

~5K Rules~

Total	Event Points						Participation Points	
	M/F or CO-ED?	1st Place	2nd Place	3rd Place	4th Place	5th Place	Total	Distribution
40	M (20 pts) / F (20 pts)	8	6	3	2	1	20	% Players/School

Rules

- The men's race will begin 5 minutes before the women's race
- Runners will begin the race behind the starting line, run to the turnaround point, run around the cone, and run back to the finish line.
- The race distance is five kilometers
- The top five males and females from each school will score points for their respective teams