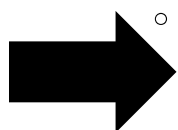


XC Tritan Hot Dog Relays

Who: Troy Middle School Trojans and Troy South Middle School Titans cross country teams are uniting as the **Tritans**

What: Tritan Hot Dog Relays

- Schools will enter their runners in groups of 4. There will be 3 different groups to select from boys, girls, and co-ed. Each member of the group will run one mile, they will pass a baton (provided) similar to a track relay. Runners 2-4 will wait in a holding zone at the starting line and step out when their teammate is near. **There will not be an exchange zone or penalties for dropped batons.**



- Please notify Coach Saxe (saxek@troy.k12.mo.us) no later than **September 10, 2018** with how many relay teams your school will have and if you have extra runners that need a team.

- We need to have an accurate head count for hot dogs and batons.
- Schools with an odd number of participants will have 2 options:
 - Have a group of 3 and one runner will run a second lap (not back to back)
 - Join with extras from another school to create a team
- Start times:
 - We will use a rolling start.
 - As soon as all runners from the prior race finishes, we will start the next race.
 - Tentative start times:
 - Boys: 4:00
 - Co-Ed: 4:40
 - Girls: 5:20
- All participants will receive a meal ticket for a hot dog.
- Each member of the top 3 teams, in each division will receive a medal.
- We will also have awards for the school with the most members, least members, most and school spirit.

When: September 20, 2018

Where: Lincoln County Fairgrounds – Fairgrounds Rd., Troy, MO 63379

Why: For fun! It has been a few years since our school has hosted a meet, and we wanted our students to be able to enjoy a meet on their home turf. We also wanted to make the meet different from all the other meets to help promote the fun that running has to offer.

Cost: \$175 per school

Miscellaneous: If you have any questions or concerns please contact Krista Saxe at TMS, saxek@troy.k12.mo.us, or Mike Robinson TSMS, robinsom@troy.k12.mo.us.