

# 2017 MWCAA Corporate Cup Relays

## Event Schedule

(as of 03/7/2017)

start time **CCR Event Order:**

6:30 AM	Registration begins for 5K & 10K events
7:45 AM	10K Run (Div. 1)
9:00 AM	<b>5K Run</b> (Div. 1, 2 & 3)
9:05 AM	5K Walk (Div. 1)
10:10 AM	<b>Break for team pictures (morning events)</b>
10:30 AM	<b>Team Shot Put</b> (Div. 1 & 2)
10:30 AM	Team Jump (high & long) (Div. 1)

### Events on the track:

12:00 PM	Sprint Relay (Div 3)
12:10 PM	<b>Submaster Sprint Relay</b> (Div. 2)
12:20 PM	Submaster Sprint Relay (Div. 1)
12:30 PM	Distance Relay (Div. 1)
1:00 PM	Executive Relay (Div. 1)
1:20 PM	4x100 (Div. 3)
1:25 PM	<b>4x100</b> (Div. 2)
1:30 PM	4x100 (Div. 1)
1:35 PM	Women's Relay (Div. 1)
1:45 PM	Submaster Distance Relay (Div. 1) & (Div. 3) Distance Relay
2:05 PM	<b>Masters Relay</b> (Div. 2)
2:15 PM	Michigan Special Olympics 100m dash
2:30 PM	<b>Break for team pictures (afternoon events)</b>
2:40 PM	Pyramid Relay (Div. 1)
2:55 PM	<b>3 Lap Sprint</b> (Div. 2)
3:00 PM	3 Lap Sprint (Div. 1)
3:15 PM	Masters Relay (Div. 1)
3:30 PM	Women's 800m (Div. 1)
3:45 PM	<b>Men's Mile</b> (Div. 1)
4:00 PM	<b>Open Mile</b> (Div. 2)
4:15 PM	Sprint Relay (Div. 1)

Div. 1 competes in all events

**Indicates a Div. 2 event**

Indicates a Div. 3 event

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## Relay Team Descriptions

(as of 04/20/2016)

<b>Men's 10K Team Race</b>	Div 1: Score best 5 age group finishes (No Div 2 or 3)
<b>Women's 10K Team Race</b>	Div 1: Score best 3 age group finishes (No Div 2 or 3)
<b>Men's 5K Team Race</b>	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)
<b>Women's 5K Team Race</b>	Div 1: Score best 4 age group finishes Div 2: Score best 2 age group finishes Div 3: See Men's 5K Team Race
<b>Men's 5K Team Walk</b>	Div 1: Score best 4 age group finishes (No Div 2 or 3)
<b>Women's 5K Team Walk</b>	Div 1: Score best 4 age group finishes (No Div 2 or 3)
	<b>Age Groups</b> 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+
<b>Team Shot Put</b>	(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
<b>Team Jump Event</b>	(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)
<b>Sub-Master Sprint Relay</b>	(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
<b>Distance Relay</b>	(Div 1) 5 runners: 1 female, 1 male master (40+ yrs) Running Order: 1600m(woman),800m,1600m,1600m(male master),1200m
<b>Executive Relay</b>	(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.
<b>4 x 100 Relay</b>	(Div 1 & 2) 4 runners: 1 female, 1 is 40+ yrs (Div 3) 4 Runners only Female to run the 2nd leg.
<b>Women's Relay</b>	(Div 1 only) 3 female runners with combined ages of 90+ yrs Running Order: 800m,400m,400m
<b>Sub-Master Distance Relay</b>	(Div 1) 4 runners: all: 30+yrs, 1 female, 2: 35+ yrs (Div 3: 1 female min) Running Order: 800m,400m,1200m,1600m
<b>Pyramid Relay</b>	(Div 1 only) 5 runners: 2 females minimum Running Order: 400m,800m,1200m,800m,400m
<b>3-Lap Sprint</b>	(Div 1 & 2) 4 runners: 1 female minimum Running Order: 200m,200m,400m,400m
<b>Master's Relay</b>	(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
<b>Women's 800m</b>	(Div 1 only) 2 open female runners with times added for team time
<b>Men's Mile</b>	(Div 1) 2 male runners with times added for team time
<b>Open Mile</b>	(Div 2) 2 open runners with times added for team time (no gender restrictions)
<b>Sprint Relay</b>	(Div. 1) 6 runners: min. 1 female, 1 master (40+ yrs) Running Order: 200m,200m,400m,400m,200m,200m