



OSSAA Cross Country Weather Protocol (Regional/State)

1. Rain

- Once a race has started, it will continue unless lightning is detected within 10 miles.
- A race may be delayed depending on the intensity of the rain. This decision will be made by meet officials.

2. Lightning Within 10 Miles

Race is stopped immediately.

1. Runners, athletes, participants, and workers move into designated safe areas.
2. Fans and spectators evacuate the stadium and seek shelter in their vehicles.
3. Teams that have not yet unloaded should remain on their buses until the "all clear" is given.
4. An automatic 30-minute delay will be enforced any time lightning is detected within 10 miles. The OSSAA will use on-site weather monitoring systems.
5. If a runner has completed the race before the stoppage, their place will be recorded in the order of finish. All other runners will re-race after the delay (officials will determine the appropriate rest period before restarting).
6. The latest possible race start time is 6:30 PM.

3. Awards

- In the event of rain, the awards ceremony may be relocated under the home bleachers or to another designated sheltered area determined by the host site.