

# ***Jack n' Jill 8 Mile Cross Country Relay Invitational***

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| <b>DATE:</b>                          | Thursday August 19, 2021   |
| <b>LOCATION</b>                       | Barr Lake State Park, Nature Center  |
| <b>SPONSOR</b>                        | Brighton High School   |
| <b>DISTANCE</b>                       | 8 Mile Relay with 4x2 Mile Legs<br>6 Relay Categories--each running a 2 mile course, relay style.<br>Jack Race (4 boys)<br>Jill Race (4 girls)<br>Jack n' Jill (2 boys / 2 girls)<br>Freshman Jack Race (4 boys)<br>Freshman Jill Race (4 girls)<br>Freshman Jack n' Jill (2 boys / 2 girls) |
| <b>SCHEDULE</b>                       | The time schedule for the meet is as follows:<br>Packet Pick-Up: 3:30-5:00<br>All Relays <b>START @ 5:30 pm</b> : For Jack n' Jill Teams, the <b>GIRL</b> starts 1st.  |
| <b>REGISTRATION</b>                   | Google Form < <a href="https://forms.gle/CKYPbRqjmv14qJAd6">https://forms.gle/CKYPbRqjmv14qJAd6</a> ><br>Sign Relay Teams up via coMileSplit <b>NO LATER THAN 11:59 pm<br/>Tuesday, September 17th.</b><br>\$250 for UNLIMITED Relay Teams OR<br>\$50.00 for EACH Relay Team                 |
| <b>AWARDS</b>                         | Awards Ceremony appx 20 min after the final team finishes. Overall Team Award for each Relay Category + Overall Fastest Leg Male & Female  |
| <b>SCORING</b>                        | Each Leg will be Electronically Timed. It is important that you run each athlete in the order in which they were registered (MileSplit will use their relay leg as a 2 mile time).   |
| <b>TIMER</b>                          | Colorado Race Timing   |
| <b>CHECK IN</b>                       | Coach check-in & Relay exchange area will be at the Visitor's Center picnic pavilion.  |
| <b>STATE PARK ENTRY &amp; PARKING</b> | All buses need to park in the field marked for overflow parking.<br>Your entry pays for 1 bus entry for your team. Please remind Team Spectators that they will need to pay the State Park entry fee. August is Military Appreciation Month, so pass the word!                               |
| <b>TEAM TENTS</b>                     | 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 will consist of grass and dirt paths. Maps will be available via email prior to the race.

**FACILITIES**

**Port-o-Potties** are available at the park. No running water. Dressing shower facilities will not be available.

**IMPORTANT**

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.

**MEET  
DIRECTOR**

Coach Karen Smidt 303.621.4540 or 303.655.4209