



Dear Coach(s),

We would like to invite you and your cross-country team to the 12th annual 4 x XC Relay Meet at the Belmont Plateau in Philadelphia on September 8th, 2018. For 2018, we are altering the events to make the Invite even more athlete friendly. Our goal is for all runners, varsity, junior varsity, and freshman involved in the relay. There will be separate divisions that we hope fit different teams' dynamics. The relay is great way to promote team building when athletes are dependent on each other. In many ways, this meet is an ideal way to kick off your 2018 cross country season! Last year a vast array of teams from PA and NJ competed. We would like to add your team to this incredible event.

We are very fortunate to have Bryn Mawr Running Company and our new sponsor Hoka serving as our meet sponsors! We have attempted to make the meet an enjoyable experience for you and your athletes. This meet will include the following:

**XXXXXC
OPEN 5K RACE**

The Open 5k will take runners on **the traditional 5K course** at the Belmont Plateau. Our goal is to grow this race and promote cross country beyond high school competition. For all open race details please visit: <http://www.brynmawrrunningco.com> and click on "Events."



**XXXXXC
RELAY**

Boys and Girls Divisions:

All athletes will compete over the same two mile course, but in a four person relay format that will cover a total of eight thrilling miles. Schools can enter up to 6 teams of four runners in the relay (for larger teams, there will be a \$10 charge for each additional relay team. If a team does not have enough for an additional 4, they can run a shortened relay of 1-3 runners or run in the XXXXC Open 5K.

Course and Schedule:

Upon registration, a baton with a chip will be issued to each relay team competing in the 3 different divisions. The girls' and boys' relay will be 4 X 2 miles run entirely on grass and dirt trails. Both the boys and girls will be racing on the same course at the same time. The girls divisions will start approximately 10 minutes before the boys divisions to avoid the afternoon heat and to add more excitement to the races (Battle of the Sexes, see above). Course maps will be provided on our site and day of the meet.



- 8:45 am COACHES MEETING (Near Start/Finish)
- 9:00am Quad X Open Race 5k- Coaches run free,
- 10:00am Girl Divisions Relay (4 x 2 miles)
- ~10:09am Boy Division Relay (4 x 2 miles)
- 11:30am Awards



Registration, two steps:

Online Registration- Go to PennTrackXc.com <http://pa.milesplit.com> and go to 9/8/2018 to find Quad XC Invite. Enter all of your athletes into their respective relay.

Mail in your Registration:

The entry fee is \$110 dollars per team, or \$185 per school if both girl and boys teams are attending. For teams entering more than 6 relays, each additional relay team is \$10.

Fill out the accompanying entry form below by Wednesday, September 5th, 2018 and please make checks payable to "Bryn Mawr Racing Company" and forward the check with the entry blank to:

Attn: Race Director
828 West Lancaster Ave
Bryn Mawr, PA 19010

Awards:

Hoka prizes will be awarded to the top:

- Top 10 boys and girls' relays will receive prizes.
- One special prize for the BATTLE OF THE SEXES*
*Girls will get a lead based on average difference of previous year races.

Timing and Results:

We will again be chip timing using MYLAPS Bibtag. We anticipate having all Open and Relay results online by the time the race is complete. For the relays, we'll do our best to get all splits accurately online within 1-2 hours after the race is complete. We anticipate having all splits



available with the chip timing system. However as a backup, coaches are encouraged to take splits for their relay runners.

Medical Assistance:

Ambulance service will have EMTs onsite throughout the event at the finishing area. Ice will be provided by Bryn Mawr Running Company.

Additional Information:

If you have any questions regarding the meet, please contact Ryan Walsh at: (484) 686-5900 or email:

ryan@brynmawrracing.com

Thank you for your interest in the XXXC Relay Meet. We look forward to having you join us for a great day of racing!



Sincerely yours,
Ryan Walsh
Meet Co-Director
Bryn Mawr Racing Company

Bob Schwelm
Meet Co-Director
Bryn Mawr Running Co.

Sean Linehan
Meet Co-Director
Bryn Mawr Running Co.





PLEASE RETURN THIS FORM (Attn. Race Director, Bryn Mawr Racing Co., 828 West Lancaster Ave, Bryn Mawr, PA 19087)

Entry deadline is Wednesday, September 5th, 2018. The entry fee is \$110 dollars per team, or \$185 per school if both girls and boys teams are attending.

Boys' Team Registration:

| | |
|---------|--------------|
| School | Coach's Name |
| Phone # | Email |

Number of Relay Teams: _____
 (Up to 6 teams, each additional team is \$10)
 Online Registration of all teams will be entered by 9/5/2018 _____

Girls' Team Registration:

| | |
|---------|--------------|
| School | Coach's Name |
| Phone # | Email |

Number of Relay Teams: _____
 (Up to 6 teams, each additional team is \$10)
 Online Registration of all teams will be entered by 9/5/2018 _____