




Heritage Hall XC - 6 Mile Twilight Relay

A Fun + Fast Way to Kick Off the XC Season

 **Date:** Friday, August 14

 **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!**