



Oakfield-Alabama Dash in the Dark XC Relays “FREAKS COME OUT AT NIGHT”

Dash in the Dark is a cross country relay race run at night under the lights. The race will be run on a spectator friendly course on a grass surface. A relay team consists of 3 runners who will each run a 3200 meter leg. Join us and kick off the 2013 XC season in style.

When: Friday, September 6th

Where: Oakfield-Alabama Middle-High School located at 7001 Lewiston Rd. Oakfield, NY 14125, 6 miles west of Batavia, 45 minutes from Downtown Rochester & Buffalo.

Course: The course is a fast, flat, grassy, 1600 meter loop around the school grounds. Each leg will run two loops. The course will be safe and well lit. We will be using the lights from our football stadium along with rented light towers.

Format: Teams consist of 3 runners. Each school can enter 3 teams (A, B, and C) in the Gold race (fastest race) and unlimited teams in the Blue race (D, E, F, etc.). Your top runners should run in the Gold race and cannot run in the Blue race. Any additional runners on your team can compete in the Blue race by running the first leg to receive a time for the 3200m distance.

Entry: \$150 per school or \$75 for a single team (only Girls or only Boys). Send or email entry form by **Monday, August 26th, 2013**. Please email your Excel spreadsheet file listing the runners for each relay team by **Tuesday, September 3rd, 2013** to pbeuler@oahornets.org. If you need to change a runner on the day of the meet, you may do so. However, the names in the computer will not reflect that change.

Timing: Chip timing and results will be done by YellowJacket racing.

Schedule: (Races may be added if needed)

6:00 PM: Girls Blue Race
7:05 PM: Boys Blue Race
8:10 PM: Girls Gold Race
9:05 PM: Boys Gold Race

YELLOWJACKET
Racing

Awards: Custom T-Shirts will be awarded to the winning small and large school relay teams in the Gold Race. Medals to the top ten fastest split times, both girls and boys. Winning relay in the Blue Race will also receive awards.

Concession Stand: We will have Dash in the Dark T-shirts, food, drink, and snacks for sale.