



## Roosey Relays – Distance Carnival

Monday Night Relays • Monday, March 16, 2026

### Meet Purpose

The primary goal of this meet is to allow teams the opportunity to chase 4×800 and Distance Medley Relay (DMR) times in order to qualify for the Arcadia Invitational. Select blue heats may be expanded to allow individual athletes opportunities to chase fast times. Weather and wind permitting, we anticipate a night of PRs and high-quality competition.

**Registration Deadline:** Registration closes Friday, March 13.

**Meet Director:** [David.Cummings@cnusd.k12.ca.us](mailto:David.Cummings@cnusd.k12.ca.us)

**Event Schedule (Tentative)** Rolling Schedule, Highlighted heats could be expanded.

Event	Time
Girls 3200 F/S 1	5:00
Boys 3200 F/S 1	5:20
Girls 1600 VAR 1	5:35
Boys 1600 VAR 1	5:45
Girls 800 F/S 1	5:55
Girls 800 F/S 2	6:00
Boys 800 F/S 1	6:05
Boys 800 F/S 2	6:10
Girls Distance Medley Relay	6:15
Boys Distance Medley Relay	6:35
Girls 1600 F/S 1	6:55
Girls 1600 F/S 2	7:05
Boys 1600 F/S 1	7:15
Boys 1600 F/S 2	7:25
Girls 3200 VAR 1	7:35
Boys 3200 VAR 1	7:50
Girls 4×800	8:10
Boys 4×800	8:30
Girls 800 VAR 1	8:40
Girls 800 VAR 2	8:45
Boys 800 VAR 1	8:50
Boys 800 VAR 2	8:55

**Check-In & Admission:** Packet pickup, spike check, and athlete check-in will be at the visitor-side entrance. Spectator admission is \$3. Snack bar available.

**Entry Fees:** \$20 per individual • \$40 per relay

### Payment:

Make checks payable to **Eleanor Roosevelt Cross Country Boosters**. Mail to 12672 Limonite Avenue, 3E #226, Eastvale, CA 92880. Include your school name and “Roosey Relays” in the memo. In-person payment may be made by check or credit card (3% credit card fee).