



KNR INSTRUCTIONS

Welcome to the Knight Night Relays. Construction of the new Preston Memorial Hospital has our course a little less than ideal, but we hope you bear with us. With the addition of the baseball field lights, the course is brighter than ever.

1. The golden rule of the KNR is to keep your runners in the proper order. If you need to change a relay, be sure to see Paul Sines A.S.A.P. We will only allow athletes with the proper bib number / letter to start their leg of the race. Be sure that runners of the same relay team stay together (ex. 62A, 62B, 62C, 62D).
2. At the beginning of the race, the only runners allowed on the football field are those with the letter A. All other athletes will need to warm-up in the softball field. After the “A” runners take off, an announcement will be made for the “B” runners to enter the football field. This process will be repeated for the “C” and “D” runners.
3. Every race will be started with fireworks. Athletes are reminded that they start when they hear the “pop / explosion.” We will also let off fireworks as the leading team enters the stadium.
4. Coaches, athletes, and members of the media are the only ones allowed on the football field. Please remind parents to stay in the bleachers.
5. The top three relay teams in each race will receive trophies.
6. We will attempt to get relay splits for each athlete.

7. Results will be available in a timely manner and sent to runwv.com and tristaterunnur.com .