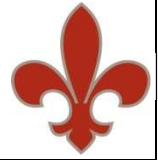




STC Middle School Relay Track Meet
St. Christopher's School – Cal Boyd Track
Monday, May 4th, 2026 – 3:30pm



Teams:

Grade Level: Open to athletes in grades 5-8.

Events and *Estimated* Time Schedule

2:30pm	Track Opens – Please DO NOT arrive before 2:30pm due to PE classes using the track.
3:30pm	Girls SSMR– 800 Super Sprint Medley Relay (100-100-200-400)
3:45pm	Boys SSMR – 800 Super Sprint Medley Relay (100-100-200-400)
4:00pm	Girls DMR – 4000 Distance Medley Relay (1200-400-800-1600)
4:20pm	Boys DMR – 4000 Distance Medley Relay (1200-400-800-1600)
4:40pm	Girls SMR – 1600 Sprint Medley Relay (200-200-400-800)
5:00pm	Boys SMR – 1600 Sprint Medley Relay (200-200-400-800)
5:20pm	Girls 4 x 100 Relay
5:30pm	Boys 4 x 100 Relay
5:40pm	Girls 4 x 800 Relay
5:40pm	Boys 4 x 800 Relay
6:00pm	Girls 4 x 200 Relay
6:05pm	Boys 4 x 200 Relay
6:20pm	Girls 4 x 400 Relay
6:30pm	Boys 4 x 400 Relay

Other Important Information

- Entry Restrictions** – Each school may enter up to TWO scored teams per event. Schools may also enter a 3rd relay team as exhibition (non-scoring) in any relay event. **The maximum number of entries for an individual is 3 relays.** Individuals may NOT run on more than one relay team in the same event (i.e. A runner CANNOT be the leadoff leg of the A relay & the anchor leg of the B relay in the same event).
- Starts & Heats** – The DMR, 4x800, and 4x400 relays will utilize waterfall starts (no lane assignments). The 4x100 will be run entirely in lanes. The opening legs of the SSMR, SMR, and 4x200 will be run in lanes before cutting into lane 1 after 400 meters. See further exchange zone details below. Multiple heats will be run depending on the number of entrants in each event.
- Scoring** – Points will be awarded to the top 8 teams in each event according to the following scoring table: 10-8-6-5-4-3-2-1. Both A and B teams from the same school can score in the same event. Any (exhibition) C teams will NOT score unless an A or B team scratches.

4. **Timing** – This event will be hand-timed by STC coaches. We will also have a starter who will serve as the finish judge and will confirm the finish order with the timers. Please respect their final say as we will not be using a finish camera. We recommend developing a plan to get splits on your runners.
5. **Check-In** – Relay teams will be called to the infield to check in before each race. The final runner in each relay will need to get a number from the check-in table to stick on the left chest of their jersey. This will help the timers & judges with accuracy of results via lap counts and deciphering A versus B teams for each school.
6. **Entry Procedure** – MileStat will be used for entries in this meet. Please be sure to enter all 4 runners in each relay (in the order they plan to run) to provide an entry count for each athlete and accurate results. It is very important that you enter an *estimated* seed time for the personnel running in each relay. Please note that MileStat assigns the fastest time run by your school in each event with a previous result, so be sure to override that if necessary to be accurate for the 4 runners entered in each relay. If you have a name change after you send the entries, please inform the clerk at check-in for each event. Please be sure the substitute for any relay is not already in the maximum of 3 relays. Entries will close on Friday, May 1st at 9:00pm. This will give us time to figure out all the logistics.
7. **Batons** - Please bring your own batons if possible. We may have a few extras on hand.
8. **Results** – Scores and results will be posted on Milestat.com after the meet. Since this meet will be hand-timed, results CANNOT be used for state/league qualifying purposes.
9. **Team Areas** – We ask that teams set up their team areas around the outside of the track or in a section of the bleachers. Only coaches, volunteers, and athletes checking in or about to compete should be on the infield/track. Please remind your parents to stay outside of the track. Bathrooms will be available in the community pavilion behind the start of the 100m dash.

Exchange Zone Descriptions

STC Track Painting – The St. Chris outdoor track was repainted in June 2025 and is now a gray track with red track in the THREE 4x100 exchange zones (see images below).

Final Turn



Opening Turn



SSMR – This relay will start in lanes using a 2-turn stagger. Both 100 runners and the 200 runner will stay in their lanes the entire way. The first exchange will occur after the first turn and will use the red exchange zone with yellow triangles. The second exchange will occur at the 200m mark on the track and will use the red exchange zone with yellow triangles. The final exchange (200 runner to 400 runner) will occur in lanes using the blue triangle exchange zone near the finish. The 400 runner will cut into lane one after receiving the baton and crossing the finish line.

DMR – This relay will use a waterfall start and the blue triangle exchange zone near the finish line.

