

OHCHS SPRINT RACE

February 1, 2025

Location: Pine Hill Trails, Grover Hill Road Bethel, ME

Time: Registration: 8 AM
Start Time: 10 AM

Events: Freestyle Single Elimination Sprint on a 1K course
3K race for Non-Sprint Participants

Format: Top six boys and top six girls from each school will participate in a 1K time trial from which the top 48 boys and 48 girls will be seeded in the single elimination sprint race. There will be a total of 8 brackets of 6 racers for both boys and girls.

The remainder of your team and **those eliminated in the time trial** can participate in a wave start 3K timed race. The boys will start first followed 5 minutes later by the girls. This event will begin after the second round of the sprint race. Everyone eliminated from the time trial will be entered in the 3K race. If they choose not to participate they need not pick up their bib.

Awards: Awards will be given to the **top 6 sprint finisher** and **top 3 3K finishers** for both boys and girls events.

Amenities: Porta-potties will be available.
There will be chili and other goodies for sale during the day.

Cost: \$10/racer. Make checks payable to **Oxford Hills Athletic Department**

Notes for Bus Drivers: Bring a lunch as there is no food service available on site.

For more information or questions you can email Alyssa Andrews at asandrews425@gmail.com or Chris Easton at cpeaston@megalink.net
Email registration to both emails by 7pm Tuesday January 28, 2025