



## Pairs Event 1 & Masters Event 4 "HOOD"

3.3 Mile Run

Points Available: 100

Time Cap: N/A

### Event Flow

Athletes will run 3.3 miles. They will exit the Event Center and follow these directions:

- right on Delfel Rd. (running south)
- right on NE 164<sup>th</sup> St. (running west)
- right on NW 11<sup>th</sup> Ave. (running north)
- right on NW 179<sup>th</sup> St. (running east)
- right on Delfel Rd. (running south)
- right into Event Center to return to Start/Finish line

### Movement Standards

Athletes must stay on the designated running course at all times. Signage and volunteers will help direct the athletes.

### Scoring

Score for event 1 is the total combined running time for both team athletes: Athlete 1 time + Athlete 2 time = team time.

Scores will be verified in 3 ways:

1. Chip time
2. Bib finish order
3. Finish line video

