

| CATEGORY | 4X100-Meters Just for Fun Division | 4X100-Meters Competitive Division | 4X400-Meters Just for Fun Division | 4X400-Meters Competitive Division | Distance Medley Relay (DMR)* |
|--|---|--|---|--|---|
| 3-4 YRS. (Mixed boys & girls) | 30-Meter Dash | - | - | - | OPEN <u>ONLY</u> |
| 5-6 YRS. (Mixed boys & girls) | 60-Meter Dash | - | - | - | - |
| 7-8 YRS. (Mixed boys & girls) | 80-Meter Dash | - | - | - | - |
| 9-11 YRS. (Mixed boys & girls) | 100-Meter Dash | - | - | - | - |
| MIDDLE SCHOOL (Co-ed) | X | - | X | - | - |
| HIGH SCHOOL (Co-ed) | X | X | X | X | - |
| OPEN - JUNIOR (Cumulative age of team members = 136 or lower) | X | X | X | X | - |
| OPEN - SENIOR (Cumulative age of team members = 137 or higher) | X | X | X | X | - |

CFFR CATEGORY PARAMETERS:

30-M DASH — This event is for girls and boys who are 3 or 4 years old on Race Day (i.e. 9/23/17).

60-M DASH — This event is for girls and boys who are 5 or 6 years old on Race Day (i.e. 9/23/17).

80-M DASH — This event is for girls and boys who are 7 or 8 years old on Race Day (i.e. 9/23/17).

100-M DASH — This event is for girls and boys who are 9, 10, or 11 years old on Race Day (i.e. 9/23/17).

MIDDLE SCHOOL – This category is for co-ed teams in middle school (grades 6 to 8) on 9/23/17.

HIGH SCHOOL – This category is for co-ed teams in high school (grades 9 to 12) on 9/23/17.

OPEN - JUNIOR – This category is for teams of people of any combination of age, gender, and affiliation. Members' cumulative age must be **equal to 136 or lower** on 9/23/17.

OPEN - SENIOR – This category is for teams of people of any combination of age, gender, and affiliation. Member's cumulative age must be **equal to 137 or higher** on 9/23/17.

*Due to time constraints, only ONE division and category of the DMR will be offered. The event is open to teams of any configuration of age, gender, and affiliation (e.g. friends, family members, school mates, colleagues, church members, running clubs, military groups, etc.).

NOTE: Relays will be run in heats of 7 teams at a time (in lanes 2 through 8). All efforts will be made to run heats according to the Category for which each team is registered. However, in the event that a Category has fewer than 7 teams registered, it will be combined with teams from other categories to save time. Awards and placements will be determined accordingly.

Not sure of which division or category to register your child or team? We can help! Contact us at (618) 549-4222 or gocffr@gmail.com.