



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 2015 XC season in style.

When: Friday, September 11th

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 **Tuesday, September 1st**. Online entries for your relay teams are due by **Tuesday, September 8th**. 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)

5:00 PM: 1600 Meter OPEN RACE (No HS athletes, for coaches and parents)

6:00 PM: Girls Blue Race

7:15 PM: Boys Blue Race

8:20 PM: Girls Gold Race

9:15 PM: Boys Gold Race

YELLOWJACKET
Racing

Awards: Teams will be split up into divisions depending on school size. Medals to the top ten fastest split times, both girls and boys, for both divisions. Trophies for top three teams in both divisions for the Gold Race. Top three teams in the Blue Race, for both divisions and genders will also receive awards.

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

