



2017 KNIGHT NIGHT RELAYS

CROSS COUNTRY FESTIVAL

MIDDLE SCHOOL – Friday, August 25th

HIGH SCHOOL – Saturday, August 26th

In an effort to give both the middle school and high school athletes the opportunity to run under the lights and experience the full effect of the Knight Night Relays XC Festival, we have decided to run the races on two different nights. The middle school race will occur on Friday, August 25th and the high school race will be held on Saturday, August 26th.

Both events 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: Friday, August 25th and Saturday, August 26th, 2017

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

Tentative Schedule:

8:00 p.m.	-	Sunset
8:15 p.m.	-	High School / Middle School Girls Relay Race
9:15 p.m.	-	High School / Middle School Boys Relay Race

Awards: The top three relay teams in each division will receive trophies. In the high school division, we will have separate awards for AAA and AA-A.

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

Entry Fee: The entry fee will be \$15 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 contact Coach Paul Martin at one of the methods listed below. A limited number of teams will be accepted. Entries must be emailed by 3:30 p.m. on Monday, August 21st, 2017.

Preston High School
400 Knight Drive
Kingwood, WV 26537
c/o Coach Paul Martin

Work Phone (304) 329-0400 ext. 365
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