

Jack n' Jill 8 Mile Cross Country Relay Invitational

4 runners / 2 miles each / amazing fun!!

DATE

Thursday, August 18, 2022 with relay for all teams starting at 5:30

LOCATION

Barr Lake State Park, Nature Center
13401 Picadilly Rd, Brighton, CO 80603

**** Daily Vehicle Pass Required ** \$9 (1 pass included for each school)**

SPONSOR

Brighton High School

DISTANCE

8 Mile Relay with 4x2 Mile Legs

6 Relay Categories--each running a 2 mile course, relay style (2 mile times will be recorded in MileSplit).

- Jack Race (4 boys)
- Jill Race (4 girls)
- Jack n' Jill (2 boys / 2 girls)
- Freshman Jack Race (4 boys)
- Freshman Jill Race (4 girls)
- Freshman Jack n' Jill (2 boys / 2 girls)

SCHEDULE

The time schedule for the meet is as follows:

Packet Pick-Up: 3:30-5:00

All Relays START @ 5:30 pm: For Jack n' Jill Teams, the GIRL starts 1st.

REGISTRATION CONTRACT

<<https://forms.gle/VWeDfWjyTjbyV9FA>>

DEADLINE

Wednesday, August 17th 11:59 pm

Sign up Teams via coMileSplit AND Google Sheets (link below)

IMPORTANT!!

Make a COPY of the [Google Sheet Entry Form](#), Rename it "YOUR SCHOOL NAME"

Submit it to simon@crtiming.com CC: ksmidt@sd27j.net

**It is SUPER IMPORTANT that you run your relay teams in the order that you provide so your athletes receive the correct time in MileSplit. Adjustments can ONLY be made if you have a no-show the day of the race.

COST

\$250 for UNLIMITED Relay Teams OR \$50.00 for EACH Relay Team (Partial or Full)

Please pay your entry fees prior to the Invite day. Teams in good payment standing will receive an Invitation over the summer for the following season.

AWARDS

Awards Ceremony appx 20 min after the final team finishes. Overall Team Awards for each Relay Category + Overall Fastest Leg Male & Female

SCORING

Each Leg will be Electronically Timed.

It is important that you run each athlete in the order in which they are registered
(MileSplit will use their relay leg as a 2 mile time).

TIMER

Colorado Race Timing

CHECK IN

Coach check-in & Relay exchange area will be at the Visitor's Center picnic pavilion.

STATE PARK

All buses need to park in the field marked for overflow parking.

ENTRY & PARKING

Your entry pays for 1 bus entry for your team. Please remind Spectators that they will need to pay the State Park entry fee.

August is Military Appreciation Month: Service members and Veterans may obtain a free Military Pass allowing free entry to any Colorado State park or recreation area during the month of August annually.

TEAM TENTS

Teams may set up tents in the center grass area by the parking lot.

COURSE

The course will be marked with flags and chalked arrows. Landscaping flags will be used to mark the whole of the course--blue flags on your right and red flags on your left--and 6ft directional flags will mark straight-aways and major turns. Intersections will be blocked. The running surface consists of grass, boardwalk, and dirt paths. Maps will be available via email prior to the race.

FACILITIES

Port-o-Potties are available at the park.

Please bring your own team water jugs. Dressing shower facilities will not be available.

MEET DIRECTOR

Coach Karen Smidt 303.621.4540 (cell) or 303.655.4209 (school)