Hammer Athletics hosts the

Put the “Hammer Down XC Relays”

Featuring One-of-A-Kind Hammer and Sledgehammer Awards



**Location:** Highland Park, Fort Thomas, KY

**Date:** Saturday August 25, 2012

**Time Divisions Distance Entry Fee**

9:00 Girls 4th & under 2k each $25 team/$5 indiv.

9:30 Boys 4th & under 2k each $25 team/$5 indiv.

10:15 Girls 6th & under 3k each $25 team/$5 indiv.

11:00 Boys 6th & under 3k each $25 team/$5 indiv.

**Relay Format:**

Pair up your runners in teams of two. You may enter an UNLIMITED NUMBER OF RELAY TEAMS.

Partners take turns running 1000M loop. Each runner 4th & under will complete the loop twice for a total race of 2k. Each runner 6th & under will complete the loop three times for a total race of 3k.

When the second runner completes the loop for the last time, he/she will run through the finish chute.

If you have an odd number of runners, have the extra runners start each leg with a teammate of similar ability.

\*\*Coaches may add a 3rd runner into the 6th and under “pairs” so that each runner completes a 2k each, but athletes are not eligible for awards.

**Awards:**

Top 10 relay pairs in each event will receive awards. Top 3 relay pairs for each team, in each event, will be combined to compete for the Overall Team Champion and Team Runner-Up Awards.

**Entries:**

Email your roster to Coach Pawsat (hhh@zoomtown.com) by Thursday August 23, 2012. Relay pairings are not needed until 8:30 on race day.

Entry fee is $25.00 per team. Bring Cash or Check and relay pairings to the meet at packet pick up. A relay pairings entry form will be provided a week out from the meet.

**Hammer Athletics \* Shaun Pawsat, Coach \*** **hhh@zoomtown.com** **\* (859) 802-9419**