

## BFA Fairfax Relays Tuesday 10/7/2014

**Please note new format!**

**3:30 – 3:45** *Costume parade and Judging*

**3:50 Middle School Race:** one mass start for both genders; standard format 2.5k race;

**4:15 Relay Start:** mass start for all teams

**Course:** 2.5k loop of 1/2 flat, 1/2 rolling terrain in woods and pastures; great spectating!

**Format:** mass start for all scored in four formats

- \* 4-person same sex team with each person running (1) 2.5k leg
- \* 4-person mixed gender teams with each person running (1) 2.5k leg
- \* 2-person same sex teams with each person running alternate legs (1,3 and 2,4)
- \* 2-person mixed gender teams with each person running alternate legs (1,3 and 2,4)

**Awards:** Baked-goods prizes for 1<sup>st</sup> 2<sup>nd</sup>, 3<sup>rd</sup> place finishers in middle school event and 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams in the following categories:

- \* Men 2-person
- \* Men 4-person
- \* Women 2-person
- \* Women 4-person
- \* Mixed gender two-person
- \* Mixed gender 4-person

**CostumeAwards!!! 3 Best Costumes MS Boys, Girls. 10 Best HS Costumed Teams**

**Concessions: homemade soups, sandwiches, pizza, baked goods, hot/cold drinks!**

### **Race Information**

- School buses will let off athletes and be directed to parking
- Access to locker rooms/bathrooms through the side door closest to the parking lot
- Maps and Race Information and late registration at Race Headquarters in the dugout next to baseball backstop
- Coaches are responsible for split times of their runners.
- Awards for races will be held twice: immediately after the finish of the middle school race at the Finish Line and very soon after the high school relay race at the Finish Line

**Course Tours:** The course is a well-marked 2.5K that runs in a counter-clockwise direction; maps are provided

**Registration:** *Please* pre-register if possible; send MS lineups and HS relay teams with names to: [fgriffin@fwsu.org](mailto:fgriffin@fwsu.org)

