



Oakfield-Alabama-Elba Dash in the Dark XC Relays “FREAKS COME OUT AT NIGHT”



Dash in the Dark is a cross country relay race run at night under the lights. The race will be run on a spectator friendly course on a grass surface. A relay team consists of 3 runners who will each run a 3200 meter leg. Join us and kick off the 2023 XC season in style.

When: Friday, September 8th

Where: Oakfield-Alabama Middle-High School located at 7001 Lewiston Road Oakfield, NY 14125, 6 miles north of Batavia, 45 minutes from Downtown Rochester & Buffalo.

Course: The course is a fast, flat, grassy, 1600 meter loop around the school grounds. Each leg will run two loops, starting and ending inside the football stadium. The course will be well-marked, safe, and well lit. Runners do not need to walk the course to be able to follow it.

Format: Teams consist of 3 runners. Each school can enter 3 teams (A, B, and C) in the Gold races (fastest race) and unlimited teams in the Blue races (D, E, F, etc.). **Your top runners MUST run in the Gold races and CANNOT run in the Blue races.** Any additional runners on your team can compete in the Blue races. There will be a separate Boys Blue Individual Race for all the JV boys that aren't in a three-person relay team.

Entry Process: We are accepting the first SIXTY (60) schools who commit!

A. **Intent to Participate:** Please e-mail Peter Beuler ASAP or by **Friday, August 25th** the latest.

E-Mail Address: pbeuler@oahornets.org

B. **Online Entries:** **Tuesday, September 5th by 9:00 PM**

**Entries will be conducted on MileSplit.
Instructions on how to enter your relays will be e-mailed out to coaches.**

****If you need to change a runner on the day of the meet, you may do so. However, the names in the computer will not reflect that change.

Entrance Fee:

\$175 per school with a boys and girls team.
\$100 per school with just one gender competing.

Please make checks payable to: Oakfield-Alabama Central School

Please mail payment by: Friday, August 25th

Please send payment to:
Oakfield-Alabama Middle High School
C/O Dash in the Dark – Peter Beuler
7001 Lewiston Road
Oakfield, New York 14125

Timing: FAT timing and results will be done by Leone Timing.

Schedule: (Races may be added if needed)

5:20 PM: Girls Blue Race: Unlimited Entries of Three-Person Relay Teams AND Individuals

6:30 PM: Boys Blue Relay Race: Unlimited Entries of Three-Person Relay Teams ONLY

7:30 PM: Boys Blue Individual Race: Unlimited Entries of Individuals ONLY
-They run the 1,600 Meter loop twice and finish.

Mascot 100 Meter Dash Right After Boys Blue Individual Race

7:50 PM: Girls Gold Race: Max of 3 Relay Teams

8:50 PM: Boys Gold Race: Max of 3 Relay Teams
-Bonfire again this year mid-way through Boys Gold Race.

Awards: Schools will be split up into two divisions depending on school size.

★ Medals will be awarded to the fastest individual times.
-Blue Races: Top 5 in both divisions
-Gold Races: Top 10 in both divisions

★ Team trophies for the top three teams in the Gold Races for both divisions.

★ Team awards for the top three teams in the Blue Races for both divisions.

Concession Stand: We will have Dash in the Dark T-shirts, food, drink, and healthy snacks for sale.

Questions: Contact Peter Beuler, Oakfield-Alabama-Elba Varsity Head Coach
-E-mail: pbeuler@oahornets.org
-Cell Phone: (585) 409-5119