



in cooperation with [PVTC](#).

[Alexandria City High School](#)
3330 King Street, Alexandria, VA
June 8-9, 2024



**Do you enjoy relays and team events?
Gather your teams, young and old for a weekend of fun and fitness
No team? No worries. Join the athlete pool to join a team.**

WHAT: A fun team competition with exciting track and field events for all ages and fitness levels. A team-building activity that is more than just an exercise.

EVENTS: Team relays and individual races as well as field events with unique age and gender requirements. Events are structured for men and women of ALL ages. Some events have gender/age-adjusted scoring.
Individual track distances range from 100m to 3000m.
Field events include shot put, discus, high jump and long jump.
Teams may enter as many or as few events as they like.

TEAMS: Open to everyone - both Open and Corporate/Military/Government divisions. Corporate teams consist of employees, retirees, immediate family members, contractors, alumni. No minimum team size. No team size limit. Multiple teams allowed per company, school, club, etc.. A team may enter one event, several events or all the events.
No team? Join the pool of individuals who will be assigned to a team based on teams' needs.

ENTRY: To register your team, email: macr@grunsports.com
Standard PVTC entry fee per athlete (\$10 PVTC mbr/\$15 non-mbr before, \$20/\$25 day-of)),

VOLUNTEERS: Not running? Why not volunteer to make this event as successful and as fun as possible. If you would like to help, contact macr@grunsports.com

SPONSOR

SPONSORS: Support the MACR - become a general sponsor or pick an event. Product sponsors welcome. Sponsor awards for one or several events or the entire meet. Add your name to those event(s). Contact macr@grunsports.com for sponsorship opportunities.

For more information visit:

www.grunsports.com/macr/



Feel the excitement!

Join the team fun!