

2023 MWCAA Corporate Cup Relays

Relay Team Descriptions

(as of 03/16/23)

Men's 10K Team Race	Div 1: Score best 5 age group finishes (No Div 2 or 3)
Women's 10K Team Race	Div 1: Score best 4 age group finishes (No Div 2 or 3)
Men's 5K Team Race	Div 1: Score best 5 age group finishes Div 2: Score best 3 age group finishes Div 3: Score best 4 age group finishes men & women (open)
Women's 5K Team Race	Div 1: Score best 5 age group finishes Div 2: Score best 2 age group finishes Div 3: See Men's 5K Team Race
Men's 5K Team Walk	Div 1: Score best 4 age group finishes (No Div 2 or 3)
Women's 5K Team Walk	Div 1: Score best 4 age group finishes (No Div 2 or 3)
	Age Groups Div 1 & 2: 24& Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-71, 75-79, 80+ Div 3: 29& Under, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
Team Shot Put	(Div 1 & 2) Max of 5 teams, best 2 count as team A, and so on Best throw of 2 athletes will be added for team score (handicap scoring used) USCAA/MWCAA Shot Puts Standards: Men: 18-49 yrs (16 lbs), 50-59 yrs (12 lbs), 60+ yrs (8 lbs) Women: 49 & under (4 kilo), 50+ yrs (3 kilo) if available
Team Jump Event	(Div 1 only) Max of 5 teams, best 2 count as team A, and so on High & Long Jump points from best 2 will be added (handicap scoring used)
Sub-Master Sprint Relay	(Div 1, 2 & 3) 4 runners: all 30+ yrs, 1 female, 2: 35+yrs (Div 3: 1 female min) Running Order: 400m,200m,200m,800m
Distance Relay	(Div 1) 5 runners: 1 female, 1 male master (40+ yrs) Running Order: 1600m(woman),800m,1600m,1600m(male master),1200m
Executive Relay	(Div 1 only) 4 Execs* (level=mgr of mgrs & above) 2 runners 35+, 2 runners 40+ Running Order: 800m,400m,400m,1600m * Note: to avoid forfeiture, teams can run with 1 non-Exec (max.) but must declare this & will automatically score below any teams running 4 legit Execs.
4 x 100 Relay	(Div 1 & 2) 4 runners: 1 female, 1 is 40+ yrs (Div 3) 4 Runners only Female to run the 2nd leg.
Women's Relay	(Div 1 only) 3 female runners with combined ages of 90+ yrs Running Order: 800m,400m,400m
Sub-Master Distance Relay	(Div 1) 4 runners: all: 30+yrs, 1 female, 2: 35+ yrs (Div 3: 1 female min) Running Order: 800m,400m,1200m,1600m
Pyramid Relay	(Div 1 only) 5 runners: 2 females minimum Running Order: 400m,800m,1200m,800m,400m
3-Lap Sprint	(Div 1 & 2) 4 runners: 1 female minimum Running Order: 200m,200m,400m,400m
Master's Relay	(Div 1) 5 runners: all 40+ yrs, 1 female min, 1 male 50+ yrs (Div 2) 3 runners: all 40+ yrs Div 1 order: 800m,400m,800m,200m,200m Div 2 order: 800m,400m,800m
Women's 800m	(Div 1 only) 2 open female runners with times added for team time
Men's Mile	(Div 1) 2 male runners with times added for team time
Open Mile	(Div 2) 2 open runners with times added for team time (no gender restrictions)
Sprint Relay	(Div. 1) 6 runners: min. 1 female, 1 master (40+ yrs) Running Order: 200m,200m,400m,400m,200m,200m