

Saint Pius X **5-Star XC Relays**

Friday, September 8, 2017 @ St. Pius X HS (Coors & St. Josephs Drive NW)

Parking will be at north parking lot and team camps will be set up on the fields along Coors. Gym will be open for rest rooms, changing and our Athletic Trainer and Sports Medicine students will be at your service.

Course: Two loop, flat, **fast** 2.75 mile course through campus. About 150 meters of concrete sidewalk, but the rest is grass and dirt. Start, Lap One, and finish are all at the northwest corner of the large Coors Fields. Teams are welcome to come preview the course on Thursday, Sept. 8 and it will be ready by 2:00pm on race day. Teams arriving early on race day please be aware that classes are in session until 3:00, but you are welcome to go over the course.

Relay Format: This is a very unique cross country experience! Each scoring member of the team will have their OWN RACE. The total combined time for each of the five runners will be added to determine the team winner. Each race winner will receive an award, as will the top 5 individual times for the meet. **There will be no awards or team scoring for the non-varsity races, and coaches need to time their own runners.**

The **fun** part about this is that it is rare that a #4 (or #5, #3...etc.) runner would ever actually win a race, and never would they have the rest of the team cheering for them!

Schedule: Once the 'relays' start, races will start based on this schedule. We will adjust start times based on last finishers, but should stay fairly close. The MC will keep everyone informed of the 'calls' for the start of each race. **Just know that the girls start exactly 2 minutes after the boys in each of the "#"** 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** for boys and **23:00** for girls will be established. Should your runner exceed this time, those times are the most your team will be charged for scoring. Also, if you do not have enough runners, or a runner cannot finish, the ceiling time will be charged to your team. This is to keep everyone in the running, so to speak.

We ask that each team use return label sized stickers with name and school for each runner. The folks at the finish line tent will do all the work for us. No need to declare who is running what race, and you may switch as you go...but runners who raced in the Non-Varsity race may not compete in a varsity relay race.

Spread the word to other coaches – we'd love to have more in this fun meet.

Jeff Turcotte
Head Coach
St. Pius X High School

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Teams Scheduled: St. Pius X (host), Hobbs (defending boys' champ), Volcano Vista (defending girls' champ), Valencia, Academy, Albuquerque High, Atrisco Heritage, Cibola, Eldorado, La Cueva, Manzano, Rio Grande, Sandia, Valley, Highland, Alamogordo, Roswell, Goddard, Bosque, Los Lunas