

Bull Run Region Meets
Occoquan Region
March 20th and March 30, 2021

Time Schedule

8:00 1st groups arrive

9:00 Boys Group 1 race in waves

9:30 Girls Group 1 Race in waves

10:30 1st Group leaves, 2nd Group arrives

11:30 AM Boys Group 2 Race

12:00 PM Girls Group 2 Race

1:30 PM Course will be cleaned up and everyone will be gone.

Mike Kiernan will take care of setup and takedown of the course, which will be a 2-loop course with a separate start and finish. The start and finish will be the ones used for the Glory Days Grill Invitational

Coaches from each of the respective groups will be responsible for setting up the waves and helping with the timing.

Race Format:

Each school will be allowed to run 10 athletes per gender

Waves will be 3 athletes from each school in 1st wave, 3 athletes from each school in 2nd wave, 3 athletes from each school in 3rd wave. Any remaining will run at the end of the last wave

Waves won't be separated by more than 4 minutes, so that we don't have overlap on the course.

March 20, 2021

Group 1

Lake Braddock

Falls Church

Annandale

WT Woodson

Justice

Fairfax

John Lewis

Hayfield

Group 2

TC Williams

West Springfield

Thomas Edison

West Potomac

Robinson

South County

Mount Vernon

Thomas Jefferson

March 30, 2021

Group 1

Robinson

Woodson

Fairfax

South County

West Springfield

Lake Braddock

Thomas Jefferson

John Lewis

Group 2

Edison

Falls Church

Justice

Annandale

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