

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 1st, 2nd, 3rd place finishers in middle school event and 1st, 2nd, and 3rd 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

Costume Awards!!! 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

