



Oakfield-Alabama-Elba

Dash in the Dark XC Relays

“FREAKS COME OUT AT NIGHT”



Dash in the Dark is a cross country relay race run at night under the lights. The race will be run on a spectator friendly course on a grass surface. A relay team consists of 3 runners who will each run a 3200 meter leg. Join us and kick off the 2021 XC season in style.

When: Friday, September 10th

Where: Oakfield-Alabama Middle-High School located at 7001 Lewiston Road Oakfield, NY 14125, 6 miles north of Batavia, 45 minutes from Downtown Rochester & Buffalo.

Course: The course is a fast, flat, grassy, 1600 meter loop around the school grounds. Each leg will run two loops, starting and ending inside the football stadium. The course will be well-marked, safe, and well lit. Runners do not need to walk the course to be able to follow it.

Format: Teams consist of 3 runners. Each school can enter 3 teams (A, B, and C) in the Gold race (fastest race) and unlimited teams in the Blue race (D, E, F, etc.). **Your top runners MUST run in the Gold races and CANNOT run in the Blue races.** Any additional runners on your team can compete in the Blue race as an individual by running the first leg to receive a time for the 3200m distance.

Entry Process: \$150 per school or \$75 for a single team (only Girls or only Boys).

A. **Intent to Participate:** Please e-mail Peter Beuler ASAP or by **Friday, August 27th** the latest.

E-Mail Address: pbeuler@oahornets.org

B. **Online Entries:** **Tuesday, September 7th by 9:00 PM**

Online Registration will be conducted on MileSplit.

Instructions of how to enter your relays will be e-mailed out to coaches.

****If you need to change a runner on the day of the meet, you may do so. However, the names in the computer will not reflect that change.

Timing: FAT timing and results will be done by Leone Timing.

Schedule: (Races may be added if needed)

5:30 PM: Girls Blue Race

6:40 PM: Boys Blue Race

-Mascot 100 Meter Dash Right After Boys Blue Race

7:40 PM: Girls Gold Race

8:40 PM: Boys Gold Race

-Bonfire again this year mid-way through Boys Gold Race.

Awards: Teams will be split up into two divisions depending on school size.

- ★ Medals will be awarded to the fastest individual times.
 - Blue Races: Top 5 in both divisions
 - Gold Races: Top 10 in both divisions
- ★ Team trophies for the top three teams in the Gold Races for both divisions.
- ★ Team awards for the top three teams in the Blue Races for both divisions.

Concession Stand: We will have Dash in the Dark T-shirts, food, drink, and healthy snacks for sale.

Questions: Contact Peter Beuler, Oakfield-Alabama-Elba Varsity Head Coach
-E-mail: pbeuler@oahornets.org
-Cell Phone: (585) 409-5119