

2003 CHARLOTTE
CROSS COUNTRY RELAY
SATURDAY, August 30,2003

Welcome to this years Charlotte Relay. 2003, offers a high school race as well as a college race. The race(s) are held on McAlpine Park in Charlotte.

Course: All high school athletes will run a 3k relay on the McAlpine course (same 3k course as footlocker South) with the first leg wrapping back around to the start finish line, the 2nd leg runs through the finish line. The college athletes will run the following: women 3k, and men 5k relay.

Entries: Entries are due no later then August 23rd,2003 at Noon. The entry fee is \$25 per gender or \$40 for a men's and women's team. \$10 per individual relay team.

Format: Relay format with each athlete running one leg each "passing" with a hand tag. Each high school or college team is allowed 5 relay teams (10 individuals), top three teams score.

Schedule: High School Women's Race 8: 15am / High School Boys 9am / College Women 9: 45am / 10: 45 College Men's Race

Scoring: Scoring will consist of top three (two person) teams per school

Awards: T-Shirts will be given to the top 5 overall individual teams.

Contact: Brad Herbster 704 687-6314 BJHerbst@email.uncc.edu
We can fax you an entry form or mail one if you are interested.

If you are interested in competing please let us know by Friday August 1,2003 fill out the form below and return it to me via fax 704 687-6949 or email.

School Name: _____

Full Address: _____

_____ **Circle One:** Men / Women / Both teams
Coaches Name: _____ Please Return To:
Charlotte Athletics
Coaches Phone: _____ Attn: Track / Herbster
9201 University City Bl.
Coaches Email: _____ Charlotte, NC 28223
FAX 704 687-6949
Coaches Fax: _____ BJHerbst@email.uncc.edu