For the Championship on November 4th, the race format will be as follows:

* 3:00 JV Girls (all teams)
* 3:15 JV Boys (all teams)
* 3:30 Varsity Girls (top 7 from each team)
* 3:45 Varsity Boys (top 7 from each team)

All teams will select their top 7 athletes to compete in the Varsity race. The remainder of the team will compete in the JV race. If a school has an athlete who is not in the team’s top 7, but has placed within the top 25 overall in **any** race throughout the season, they may choose to run in the Varsity race. The top 25 Varsity athletes will be awarded a medal. The top 25 JV athletes will be awarded a ribbon.

Due to this format, most teams and families will most likely choose to stay the entire hour. If this is the case, **STRONGLY** encourage your families to park outside the park. For the safety of the middle school athletes, **cars will not be allowed to leave when races are in progress.**