



2013 KNIGHT NIGHT XC RELAYS

The Preston High Cross Country team would like to invite you to the 7th Annual Knight Night XC Relays. The **Knight Night XC Relays** is a relay style cross country race modeled after the Brentsville Night Relays in Brentsville, VA. The event will be staged at dusk / dark and the course will be lit by the lights of Knights Stadium, the Preston Baseball Field, and the Dr. John Trenton Track & Field facility. In addition, supplemental lighting will be provided by tiki torches, glow sticks, fire trucks, and diesel light towers.

Four member teams will be racing approximately 1.5 miles each. Schools may run unlimited number of teams. Incomplete teams can run as many legs of the relay as they have available. For instance if a school has nine runners, they can run two teams of four and the one remaining athlete can run the first leg of the race.

The course is a modified loop and will start and finish inside Knight's Stadium. Athletes will run the majority of the first mile of the existing course (including Hayfield Hills) before heading back towards the stadium. Runners will then travel in a counter clockwise around the football field before handing off to the next runner. Split times will be recorded for each athlete.

When: Saturday, August 24, 2013

Where: The **Knight Night XC Relays** will take place at Preston High School in Kingwood, WV.

Tentative Schedule:

6:30 p.m.	-	Middle School Girls Relay Race
7:30 p.m.	-	Middle School Boys Relay Race
8:03 p.m.	-	Sunset
8:30 p.m.	-	High School Girls Relay Race
9:15 p.m.	-	High School Boys Relay Race

Awards: The top three relay teams in each division will receive trophies.

Concessions: Hot and cold concessions will be available as well as the official **Knight Night XC Relays** T-shirt.

Entry Fee: The entry fee will be \$10 per relay team. Individual runners not part of a full team will not be charged. For the high school and middle school races, make checks payable to **Preston High Cross Country**. The admission fee for all spectators is \$5.00.

Entry Method: Due to the relay format of the event, coaches will be provided a Microsoft Excel template that will be emailed back to us.

Deadline: If your school is interested in competing in the **Knight Night XC Relays**, please fill out the online entry form on our website as soon as possible. Entries must be emailed by 3:30 p.m. on Monday, August 19th, 2013.

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