SMR – This relay will start in lanes using a 2-turn stagger. Both 200 runners will stay in their lanes the entire way. The first exchange will occur near the 200m mark on the track and will use the red exchange zone with yellow triangles. The second exchange (200 runner to 400 runner) will occur in lanes using the blue triangle exchange zone near the finish. The 400 runner will cut into lane one after receiving the baton and crossing the finish line. The final exchange (400 runner to 800 runner) will occur in lane one like in the distance relays.

4x100 – This relay will be **run in lanes the entire way** and use the red exchange zones with yellow triangles at the 100m, 200m, and 300m marks.

4x800 – This relay will use a waterfall start and the blue triangle exchange zone near the finish line.

4x200 – This relay will start in lanes using a 2-turn stagger. The first two runners will stay in their lanes the entire way. The first exchange will occur at the 200m mark on the track and will use the red exchange zone with yellow triangles. The second exchange will occur in lanes using the blue triangle exchange zone near the finish. The third runner will cut into lane one after receiving the baton and crossing the finish line. The final exchange will occur at the 200m mark on the track and will use the red exchange zone with yellow triangle in lane one.

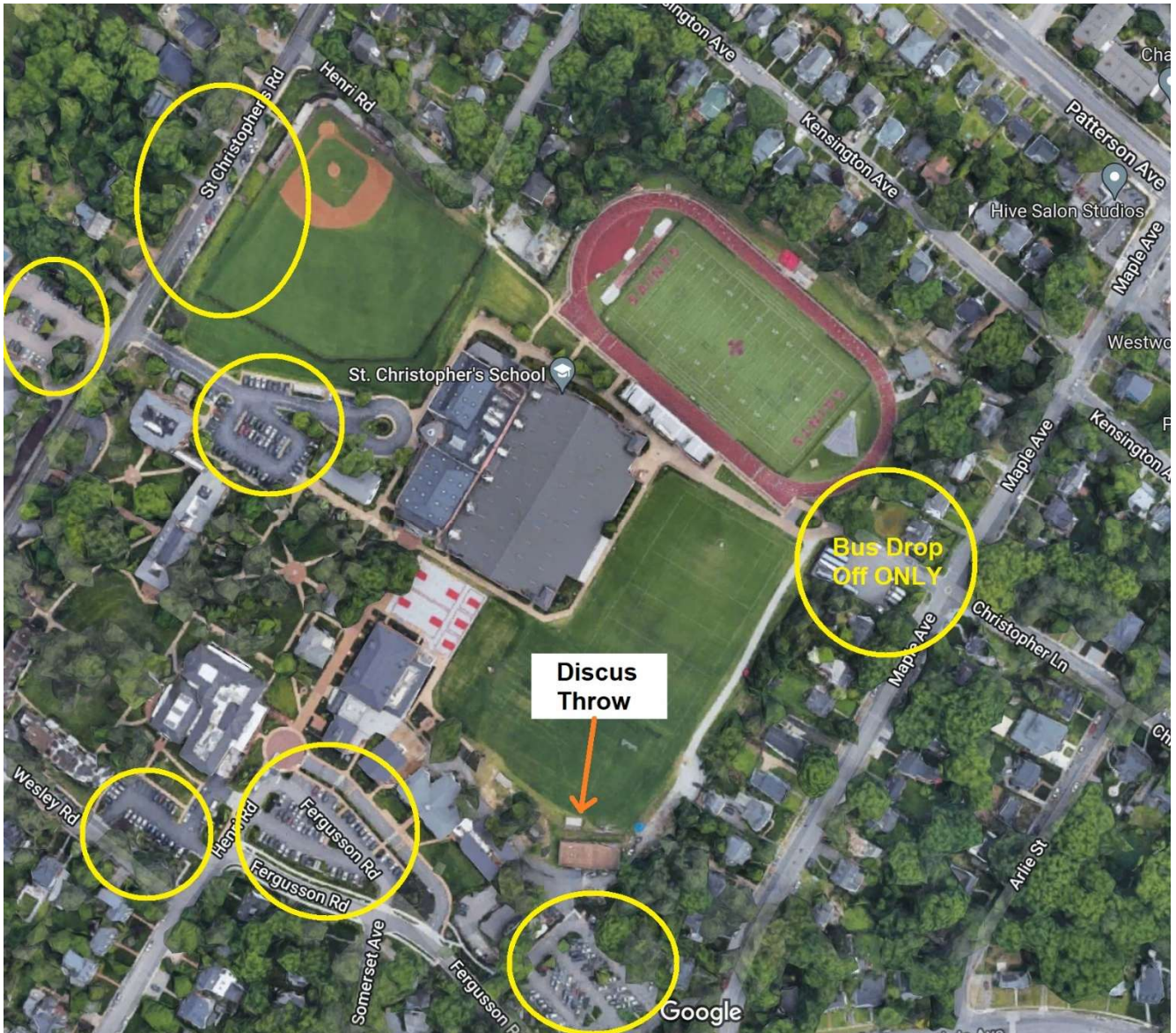
4x400 – This relay will use a waterfall start and the blue triangle exchange zone near the finish line.

