



Heartland XC Relay Carnival 2021 MEET INFORMATION

Contact: Rob Harber (robharber@sjakeepingfaith.org 913.269-4453)

Date: Thursday October 7, 2021

Invited Schools: Bishop Miege, Blue Springs, Blue Valley, Burlington HS, Blue Valley North, Blue Valley Northwest, Blue Valley Southwest, Grandview, Hiawatha, Kansas City Christian, Leavenworth HS, Midland Adventist, St. James Academy

Location: Savior Pastoral Center, 12601 Parallel Pkwy, Kansas City, KS 66109. [Location Map](#).

Fee: \$150 for boys and girls team. \$75 for a single gender team. \$10 for individuals.

Parking: We encourage carpooling and bus usage as parking is limited. Car parking is available in the main parking lot at the front of Savior Pastoral Center (by the 85 ft. bell tower). After parking, walk around the building to the course in the back. Please drive slowly through the parking lots, for everyone's safety.

Buses can drop students at the course and then park at Wyandotte County Park (located across State Avenue)

Restrooms: Porta potties will be available near the course.

Registration: You can locate and register for the event using the [Kansas MileSplit Calendar](#). Scroll to October 7th events and click the **Registering Now!** link under **St. James Relay Carnival**. Or respond to your Kansas Milesplit email event invitation which will be sent to you soon.

If you have not already done so, Milesplit provides a simple process for importing your team roster using multiple formats.

On the event registration page there are multiple steps with links listed on the lower left.

- Get Started
- Choose Team
- Contact Information
- Choose Divisions
- Enter Athletes

As you complete each step your completion progress will be designated with check marks beside each step.

To enter a relay team, first choose the proper division, such as Girls 3 x 1 Mile Run or Boys 2 x 2 Mile Run.

Click the Add Team button, then select the proper number of team members for that team from your team roster on the right. Once you reach the maximum number of entrants for teams in your selected division, click the Save Changes button near the bottom. The team that you have entered will be given a designation such as Team A, or Team B.

Please register before Tuesday, October 5, 2021 - 09:00 pm CST.

This relay is intended to be a fun event where athletes of all abilities are given an opportunity for success. So we will ask that you follow a few rules when registering your athletes.

1. 5A and 6A schools are limited to one varsity runner per relay.
2. 4A schools are limited to two varsity runners per 4 x 1 Mile relay, one varsity runner in the 2 x 2 Mile relay.
3. 1A, 2A and 3A schools have no limits on the number of varsity runners per relay.
4. Per KSHSAA, athletes can only run one race/leg in the meet.

MileSplit registration is only available for high school runners. To register alumni, parents and coaches for the adult relay, please add your entries to this spreadsheet:

[Alumni / Parent / Coach Registration](#)

We are very happy to welcome back alumni teams in 2021!

Schedule:

- 3:30 4 x 1 Mile relay - Girls
- 4:15 4 x 1 Mile relay - Boys
- 5:00 2 x 2 Boys and Girls
- 5:45 3 x 1 Mile relay Boys and Girls
- 6:15 4 x 1 Mile relay - Alumni / Parent / Coach

Course Maps: [Course Map Link](#)

Timing: Electronic timing batons will be provided by Heartland Timing EM.

Course Terrain: Grass.

Results: Printed results will be available at the conclusion of the event. Online results will be published at [Heartland Timing](#).

Awards: Cookie awards to the top 5 relay teams in each division. Top two teams will also receive an award relay baton. We will do our best to deliver as many awards as possible at the event. It may be necessary to mail or deliver some awards afterward.

Race day relay reconfiguration will be possible if you encounter situations where athletes are not present and teams are incomplete. With 2 x 2 Mile, 4 x 1 Mile and 3 x 1 Mile relays for high school athletes, there are many options for ensuring all athletes can form teams.

No coed relays will be allowed for high school runners. Coed teams are allowed for adults.

High school runners should wear their normal school race uniforms. If many teams of athletes wearing the same uniform approach the exchange zone simultaneously it may become quite confusing. So we will allow relay teams to "enhance" your uniforms with relay team matching headbands, hats, crazy socks, face paint and other methods to make your relay team distinctive. No specific uniform rules apply for adults.