

SaintPiusX **SUPER CINCO**

CROSS COUNTRY RELAYS

(formally known as the 5-Star XC Relays)

Friday, September 7, 2018 @ St. Pius X High School (Coors & St. Josephs Drive)

Parking: Bus parking is in the North Parking Lot. Fan parking is in main St. Pius parking lot off of St. Joseph's Drive.

Team Camps are in designated area near start/finish. Gym restrooms and porta potties will be available to all. Our **Athletic Trainer and Sports Medicine Team** will be located between the start and finish area.

Course: Two loop, very flat, fast 2.70 mile course through SPX campus. About 150 meters of concrete, but rest is grass and dirt. Start, lap one and finish are at the northwest corner of the large grass soccer fields that border the west side of campus. Teams are welcome to come preview the course on Thursday, September 6 after 3:00 and after 2:00 on race day.

Relay Format: This is a very unique cross country experience, but one that has been well received by all! Each five scoring members of teams will have their OWN RACE. The total combined time for each of the five runners will be added to determine the team winners. Each race winner will receive an award, as will the top 5 individual times for the meet. There are no awards or team scoring kept for the non-varsity races, and coaches will need to time their own runners.

The fun part about this is that it is rare that a #5 (#4, #3...) runner would ever actually win a race, and never have the rest of the team cheering for them. Many team have taken the cheering and spirit levels to a place not seen in many cross country meets with this format. (Just don't pace the runners!)

Schedule: Once the 'relays' start, races will be based on this schedule. We will adjust start times based on the last finishers, but we usually stay fairly close to schedule. The MC will keep the athletes informed of 'calls' for the start of each race. The girls will always start exactly 2 minutes after the boys in each of the #'s races.

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| 4:00 | Non-varsity Boys (all boys except for top 5) | Non-Scoring - time your own |
| 4:25 | Non-varsity Girls (all girls except for top 5) | Non-Scoring - time your own |
| 4:50 | #5 Boys | |
| 4:52 | #5 Girls | |
| 5:15 | #4 Boys | |
| 5:17 | #4 Girls | |
| 5:40 | #3 Boys | |
| 5:42 | #3 Girls | |
| 6:05 | #2 Boys | |
| 6:07 | #2 Girls | |
| 6:30 | #1 Boys | |
| 6:32 | #1 Girls | |

Awards

A '**ceiling time**' of 20:00 (boys) and 23:00 (girls) will be established. Should your runner exceed this time, the clock will 'stop' for them and that is the most your team will be charged for scoring. This means coaches will need to get that time for the runners as the clocks will be reset for the next race. Also, if a team does not have enough (5) runners, they will be charged with the ceiling time. This is to keep everyone in the running, and to keep the meet running!

We ask that each team use return size labels with name and school for each of the varsity runners. The folks at the finish line tent and tabulation tables will do all the work for us. Please give them some 'space' as they have lots of times to add up!

It looks like we continue to grow with this fun meet. Keep spreading the word, as the format can handle quite a few teams. If we get to 30 or more teams we may have to go to a "Next 5 Race" and "The Everyone Else Race" if our non-varsity numbers get too big as it gets a little crowded at start and finish. We would adjust the start times for the Super Cinco Races until after all non-varsity events are concluded, but should still have plenty of daylight.

Let me know if you have any questions or concerns

Jeff Turcotte
Head Coach
St. Pius X High School

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