BLOCKS – The leadoff runner in the SSMR, SMR, 4x100, and 4x200 may use starting blocks.

Parking

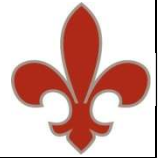
Parking lots are circled in YELLOW. Please keep the athletic center circle clear as that is the fire lane. Anyone traveling with a bigger bus may inform their driver to use the gravel lot near the corner of St. Christopher's Rd. and Three Chopt Rd, across from St. Bridget Middle School. In addition to the lots indicated on the map, there is street parking on all the surrounding roads. Please be sure to avoid blocking driveways, parking on someone's property, or blocking the flow of traffic.

Please remind spectators to stay outside of the track. They can be along the black perimeter fence or in the stands. Teams are welcome to set up in any grassy areas outside of the black perimeter fence. The "backstretch" side is typically less populated than the area around the stands.





STC Middle School Track Relay Meet
Girls Meet Records
 Hosted by St. Christopher's School



Girls Super Sprint Medley Relay (100-100-200-400)

St. Catherine's School 2:00.69 5/3/2025
 Siena Hornik, Ashlyn Schlobohm, Nyla Guinea, Ella Farmer

Girls Distance Medley Relay (1200-400-800-1600)

St. Catherine's School 14:20.01 5/3/2025
 Olivia Killeen, Savanna Henry, Molly Scholten, Hannah Lipscomb

Girls Sprint Medley Relay (200-200-400-800)

St. Catherine's School 4:51.64 5/3/2025
 Ashlyn Schlobohm, Rebecca Zwicker, Nyla Guinea, Ella Farmer

Girls 4 x 100 Relay

St. Catherine's School 55.00 5/3/2025
 Nyla Guinea, Zoe McMullen, Ashlyn Schlobohm, Siena Hornik

Girls 4 x 800 Relay

St. Catherine's School 11:17.85 5/3/2025
 Molly Scholten, Abby Taylor, Hannah Lipscomb, Olivia Killeen

Girls 4 x 200 Relay

St. Catherine's School 1:56.22 3/30/2019
 Hampton Turton, Chelsea Brown, Bella Lupica, Madelyn Diradour

Girls 4 x 400 Relay

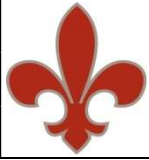
St. Edward-Epiphany School 4:39.72 4/24/2023
 Claire McDonough, Tilly List, Jane Nies, Reagan Perkinson

Girls Team Champion

2025 St. Catherine's (73)
 2024 St. Catherine's (59)
 2023 St. Catherine's (53)
 2022 St. Edward's (53)
 2021 *Not Contested*
 2020 *Not Contested*
 2019 St. Catherine's (84)
 2018 St. Catherine's (76)
 2017 St. Bridget (41)

Girls Runner Up

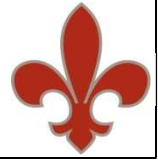
St. Bridget (47)
 St. Bridget (40)
 Lucille Brown (41)
 St. Bridget (32)
 St. Michael's (52)
 St. Michael's (47)
 St. Catherine's (40)



STC Middle School Track Relay Meet

Boys Meet Records

Hosted by St. Christopher's School



Boys Super Sprint Medley Relay (100-100-200-400)

St. Christopher's School 1:46.07 4/24/2023
 Carter Appelget, Tristan Litzenburg, Christian Both, Noah Smith

Boys Distance Medley Relay (1200-400-800-1600)

St. Christopher's School 11:52.59 5/3/2025
 Langdon Sexton, Tapiwa Mutoti, Alexander Koussoglou, Charlie Branch

Boys Sprint Medley Relay (200-200-400-800)

St. Christopher's School 4:07.31 4/8/2017
 Morey Levy, Colin Royal, Nash Steed, Christian Johnson

Boys 4 x 100 Relay

St. Anne's-Belfield School 49.56 4/24/2023
 Will Elias, Cam Williford, Tally Shifflett, Dax Villines

Boys 4 x 800 Relay

St. Christopher's School 10:02.59 4/22/2024
 Asa White, Liam Dunn, Charlie Branch, Langdon Sexton

Boys 4 x 200 Relay

St. Christopher's School 1:42.22 4/24/2023
 Christian Both, Noah Smith, Colin Wishnack, Coleman Mayer

Boys 4 x 400 Relay

St. Christopher's School 4:11.55 5/3/2025
 Charlie Branch, Eli Holloway, Corbett Kessel, Langdon Sexton

Boys Team Champion

2025 St. Christopher's (69)
 2024 St. Christopher's (96)
 2023 St. Christopher's (116)
 2022 St. Christopher's (76)
 2021 *Not Contested*
 2020 *Not Contested*
 2019 St. Christopher's (92)
 2018 St. Christopher's (101)
 2017 St. Christopher's (78)

Boys Runner Up

Franklin Military Academy (44)
 Franklin Military Academy (38)
 Fredericksburg Christian (39)
 St. Mary's (45)

 St. Bridget (48)
 St. Bridget (32)
 St. Bridget (37)