

2021 Spring Cross Country Relays

Season Duration: March 22 - May 1 (*5ish weeks with Easter break in the mix.*)

Meet Dates: Saturday, April 17; Saturday, April 24; Saturday, May 1

Venues: Seacrest Park (based on availability)

Format: Medley Relays (on a xc course)

Time: 1pm Sprint Medley, 1:30pm Distance Medley

Awards: Ribbons (top 3 teams at each meet), Ribbons (top 10 in the Mile run)

Volunteers: Pius X track team

Relay Format (1st and 2nd meet):

- * **teams of 6 runners** of 7th & 8th grade boys and 7th & 8th grade girls
- * schools may have an A team, a B team, and a C team if there are enough runners
- * **sprint medley relay** (1 mile) and **distance medley relay** (2 mile) at each meet
 - Sprint medley: ~100m~400m~300m~200m~200m~400m all distances are approximate
 - Distance medley: ~500m~500m~200m~600m~1000m~400m all approximate
- * girls run first followed by boys for each relay
- * athletes may participate in both relays especially if a team is short on runners
- * athletes may run different legs week to week if they so choose

* Last meet (May 1st) format:

- * **1 Mile run** (boys and girls run together but are separated in the results)
- * **1 Sprint Medley relay (coed teams)**
- * **1 Distance Medley relay (coed teams)**
- * **Coed teams must consist of at least 2 boys and 2 girls**