

2003 CHARLOTTE
CROSS COUNTRY RELAY
SATURDAY, August 30,2003

Welcome to the Charlotte Relay 2003, this year we offer 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 \$45 for a men's and women's team. \$10 per individual relay team. All high schools running a JV squad that is \$15 extra. All Checks need to be made out to North Mecklenburg High School.

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 / JV HS Race 11:35

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

Awards: T-Shirts will be given to the top 5 overall individual teams (Top 10 individuals on teams)

Contact: Ian Smith North Mecklenburg High School / iansmithnm@yahoo.com

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 your participation, please get this information to us so we can plan properly.

High School Name: _____

Full Address: _____

Circle One: Boys / Girls / Both teams / JV Teams

Coaches Name: _____

Coaches Phone: _____

Coaches Email: _____

Fax# _____