



## SATURDAY 9/1/18

### EAST ROCHESTER XC

# 2 X 4 RELAYS

 (4 RUNNERS, 2 MILES EACH)

**Location:** East Rochester High School  
200 Woodbine Ave.  
East Rochester, NY 14445

**Event:** Teams of 4 runners will run a 1.0-mile course on ER campus handing off to each other until they each run 2 laps, (8 miles total)  
1 mile – hand off, 1 mile - hand off, 1 mile – hand off, 1 mile – hand off : Repeat

**Course:** A 1.0-mile course with two small, yet challenging hills.

**The Races: Relay Teams:**

Girls teams race first then boys:  
Each relay race should take no longer than 90 minutes  
Enter as many 4-person teams as you like.  
Anchor runners will be wearing a pull tag  
Team names encouraged, be creative. i.e.: "Running on Empty"  
Sweat band wrist bands will be provided for hand off batons

**Individual Race:**

**For Incomplete teams (less than 4) and individual runners:**  
Race afterwards for 2 laps = 2 miles.  
Boys and girls run separately: About 25 - 30 minutes per race

**Entries:** Complete attached spreadsheet with:  
School, Relay name, 4 participants, B or G,  
or individual name for Single Race

**Entry Fee:** \$50 per School. **Make Checks payable to:**  
**James Bathgate**  
**Send Entry and Payment to:**  
James Bathgate – ERXC Coach  
19 Kimberly Road  
Pittsford, NY 14534

**Entries and Fees due by Thursday 8/30/2018**

**Awards:** Top 3 relay teams B&G, top 5 in individuals' races B&G

## Race Schedule

8:00 am packet pick up &  
tour course  
9:00 am Girls Relay  
10:30 am Boys Relay  
12:00 pm Girls individuals  
12:30 pm Boys individuals  
1:15 pm awards

Competitive,  
Low Key and  
**FUN!**

EMAIL ENTRIES TO  
[coachbathgate@gmail.com](mailto:coachbathgate@gmail.com)

585-248-9178 (H)

