	3:00 PM

Week # 5**Fri. September 18th – Becki Wells – Heart River Golf Course – 10:00am CT**

V Girls	5000 m	Bismarck, Williston, WC, Dickinson	10:00 AM CT
JV Girls	5000 m	Bismarck, Williston, WC, Dickinson	10:30 AM CT
V Boys	5000 m	Bismarck, Williston, WC, Dickinson	11:00 AM CT
JV Boys	5000 m	Bismarck, Williston, WC, Dickinson	11:30 AM CT
V Girls	5000 m	Legacy, Mandan, Minot	12:30 PM CT
JV Girls	5000 m	Legacy, Mandan, Minot	1:00 PM CT
V Boys	5000 m	Century, Legacy, Mandan, Minot	1:30 PM CT
JV Boys	5000 m	Century, Legacy, Mandan, Minot	2:00 PM CT

Week # 6**Sat. September 26 – Jamestown Meet – Parkhurst Recreation Area – 1:00pm**

V Boys	5000 m	Mandan, Jamestown, Bismarck	10:00 AM
JV Boys	5000 m	Mandan, Jamestown, Bismarck	10:30 AM
V Girls	5000 m	Century, Mandan, Jamestown, Bismarck	11:00 AM
JV Girls	5000 m	Century, Mandan, Jamestown, Bismarck	11:30 AM
V Boys	5000 m	Dickinson, Williston, Legacy, WC	1:30 PM
JV Boys	5000 m	Dickinson, Williston, Legacy, WC	2:00 PM
V Girls	5000 m	Dickinson, Williston, Legacy, WC	2:30 PM
JV Girls	5000 m	Dickinson, Williston, Legacy, WC	3:00 PM

Week # 7**Sat. October 3rd – Minot Meet – Souris Valley Golf Course – 11:00am**

JV Girls	5000 m	Bismarck, Legacy, Mandan, Minot, WC, Williston	11:00 AM
V Girls	5000 m	Bismarck, Legacy, Mandan, Minot, WC, Williston	11:30 AM
JV Boys	5000 m	Bismarck, Legacy, Mandan, Minot, WC, Williston	12:00 PM
V Boys	5000 m	Bismarck, Legacy, Mandan, Minot, WC, Williston	12:30 PM

Week # 8**Sat. October 10th – WDA Bismarck – McDowell Dam**

Teams: All WDA Teams

COVID-19 Safety Guidelines

1. Be certain that everyone on your team is feeling well and healthy that day.
2. Make it clear to parents and fans to only come to the meet if they are feeling well and healthy.
3. Limit the number of fans and parents to 2 per athlete.
4. Team camps will be well spread out in facilities. Each team will have a designated spot.
5. Teams must provide their own water to their athletes.
6. Masks need to be worn to the restroom and wherever social distancing cannot be maintained.
7. Each team will arrive an hour before the start of their race and they will leave after their cool down.
8. Proper social distancing and sanitizing will be practiced by officials and timers.
9. Spectators must avoid high traffic areas such as team camps, starting line and finish line.
10. No athletes at start line until announcement of "5 minutes until start time"
11. Teams will each be assigned a box number. Please stay in your box area, don't mingle with other teams.
12. Leave sweats, water bottles, etc., back at camp. Athletes should be completely ready to run when they get to the start line.
13. No gate fees will be charged to fans
14. No team fees will be charged for meets.