



Oakfield-Alabama-Elba 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 2019 XC season in style.

When: Friday, September 6th

Where: Oakfield-Alabama Middle-High School located at 7001 Lewiston Road Oakfield, NY 14125, 6 miles north 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, starting and ending inside the football stadium. 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 as an individual by running the first leg to receive a time for the 3200m distance.

Entry Process: \$150 per school or \$75 for a single team (only Girls or only Boys).

A. **Intent to Participate Form:** Please e-mail or mail to Oakfield-Alabama by **Friday, August 23rd.**

Mailing Address: Oakfield-Alabama Middle-High School
C/O Coach Peter Beuler
7001 Lewiston Road
Oakfield, New York 14125

E-Mail Address: pbeuler@oahornets.org

B. **Online Entries:** **Monday, September 2nd by 9:00 PM**

**Online Registration will be conducted on RunSignUp.
Instructions of how to enter your relays will be provided on Saturday, August 24th.**

****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

7:15 PM: Boys Blue Race

8:20 PM: Girls Gold Race

9:20 PM: Mascot 100 Meter Dash

9:25 PM: Boys Gold Race

-Bonfire again this year mid-way through Boys Gold Race to when the results are ready.

Awards: Teams will be split up into two divisions depending on school size.

- ★ Medals to the top ten fastest individual times, both girls and boys, for both divisions.
- ★ Team trophies for top three teams in both divisions in the Gold Races.
- ★ Team awards for top three teams in the Blue Race, for both divisions and genders.

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

Questions: Contact Peter Beuler, Oakfield-Alabama-Elba Varsity Head Coach
-E-mail: pbeuler@oahornets.org
-Cell Phone: (585) 409-5119