

Coaches,

West Feliciana is hosting its 19<sup>th</sup> annual 6- mile relay on September 1, 2018, to help start off the XC season. We decided a few years ago to bring something different to LA cross-country and provide a great early season opener to break the monotony of racing 3 miles all season. This race features four relay legs of 1.5 miles each on a hilly course, which includes several sections of single track trail, around the West Feliciana Parish Sports Park. It's a low-key affair and provides coaches a way to ease their runners into the season. You can enter as many teams as possible and can run partial teams (no co-ed teams).

**Date:** Saturday, September 1

**Location:** West Feliciana Parish Sports Park just north of St. Francisville on US Hwy 61, 40 minutes north of Baton Rouge. Turn right onto Sports Park Road. If you reach the high school, you've gone too far north.

**Times:**

Junior High race (6,7,8<sup>th</sup> grades only) - 9:00 a.m. (Junior high runs 4 x 1.25 miles)  
(non-LHSAA registered athletes only)

High School race - 10:00 a.m. (LHSAA registered athletes only)

Note: Boys and girls will race together and be separated at the finish line.

**Awards:** T-shirts to 1<sup>st</sup> place team in junior high. Top 2 teams in high school division.  
Award for the most creative baton (you must provide your own baton)

**Cost:** \$30 per school. (This includes boys/girls/middle. All inclusive)

**You may sign up the day of the race, but pre-registering your teams by Thursday, Aug. 30 will be helpful to us and to you. Send an e-mail with your relay teams. They will be printed on the registration form, however, you may change them as needed that day.**

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