



2009 KNIGHT NIGHT XC RELAYS

The Preston High Cross Country team would like to invite you to the 3rd 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 the lights of Knights Stadium and the Dr. John Trenton Track & Field facility. In addition, supplemental lighting will be provided by via portable light fixtures, tiki torches, glow sticks, fire trucks, and luminaries.

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 start and finish 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 29, 2009

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
7:54 p.m.	-	Sunset
8:00 p.m.	-	High School Girls Relay Race
8:45 p.m.	-	High School Boys Relay Race
9:30 p.m.	-	College Division

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

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

Post Race Celebration: A live band will provide entertainment for athletes and spectators following the college races.

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**. There will also be an admission fee for spectators of \$4.00 for adults and \$3.00 for students.

Athlete Entry Method: Information will be emailed to the coach of the teams that have registered for the meet on how to send your athlete rosters for each relay two weeks before the meet.

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 24th, 2009.

Preston High School
400 Preston Drive
Kingwood, WV 26537
c/o Coach Paul Martin

Work Phone (304) 329-0400 ext. 365
Mobile Phone (304) 290-3772
Email : prestonrun@gmail.com
Website: www.PrestonRun.com