

## Telstar Relays

**What:** Relays of Mixed 4 Person Teams (mass start) and Individual Race (waves of about 10 skiers)

**When:** Saturday, January 4th, 2020

**Where:** Telstar High School, 284 Walkers Mills Rd., Bethel, ME

**Technique:** Each leg of the relay is a 3km skate

**Fee:** \$8 per skier, checks payable to Telstar Relays

**General Race Inquiries:** Sarah Southam, [sarahsoutham4@gmail.com](mailto:sarahsoutham4@gmail.com), 207-381-7309

**Entries:** Email your entries to [natste14@gmail.com](mailto:natste14@gmail.com) by **5pm on Wednesday, January 1st**. **Please note that this date falls during vacation! There will be a \$50 fee for late entries. Use the attached spreadsheet to register.**

**Wave A** will only be for schools/ teams that can fill the girl, boy, girl, boy format. Please list your 4 person teams from fastest to slowest. This can be a combination of schools. Please give the name of one school to whom we should give the relay bag of bibs for distribution.

**Wave B** will be for schools or a combination of schools who can put together 4 people, girl or boy or mixed in any combination of girl/boy, to create a relay team. Please list your 4 person teams from fastest to slowest. If the team is composed of mixed schools, please give the name of one school to whom we should give the relay bag of bibs for distribution.

**Wave C:** List individuals, boy or girl, who do not fit on a relay team. List them fastest to slowest.

Bib numbers will be assigned to your complete relay teams. Times will be posted according to those bib numbers and names. If coaches make any changes to their relay teams, **the bib numbers for the teams must remain the same**. If your first team is assigned numbers 101, 201, 301, and 401, those four numbers must stay with your first team even if you switch who your skiers are. This will be very important to follow. If a switch is made in a relay team, the bib number and original name will be what appears on the results. Coaches will be responsible for telling their athletes, who switched, what their lap times are.

**Race Times:**

11:00am Wave A : Teams of 4 composed of girl, boy, girl, boy in that order. Two schools could combine to make up a team of 4.

12:00pm Wave B: Teams of 4 composed of any configuration of girls and boys. Two schools could combine to make up a team of 4.

1:00pm Individuals: Skiers will go out in waves of about 10 every minute.

**Relay Tag Zone:** There will be a tag zone area where kids must make **HAND TO BODY CONTACT**. There will be a tag judge present who will call kids back who do not make body contact. Please make sure your skiers know this!

**Registration Information:** Registration packets may be picked up on the Red Tile area outside the school cafeteria from 9am to 10:30am. In your packet you will receive bibs, bib orders for your teams and start orders.

**Parking:** Buses should park in the parking lot at the FRONT of the school below the fields.

**Restrooms/Locker Rooms:** These are available inside the school building. Enter building near the cafeteria. There should be someone available to direct you.

**Awards/Raffle:** The top 3 relay teams in A and B and the top 3 individuals will be recognized. The crazy tights raffle will follow. This ceremony will happen in the auditorium across from the cafeteria after all results have been tabulated.

**Concessions:** The Telstar Boosters will be selling hot/cold drinks, snacks, grilled cheese and hot foods like chili and soups on the Red Tile Area near the cafeteria. Money raised goes towards supporting Telstar athletics.

**Results:** Results will be posted on the wall near the auditorium and on the gym door. The results will also be posted on the MHSS website and will be sent to local newspapers.