

2023 Hedgesville Cross Country Relays

Date: Saturday August 19, 2023

Location: Hedgesville High School Track/Soccer Complex

Race Start Times:

- 9:30am – Coaches Meeting at Track Finish line
- 10:00am – **4 x Mile Relay** (4 runners per relay team, each running 1609m)
- 11:00am – **3 x 3000m Relay** (3 runners per relay team, each running 3000m)
- For both races, Boys will start first with Girls starting 2 minutes after

School Entry Fee:

- \$40.00 per School (both Boys & Girls teams) or \$25.00 for just Boys or just Girls; unlimited individual runners and relay teams per school entry fee.
 - If you are running less than 5 runners, it is just \$5 per runner
- Fee is due no later than the Coaches Meeting on Saturday 8/19/2023
- Check Payable To: Hedgesville High School
- For mailed checks, send entry fee to:
William Humbert
Hedgesville High School
109 Ridge Road N
Hedgesville, WV 25427

Relay Teams/Individual Runners:

- Schools may enter any number of full relay teams in each event.
 - Runners may run both races, but may not run more than 1 leg of each relay race.
- School may also enter any number of individual runners in each event.
 - Individual runners will start with the first leg runners.
 - Individual runners cannot be part of a relay team of the same event.
- Coaches should email relay team and individual runner names to humbert.william@k12.wv.us by noon on Friday 8/18/2023
 - Any changes to entries can be made at the Coaches Meeting.

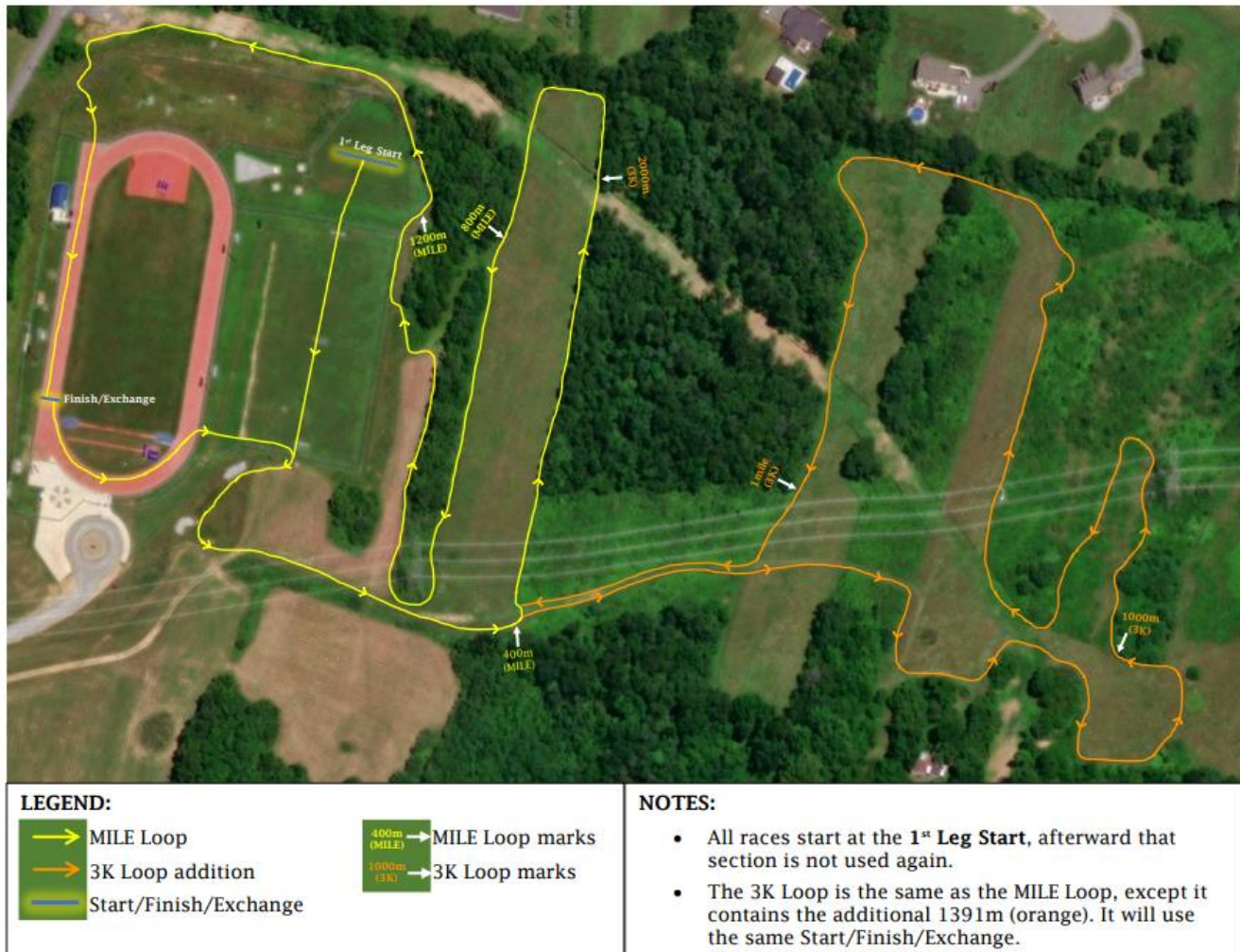
Event Details:

- Both Mile and 3000m courses are the same, with an added 1391m loop for the 3000m course. Start, exchange, and finish are the same for both races.
- Every 400m of the Mile and 1000m of the 3K will be marked.
- The Start line for the first leg will be in the Shot Put & Discus area to accommodate the higher congestion of runners. The first leg differs only in the first 155m, after which it joins the normal course.
- The Finish line will be the Finish line on the Track.
 - Those finishing (individual runners & last leg of relays) will finish in lanes 5-8, while exchanges will occur in lanes 1-4.
- The Exchange Zone will be the 4x400m/800m exchange zone on the Track.
- Batons will be used by all relay teams.
 - School should bring their own Batons.

Awards:

- Awards will be handed out after results are finalized.
- Medals will be awarded to the top Boy and top Girl relay team in each race.
- Ribbons will be awarded to the 2nd and 3rd place Boys and Girls relay teams in each race.
- Ribbons will be awarded to the top 5 Boy and top 5 Girl individual runners in each race.

The course map below is preliminary. Minor changes might need to be made to the course this year, but these are still TBD. If any changes are made, a new course map will be sent out via email.



Relay Records:

- Boys 4 x Mile - **21:17** Jefferson (J. Gottlieb, K. de Nobel, H. Kester, D. Foglesong) 2021
- Girls 4 x Mile - **26:10** Spring Mills (C. Wilson, C. Coale, C. Ferguson, F. Bush) 2021
- Boys 3 x 3000m - **33:48** Jefferson (K. de Nobel, C. Morel, D. Foglesong) 2021
- Girls 3 x 3000m - **40:41** Jefferson (L. Parkers, C. Burkhardt, H. Phillips) 2022