

Virtual Time Trial and 4 x Mile Relay Team Challenge

April 25 – May 5th (4 x Mile Relay = only 5/2-5/5)

Entries to compete must be made by Friday, 4/24 8PM

Intended for Maria Carrillo Track & Field athletes only; represented as the “707 Running Club”

A Google Sheet (TBD) will be available for posting results; be prepared to provide video or watch data as proof

BE SAFE & SMART and follow all STATE, COUNTY, CITY, and SCHOOL LAWS, RULES & GUIDELINES!

Please practice common sense!

PURPOSE: To have FUN and have a friendly & safe competition for HS athletes.

GUIDELINES AND RULES:

- Athletes must be officially entered to compete by Friday, 4/24 8PM** to be eligible to submit a mark.
- Athletes must have parent approval to participate.
- Most Important: Competition must be done according to State, County, City and School laws, rules & guidelines. (Yes, this is in bold for a reason!)**
 - Athletes SHOULD NOT RUN at the same time nor at the same location - again stressing SOCIAL DISTANCING.**
- 4 x Mile Relay: If there are 4 or more athletes from a certain school then a Team will be formed based on top 4 runners from that school; **the Mile has to be completed within the time frame of Saturday, 5/2 8AM to Tuesday, 5/5 6PM.** Any marks made outside of the time frame will not count. And **FINAL Marks submitted by Tuesday, 5/5 7:00PM.**
- Activity may not be done on any closed track or any closed facility or violate any laws. We actually encourage doing it on roads or open trails.
- Honor system is expected concerning all submissions!***
- Please take a picture at the beginning of the run, end of the run and picture of the Garmin or watch with time and distance for verification purposes.
 - Presently allow athletes to choose a mile within a workout. OK to send Garmin connect photo.
 - We will allow treadmills, if all roads, tracks, and trails aren't available in your area...Again, try your best to do it on roads, open tracks, or open trails.
- No bike or running pacers allowed and each time trial is running individually with any other folks involved in timing or photographs maintaining at least double the required social distance.
- DIVISIONS: Top HS Boys Team & HS Girls Team & HS Co-ed Team (will use top 2 boys and top 2 girls of each team). And after top 4 from each school, then we'll have open divisions making teams up based on Grades. NO ALL-STAR TEAMS, every member must be from same school. No athlete can run for 2 teams other than the top 2 runners of each school's gender combine to make a co-ed Team.
- AWARDS (for 4 x Mile Relay only): Will be determined (but so far, we have t-shirts and medals for top 5 Boys & Girls teams from MT SAC potentially). We might have other divisions along with other awards, etc...
- FINAL RESULTS & AWARDS will be announced by email and might be posted on www.crosscountryexpress.com & diablotiming.com hopefully by Wednesday Morning 5/6.
- All entries will be subject to verification and determination by the rules & games committee and all determination by this committee is final.
- HAVE FUN & BE SAFE!!!!**