

Howell Valley School
Panther Partner Relays Cross Country Meet
Friday, October 9, 2026

Starting Time	Age Group	Distance
10:30 am	7-8 Boys	1 mile (1/2 mile per runner)
10:55 am	7-8 Girls	1 mile (1/2 mile per runner)
11:25 am	9-10 Boys	2 miles (1 mile per runner)
11:50 am	9-10 Girls	2 miles (1 mile per runner)
12:25 pm	11-12 Boys	2 miles (1 mile per runner)
12:50 pm	11-12 Girls	2 miles (1 mile per runner)
1:25 pm	13+ Boys	3 miles (1.5 miles per runner)
2:05 pm	13+ Girls	3 miles (1.5 miles per runner)
3:00 pm	Clean-up and departure	

Running Course: 1.5 Mile loop, 1 Mile loop, half-mile loop

Scoring: The first three sets of partners will compose the team score. Six runners will be necessary in each division to score as a team.

Rules and Reminders:

1. Each partner combination must carry a relay baton.
2. Baton exchanges must occur in the designated exchange zone.
3. There will be two medals awarded to the top 3 places in each division.
4. There will be **only** two ribbons per place for 4th-30th in each division.
5. A runner may enter a race in his age group or an older age group, but may not enter a lower age group. HCAA constitution says to consider the participant's age as of Oct. 1.
6. One (1) race limit per runner.
7. Spectators may not pace or run beside a participant. Coaches please talk to your athletes about this.
8. Schools please do not arrive before 10:00 am.
9. The 2nd partner of each team will wear a sticker pinned to the front of their jersey with both names on it, the division they are running in, and the school initials. This will be removed at the finish line and posted on a scoreboard for that division race. Each school will supply their own stickers. Please use stickers that are no more than 1" high if possible.
10. Final results will be emailed to each coach. Please get your proper email address to Coach Chad Dixon.
11. Restrooms and concessions will be in our cafeteria, but customers should not hang out inside the building.