

# 10<sup>th</sup> Baltimore County Cross Country Relay Championships

Past Co-ed Relays Champions: 2013 – Hereford; 2014-2017 – Dulaney

## **Meet Information –**

Date: Saturday, September 8, 2018

Location: Towson High School

*Concessions will be available.*

## **Schedule of Events –**

8:00am -Coursewalks (Relay and Open Courses are the same as last year)

8:35 -Coaches Meeting

9:00 -Co-Ed Relay Race

9:45 -Boys Open Race (5K)

10:15 -Girls Open Race (5K)

## **Race Descriptions –**

### **Co-Ed Relay Race (9:00am)**

Teams will be co-ed and will consist of one (1) boy and one (1) girl per team. Each team member will run twice around a 1.5 mile loop, alternating girl (start), boy, girl, boy (finish). Each school may enter up to five (5) teams, of which the first three (3) across the finish line will score, with the 4<sup>th</sup> and 5<sup>th</sup> teams (if entered) acting as displacers. Modified scoring will not be used – schools entering less than three teams will not be included in team scoring, but all finishing teams will be timed. Scoring ties between complete teams will be resolved by comparing the 4<sup>th</sup> relay team across the line from the tied schools with the lower finishing school prevailing. In the event that only one of the tied schools has a 4<sup>th</sup> relay team, that school shall prevail.

**NOTE:** We will utilize a 20 meter exchange zone **and batons will be used!** The outgoing runner must receive the baton from the incoming runner while the baton is completely in the exchange zone. **You must bring one baton for each relay team entered.**

This is a championship race. All NFHS XC rules will be enforced.

### **Open Races (Boys at 9:45 and Girls at 10:15)**

These races will be run on our new 5K home course. All athletes not participating in the Relay Race are invited to run. All runners will be assigned a bib number and will receive an official time. Please advise your athletes to keep moving through the finish chute and tear the bottom portion of their bibs and hand them to the official at the end of the chute.

This is a non-scoring race, but official results for all finishers will be posted

**Note: An athlete may not participate in both the Relay Race and the Open Race.**

## **Entries THIS IS A CHANGE**

**Entries for all races must be completed on MileSplit MD by midnight Wednesday Sept 5th. Here is a link to the meet registration page: <http://md.milesplit.com/meets/326679/info#.W37TMM5KiM8> Enter all divisions (Boys Open, Girls Open, Boys Co-ed Relay, and Girls Co-ed Relay). You may enter up to five (5) co-ed relay teams (one girl + one boy = one relay team). Unlimited entries in the Open Races. We have plenty of numbers, so go ahead and enter everyone on your roster who might run that day in one of the three races. We can switch runners between the Relay and Open Races on race day if needed if the athletes are entered in the meet.**

Questions about the meet? email Gil Stange at [gstange@bcps.org](mailto:gstange@bcps.org)

Questions about registration? email Eric Benjamin at [ebenjamin@bcps.org](mailto:ebenjamin@bcps.org)