



PRESTON CROSS COUNTRY
400 Preston Drive
Kingwood, WV 26537

Paul Martin - Head Boys Coach
Brian Miller - Head Girls Coach
Paul Sines - Assistant Coach

2007 Knight Night XC Relays

The Preston High Cross Country team would like to invite you to the 1st Annual Knight Night XC Relays. The "**Knight Night XC Relays**" is a relay style cross country race modeled after the Brentsville Night Relays in Brentsville, VA. The event will be staged at dusk / dark and the course will be lit by artificial lighting. In addition, a nearly full moon (90 % visible) will also add to the intrigue of the race.

Four member teams will be racing approximately 1.5 miles each. Schools may run unlimited number of teams. Incomplete teams can run as many legs of the relay as they have available. For instance if a school has nine runners, they can run two teams of four and the one remaining athlete can run the first leg of the race.

The course is a modified loop and will begin inside Knight's Stadium. Athletes will run the majority of the first mile of the existing course (including Hayfield Hills) before heading back towards the stadium. Runners will then travel in a counter clockwise around the football field before handing off to the next runner. Split times will be recorded for each athlete.

When: Saturday, August 25, 2007

Where: The **Knight Night XC Relays** will take place at Preston High School in Kingwood, WV.

Tentative Schedule:

6:30 p.m.	-	Middle School Girls Relay Race
7:15 p.m.	-	Middle School Boys Relay Race
8:00 p.m.	-	High School Girls Relay Race
8:01 p.m.	-	Sunset
8:45 p.m.	-	High School Boys Relay Race

* NOTE – If our track facility lights are not installed in time, we will need to modify the schedule. We will notify schools one week in advance of the exact schedule.

Awards: The top three relay teams in each division will receive trophies.

Concessions: Hot and cold concessions will be available as well as the official **Knight Night XC Relays** T-shirt.

Post Race Cook-out: A cook-out will be provided for all athletes and coaches upon completion of the boys relay race. The menu will include hotdogs, fruit, pasta / potato salad, and sports drink.

Entry Fee: The entry fee will be \$10 per relay team. Individual runners not part of a full team will not be charged. For the high school and middle school races, make checks payable to **Preston High Cross Country**.

Entry Method: All schools must enter their athletes using **Hytek's Team Manager Lite**. Faxed or mailed entries will not be accepted. Complete instructions on how to use Team Manger Lite can be found at our website: www.PrestonRun.com .

Deadline: If your school is interested in competing in the **Knight Night XC Relays**, please fill out the online entry form on our website as soon as possible. Electronic entries must be received by 3:30 p.m. on Monday, August 20th, 2007.

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c/o Coach Paul Martin

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