

Dallas/Juniper Ridge Parloff 2026

Date & Time	Wednesday, April 29, 2026 @ Dallas - first race starts at 9:30AM.
School Teams	Dallas, Juniper Ridge, Summit, Raleigh, RLC, McGowan, Pacway
Classifications	Grades 4 - 7 boys and girls. Competitors placed by grade. Eight runners per team. Total of 64 runners per school. If needed, a runner may run in a second class. A runner may only move up a class not down.
Rules	There are no substitutions once the race has started unless there is an injury. All athletes must wear running shoes. No cleats/bare feet/socks. For courtesy, please tell your runners to remain at their final station until all runners have completed the race. Anchor runners will be identified by wearing a pinnie.
Lanes / Rotations	Schools will be placed in rotating starting positions so that each team will have equal lane allotments. During the race: after advancing to the next 'station', each runner moves toward the inside of the track except for lane 1 which moves out to lane 7. This rotation occurs once ALL lanes have arrived at that station. Dallas and Juniper staff will be at each station to assist with this. The inside of the track is only for teams being marshaled. Spectators are required to stay out of this area.
Garbage	Please make sure that students pick up their garbage before leaving.
Parking	Please park along Todd Hill Crescent or in the dirt parking lot near the Dallas Dog Park. Please be aware of bus loading and unloading zones.
Awards	Schools will receive a team rosette for 1st, 2nd and 3rd place.
Washroom	Please do not enter Dallas Elementary during the morning. There is an adjacent washroom to the fields (next to the Dallas Dog Park) operated by the City of Kamloops (green building.)

The track at Dallas is 300m long. As a result, stations are approximately 45m from each other.

RUNNERS MUST STAY IN THEIR LANES UNTIL INSTRUCTED TO SHIFT BY A RACE OFFICIAL.

Schedule/Lane Assignments

	9:30 Grade 4 Girls	9:45 Grade 4 Boys	10:00 Grade 5 Girls	10:15 Grade 5 Boys
Lane 1	RLC	Juniper Ridge	Pacific Way	Pylon
Lane 2	Juniper Ridge	Pacific Way	Pylon	McGowan
Lane 3	Pacific Way	Pylon	McGowan	Rayleigh
Lane 4	Pylon	McGowan	Rayleigh	Summit
Lane 5	McGowan	Rayleigh	Summit	Dallas
Lane 6	Rayleigh	Summit	Dallas	RLC
Lane 7	Summit	Dallas	RLC	Juniper Ridge
Lane 8	Dallas	RLC	Juniper Ridge	Pacific Way
	10:30 Grade 6 Girls	10:45 Grade 6 Boys	11:00 Grade 7 Girls	11:15 Grade 7 Boys
Lane 1	McGowan	Rayleigh	Summit	Dallas
Lane 2	Rayleigh	Summit	Dallas	RLC
Lane 3	Summit	Dallas	RLC	Juniper Ridge
Lane 4	Dallas	RLC	Juniper Ridge	Pacific Way
Lane 5	RLC	Juniper Ridge	Pacific Way	Pylon
Lane 6	Juniper Ridge	Pacific Way	Pylon	McGowan
Lane 7	Pacific Way	Pylon	McGowan	Rayleigh
Lane 8	Pylon	McGowan	Rayleigh	Summit

Transitions / Rotations:



Runners will be stationed as shown on the diagram. There will be a gap of approximately 45 meters between stations. **Runners must stay in lanes until instructed to shift by a race official.**

Starter / Announcer / Marshaling	Dallas - Morgan Kolasa
Finish Line & Ribbons	Juniper - Waters & Lempriere & Shaw
Exchange 1	Dallas - Ari Kinaschuk & Milly Kinaschuk
Exchange 2	Dallas - Claire Charron
Exchange 3	Dallas - Rachel Charron
Exchange 4	Juniper - Randi Lang & Brooke T
Exchange 5	Juniper - Jenna Mayer
Exchange 6	Juniper - Alana Palmer