



7th Annual



Team XC Relays

Friday, Sept 21st 2012

Hosted by Bear River Cross Country - @ 4:00pm Jeanie Stevens Park, Tremonton, UT

- 4:00pm Rookie Boys Race
- 4:25pm JV/Rookie Girls Race (*will place/score separately*)
- 4:50pm JV Boys Race
- 5:15pm Varsity Combine All races on 4K course (grass)
(*Course-mostly flat-some small hills*)

Rookie Races: Open to 1st year high school runners (*rookie girls will run w/JV girls*)

JV Races: Open to any runner not in Rookie or Combine races

Varsity Combine: Co-ed team race consisting of paired runners. Boys will run the course followed by a paired girl. Paired runners will have the same numbered race bib. The girl (anchor leg) starts when the boy (lead-off leg) crosses the transition finish line. The place of the girl crossing the course finish line will determine the “combined” pair’s finish place. Paired runners not on a team are eligible. Teams in varsity race will have 5-7 pairs of runners. Team scoring will be as a regular race. First place trophy will be given to the best (4A-5A) team and to the best (1A-3A) team. Team with the closest time spread will win PACK award. Top 3 fresh, sophs, juniors, & seniors will be recognized with Best of Class awards.

Awards:

- Top 10 Boys/Girls in rookie and JV races: Ribbons (40)
- First place Boys/Girls teams in JV races: Trophies (2)
- First seven pairs in Varsity combine: Medals (14)
- Second seven pairs in combine: Ribbons (14)
- Top large/small team in combine: Trophies (2)
- Best of Class Boys/Girls: Certificates (24)
- PACK award: Plaque (1)

Cost: **\$80 whole team (all races)** **\$25 per race**

Make payable to: **Bear River Cross Country**
1450 South Main - Garland, UT 84312

Contact: Sandy MacSparran Bear River High School
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 (contact for registration info, course map and directions)
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