



# 2012 MWCAA Corporate Cup Relays

## Relay Team Descriptions

(as of 03/03/2012)

<b>Men's 10K Team Race</b>	<b>Div 1:</b> Score best 5 age group finishes
<b>Women's 10K Team Race</b>	<b>Div 1:</b> Score best 3 age group finishes
<b>Men's 5K Team Race</b>	<b>Div 1:</b> Score best 5 age group finishes <b>Div 2:</b> Score best 3 age group finishes <b>Div 3:</b> Score best 4 age group finishes men & women (open)
<b>Women's 5K Team Race</b>	<b>Div 1:</b> Score best 4 age group finishes <b>Div 2:</b> Score best 2 age group finishes <b>Div 3:</b> See Men's 5K Team Race
<b>Men's 5K Team Walk</b>	<b>Div 1:</b> Score best 4 age group finishes (No Div 2 or 3)
<b>Women's 5K Team Walk</b>	<b>Div 1:</b> Score best 4 age group finishes (No Div 2 or 3)
	<b>Age Groups</b> <b>Div 1 &amp; 2:</b> 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+ <b>Div 3:</b> 29& Under, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
<b>Team Shot Put</b>	<b>(Div 1 &amp; 2)</b> 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>	<b>(Div 1 only)</b> Max of 4 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>	<b>(Div 1, 2 &amp; 3)</b> 4 runners: all 30+ yrs, 1 female, 2: 35+yrs <b>(Div 3: 1 female min)</b> Running Order: 400m,200m,200m,800m
<b>Distance Relay</b>	<b>(Div 1)</b> 5 runners: 1 female, 1 master (40+ yrs) Running Order: 1600m(woman),800m,1600m,1600m(male master),1200m
<b>Executive Relay</b>	<b>(Div 1 only)</b> 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>	<b>(Div 1 &amp; 2)</b> 4 runners: 1 female, 1 is 40+ yrs <b>(Div 3)</b> 4 Runners only <b>Female to run the 2nd leg.</b>
<b>Women's Relay</b>	<b>(Div 1 only)</b> 3 female runners with combined ages of 90+ yrs Running Order: 800m,400m,400m
<b>Sub-Master Distance Relay</b>	<b>(Div 1)</b> 4 runners: all: 30+yrs, 1 female, 2: 35+ yrs <b>(Div 3: 1 female min)</b> Running Order: 800m,400m,1200m,1600m
<b>Pyramid Relay</b>	<b>(Div 1 only)</b> 5 runners: 2 females minimum Running Order: 400m,800m,1200m,800m,400m
<b>3-Lap Sprint</b>	<b>(Div 1 &amp; 2)</b> 4 runners: 1 female minimum Running Order: 200m,200m,400m,400m
<b>Master's Relay</b>	<b>(Div 1)</b> 5 runners: all 40+ yrs, 1 female min, 1 male 50+ yrs <b>(Div 2)</b> 3 runners: all 40+ yrs <b>Div 1 order:</b> 800m,400m,800m,200m,200m <b>Div 2 order:</b> 800m,400m,800m
<b>Women's 800m</b>	<b>(Div 1 only)</b> 2 open female runners with times added for team time
<b>Men's Mile</b>	<b>(Div 1 &amp; 2)</b> 2 open male runners with times added for team time
<b>Sprint Relay</b>	<b>(Div. 1)</b> 6 runners: min. 1 female, 1 master (40+ yrs) Running Order: 200m,200m,400m,400m,200m,200m

New for 2012