

Heritage Hall XC - 6 Mile Twilight Relay

A Fun + Fast Way to Kick Off the XC Season



Date: Friday, August 22



Start Time: 8:30 PM



Course Opens: 7:00 PM for warm-ups



Heritage Hall Campus – Course lit with luminaries!



Meet Format:

- 3-person teams
- Each runner runs **2 x 1-mile legs** (alternating format)
- Fun, high-energy atmosphere under the lights
- **No better way to start the XC season!**

Extra runners? No problem.

- If you don't have perfect groups of 3, runners may **shadow** a team (unofficial, no awards eligibility)



Awards:

- Medals to top **3 boys teams & 3 girls teams**



Entry Fee:

- \$150 per school (covers boys & girls, unlimited teams)
OR
- \$20 per team of 3 (if not entering a full school team)



How to Enter:

Email Coach John Champney: jchampney@heritagehall.com

Include:

- Confirmation of attendance
- Approximate number of teams of 3 (boys and girls)



Questions? Call or text Coach Champney: 704-968-9678



Limited to 15 schools – first come, first served!