



**Indians Cross Country Boosters**  
**Dr. Bender Cross Country Classic**  
*Open 5K, Middle School Age 2-Mile & Elementary Age 1.5K*



## **Alumni Race Rules :**

If you graduated from a high school and have entered the Open 5K, you are automatically entered in the **Alumni Race!**

1) Every entrant in the Open 5K will list their name, age, high school, and sex on their entry form and on their race- away packet at the bottom of their bib.

2) High schools with at least 4 alumni finishing will score as a team

3) Alumni teams do not designate their 4 runners before the race

4) Alumni teams will be determined by combining the first 4 alumni based on times adjusted for sex. Should there be more than 4 alumni from any one school, then the next 5- 8 alumni (based on times adjusted for sex) will be the "B" alumni from that school, and so on for additional alumni/teams.

5) Alumni teams will be ranked by adding the adjusted times of the 4 fastest alumni from that school to the next 4 from that school will be the "B" alumni from that school, etc). The fastest alumni team (based on adjusted times) will be the winner, second fastest alumni team (based on adjusted times) will be second, etc

6) Adjusted times: Final times will be adjusted by multiplying their time by 84.36%. The adjusted times represent age as determined by taking the average time of the top 60 boy finishers at the past five OSAD 2 state meets (16:39), which is 84.36% of the average time of the top 60 girl finishers (19:44) in that year. This adjusted time will only be used in calculating alumni team rankings.