

Heartland XC Relay Carnival

Hosted at Blue Valley Southwest

The Heartland XC Relay Carnival IS BACK! It was created to: (1) provide athletes an energizing, refreshing change from the steady diet of 5Ks with unpredictable results while still (2) providing a competitive environment and (3) a rare chance to compete in an under-distance cross country race to sharpen for the upcoming championship meets. It provides a break between the regular season and the start of the championship season and gets athletes refreshed, re-energized, and sharper for those meets. It also celebrates the sport by emphasizing the team aspects of cross country the week prior to the final meet for JV and C-team runners.

Location & Date: Blue Valley Southwest High School XC Course, Thursday October 8th, 2026

Teams: BVSU, Blue Valley, DeSoto, Liberty North, Olathe East, Piper, K.C. Christian, Heritage Christian, Chesterton Ac.

Entry Fee: **\$150** for boys and girls' team. **\$75** for a single gender team. Make payments to Blue Valley Southwest

Race Schedule:

Race	Time	Athlete Distance
4 x 1 Mile relay – Girls	3:30pm	1-mile loop
4 x 1 Mile relay – Boys	4:15pm	1-mile loop
2 x 2 Boys and Girls	5:00pm	2x's 1-mile loop
3 x 1 Mile relay Boys and Girls	5:45pm	1-mile loop

Entrance to the Course & Campsites:

Bus Drop Off- It is best for busses & vans to enter the campus from the North (on 175th st) between Aubry Bend & BVSU then turn left at the stop sign. Drop athletes off near the entrance of the football & soccer fields. Camps & tents can be set up anywhere in the areas around the soccer stadium & softball fields. Please don't set up camps ON the fields themselves.

Parents & Fans will need to park in the southeast parking lot of Blue Valley Southwest just north of the grass football field. There is currently construction going on in our south lot by the school so parking will be limited near the entrance. Getting into or out of the parking lot can be difficult between 2:45-3:15pm, so plan accordingly. Fans can get to the course by walking past the soccer stadium & between the softball fields.

Course Information:

The start/finish line is south of the softball fields. The 1-mile loop will be run entirely on grass between 179th, Quivira & the athletic fields. The course will be marked with paint, cones, ropes, signs & other natural barriers. There will also be monitors at strategic locations on the course to ensure the athletes stay on the intended path & look for any athletes in need of medical attention.

Restrooms/Medical Tent:

The restrooms will be open by the soccer & football fields. The medical area will be near the start/finish line.

Entries/Timing:

Dennis Weber & Heartland Timing will be timing & scoring the event using Chip Timing in the batons. We will be using Milesplit for entries this year. Entries are due **by October 7th, 2026 at 6PM.**

Link to Registration: <https://ks.milesplit.com/meets/726953/registration>

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

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Entries/Timing (Cont.)

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 **Wednesday October 7th, 2026 at 6PM.**

Link to milesplit page: <https://ks.milesplit.com/meets/726953/registration>

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 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.

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.

Results:

Printed results will be available at the end of the event. Online results will be published at Heartland Timing
Link to Results: <https://heartlandtiming.com/pages/schedule.htm>

Uniforms:

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/or other methods to make your relay team distinctive.

Awards:

Cookie/Treat awards to the top 3 relay teams in each division. 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.

Contact Information:

Aaron Ballew – BVSW Head XC Coach (ajballew@bluevalleyk12.org)

Rod Murrow – Co-Meet Director (rodney.murrow@gmail.com)

Michael Rasmussen – BVSW Athletic Director (MRasmussen@bluevalleyk12.org)

Dennis Weber – Timer (Heartland Timing)

Thank you,

Aaron Ballew

(ajballew@bluevalleyk12.org)