

# MID ATLANTIC CORPORATE RELAYS



*in cooperation with the Potomac Valley Track Club*



June 14-15, 2025

[Alexandria City High School, Alexandria, VA](#)

<https://www.grunsports.com/mac/>



## Gather your team and exercise your fun and fitness

- 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, individual races and field events with unique age and gender requirements. Events are structured for men and women of **ALL ages**. Some events are gender/age-adjusted. 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 all clubs, companies, schools, agencies, military bases, or group of friends,... No minimum team size. No team size limit. Multiple teams allowed per group. A team can 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 need.
- ENTRY:** To register your team, email: [macr@grunsports.com](mailto:macr@grunsports.com)  
Registration fee: \$20 per athlete (\$30 on race day). Register on the [website](#).
- 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](mailto:macr@grunsports.com)



## SPONSOR

- SPONSORS:** Become a general sponsor or pick an event. Product sponsors welcome. Sponsor the awards for an event, several events or the entire meet and add your name to those event(s). Contact [macr@grunsports.com](mailto:macr@grunsports.com) for sponsorship opportunities.

Join the team fun!



For more information visit:

[www.grunsports.com/mac/](https://www.grunsports.com/mac/)



Feel the excitement!