



RAMS TRACK CLUB CROSS COUNTRY

Begins: **September 29, 2020**

Practice: Tuesday, Thursday and Friday

Cranford Memorial Field

Myrtle Avenue
Cranford, NJ

6:30 pm – 7:30 pm

Cross Country Fee: \$25.00

Meet Fee : \$10.00 per meet

USATF membership: \$25.00

Cash app \$ramstrack

Paypal – paypal.me/ramstrack

OCTOBER

10/11/20 NJ Strider Youth Development Cross Country – Mahwah, NJ

10/25/20 NJ Strider Youth Development Cross Country – Mahwah, NJ

Additional information contact:

Coach Dave Wilson 908-644-9324

Coach Michael Watson 917-309-4431

Email: roselleyouthtrack@gmail.com

STOP THE SPREAD Individuals, including coaches, players and families should stay home if they have tested positive for or are showing Covid – 19 symptoms or have recently had close contact with a person with Covid -19. **NO CONTACT** We discourage unnecessary physical contact, such as high fives, handshakes, fist bumps or hugs. **TEMPERATURE CHECK** We will test everyone's temperature at the gate. Anyone who is at 100.4 degrees or higher must leave immediately for the safety of all. **MASKING OF FACE EVERYONE** on site; athletes, parent, guardian, coaches, officials, must wear a mask at all times except athletes during their race. **Social Distancing of at least 6 feet expected.**

Spectators limited to 1 family member of athletes competing

Roselle Rams Youth Track Club * 579B Raritan Road #312 * Roselle, NJ 07203

Visit us on the web @www.roselle.youthtrack.com

Ms. Carla (908) 884.6348