



2024 KNIGHT NIGHT XC RELAYS

The Preston High Cross Country team would like to invite you to the **18th Annual Knight Night XC Relays**. We will be contesting the middle school and high school races on the same night, Saturday, August 24th.

Knight Night Relays will be staged at dusk / dark and the course will be lit by the lights of Knights Stadium, the Preston Baseball Field, the Preston Softball Field, and the Dr. John Trenton Track & Field facility. In addition, supplemental lighting will be provided by tiki torches, glow sticks, fire trucks, and diesel light towers. We are planning on having fireworks at the conclusion of each meet. We will have a few additional surprises for athletes and spectators. Previous editions have had a hot air balloon, fire performer, and paragliders.

The course is a modified loop and will start and finish inside Knight's Stadium. Athletes will run the majority of the first mile of the existing course (including Hayfield Hills) before heading back towards the stadium. Runners will then travel in a counter clockwise around the football field before handing off to the next runner. We will attempt to get split times for each athlete.

When: Saturday, August 24th (Middle School & High School)

Where: The **Knight Night XC Relays** will take place at Preston High School in Kingwood, WV.

Tentative Schedule:

5:15 p.m.	-	Open Race Sponsored by Morgantown Running
6:00 p.m.	-	Middle School Girls Race
7:15 p.m.	-	Middle School Boys Race
8:30 p.m.	-	High School Girls Race
9:30 p.m.	-	High School Boys Race

Awards: The top three relay teams in each division will receive custom awards.

Concessions: Hot and cold concessions from food trucks will be available as well as the official **Knight Night XC Relays** T-shirt.

Entry Fee: The entry fee will be \$25 per relay team. Incomplete relays teams will be \$5.00 per runner. For the high school and middle school races, make checks payable to **Preston High Cross Country**. The admission fee for all spectators is \$6.00.

Entry Method: Please contact Coach Paul Martin via email at pwmartin@k12.wv.us to secure a spot in this year's race. Due to the relay format of the event, coaches will be provided a Microsoft Excel template that will be emailed back to us. Submit this form to Coach Martin by Monday, August 19th. Please put KNR and the name of your school in the subject line.