

Chicago Speed Track Club has created a SAFE opportunity for high school athletes to continue to compete and stay connected to the sport. Although nothing compares to getting on the track with your teammates and rivals, we hope to provide an opportunity to keep you focused and fit as meets across the state continue to cancel.

Any athlete or coach can use the code "meetofchampions2020" to redeem THREE (3) FREE Months of UA MapMyRun's MVP account status.



COMPETE

Bring your A-game in any of the three events between July 6th - 20th. You can run as many of these events as you'd like. Simply record your run on UA MapMyRun.

Event Option 1: 1/2 Mile Event Option 2: 1 Mile Event Option 3: 2 Mile

These performances will be tracked via Map My Run and submitted via the Virtual Illinois Meet of Champions submission page Awards: The top Male and Female athletes for each race distance will receive a FREE entry into the Illinois Meet of Championships Meet.

OFFICIAL RULES & REGULATIONS FOR IL MOC VIRTUAL MEET OF CHAMPIONS

- 1) All athletes must submit their performance for one or more virtual events.
- 2) All athletes must run a flat surface, no net downhills.
- 3) All athletes must run their race as fast as you can without stopping. This means once the athlete has initiated their run, they may not pause their tracking device (watch, phone, etc) midrace. Athletes must complete the full distance before stopping the clock.
- 4) All individual races must be tracked through Under Armour MapMyRun to ensure accuracy and consistency in data. For help in using UA MapMyRun or linking your GPS device (phone or watch) to UA MMR, check out UA MapMyRun support <u>HERE</u>, or email dpjd26@gmail.com.
- 5) All athletes must submit a link to their race, recorded with Under Armour MapMyRun, on the official Virtual Illinois Meet of Champions submission page site at www.districttrackclub.com/virtual-meet. For assistance, participants can email dpjd26@gmail.com.
- 6) Results MUST be submitted the same day as the event from 7am 6pm EST to be eligible.
- 7) Athletes can submit as many attempts as they like within the submission period. The athlete's results must be clean with no recording errors, glitches or "bad data."
- 8) All athletes must perform all races individually in order to comply with CDC, state, and local health precautions in the wake of the COVID-19 pandemic.

Chicago Speed Track Club recommends that all athletes comply with updated health guidelines as determined by the CDC, State, and local government agencies. For this event, it is required that all performances be done individually and athletes must NOT meetingroups. Failure to comply will result in disqualification.

For questions and support email dpjd26@gmail.com