

2023 Blue Ridge Relay  
 Team Seeding and Start Times  
 Friday, September 8, 2023  
 Sorted by Seed

Seed	Team	Category	City	State	Runners	Seed Time	Start Time
1	Big Bad Wolves	Ultra	Raleigh	NC	6	0:05:45	12:00 PM
2	Bull City Masters	Master	Durham	NC	12	0:05:50	12:00 PM
3	Queen City Masters	Master	Charlotte	NC	12	0:05:55	12:00 PM
4	No Goats, No Gazelles, Just One Englishman	Solo	Davidson	NC	1	0:06:20	12:00 PM
5	Bull City Track Club Ladies	Women	Durham	NC	12	0:06:22	12:00 PM
6	Jill's Joggers	Mixed	Durham	NC	12	0:06:30	12:00 PM
7	Runologie Track Club	Mixed	Raleigh	NC	12	0:06:30	12:00 PM
8	Norm's Maggots	Ultra	Asheville	NC	6	0:06:45	10:30 AM
9	B.R.E.A.K. M.E. (Bold Runners Exploring the App	Open	Charlotte	NC	11	0:06:45	11:30 AM
10	THE RUNS	Open	Charlotte	NC	12	0:06:45	11:30 AM
11	Ville Billies	Mixed	Baton Rouge	LA	12	0:06:45	11:30 AM
12	Altitude Sickness	Ultra	Charlotte	NC	6	0:06:50	10:30 AM
13	GT Milk & Cookie Boys	Ultra Master	Raleigh	NC	6	0:06:50	7:30 AM
14	Making Do 4	Open	Charlotte	NC	10	0:07:00	11:30 AM
15	People Launching Ultra	Ultra	Knoxville	TN	6	0:07:05	10:00 AM
16	Lady Regerts	Ultra Women	Asheville	NC	6	0:07:10	10:00 AM
17	F3 Peak City Pain Train	Ultra	Apex	NC	6	0:07:15	10:00 AM
18	Dark Side Funeral Procession	Open	Raleigh	NC	9	0:07:20	10:30 AM
19	THE GU GUYS	Ultra	Raleigh	NC	5	0:07:30	6:00 AM
20	Mary Jane's Last Dance	Ultra	Greenville	NC	6	0:07:30	10:00 AM
21	Ultra Unprofessional Running Team	Ultra	Holly Springs	NC	6	0:07:30	10:00 AM
22	F3 7 Joco Locos	Open	Johnston County	NC	7	0:07:30	10:00 AM
23	Tri-State Striders	Open	Spartanburg	SC	12	0:07:30	11:00 AM
24	F3 Big Swinging Six	Ultra	Harrisburg	NC	6	0:07:45	9:00 AM
25	F3 Dropped	Open	Charlotte	NC	9	0:07:45	10:30 AM
26	Boone Bandits	Open	Boone	NC	12	0:07:45	11:00 AM
27	Heels On The Hills	Open	Chapel Hill	NC	12	0:07:45	11:00 AM
28	Hey Jack!!	Master	Hickory	NC	12	0:07:45	11:00 AM
29	Zoom Raiders	Open	Durham	NC	12	0:07:45	11:00 AM
30	Buttermilque Toast - Extra Crispy	Open	Richmond	VA	12	0:07:50	10:30 AM
31	Buttermilque Toast - Zesty	Open	Richmond	VA	12	0:07:50	10:30 AM
32	Flying Foxes - Grand Master	Grand Master	Charlotte	NC	12	0:07:52	9:30 AM
33	Chadburn & The Chub Rubs	Ultra	Greenville	SC	6	0:08:00	8:00 AM
34	Quickstep Collective	Open	Charlotte	NC	9	0:08:00	9:30 AM
35	To the Nines	Open	Cary	NC	9	0:08:00	9:30 AM
36	Rock Hill Striders	Master	Rock Hill	SC	11	0:08:00	9:30 AM
37	F3 Ironworks	Open	Spartanburg	SC	12	0:08:00	10:00 AM
38	F3 World Champs	Open	Birmingham	AL	12	0:08:00	10:00 AM
39	Victorious Secret	Women	Asheville	NC	12	0:08:05	9:30 AM
40	People Launching	Open	Raleigh	NC	12	0:08:10	9:30 AM
41	May The Runs Be With You - F3 JOCOGA	Ultra	Garner	NC	6	0:08:15	8:00 AM
42	Your Turn Bro	Ultra	Fort Mill	SC	6	0:08:15	8:00 AM
43	Bull City Track Club Open	Open	Durham	NC	12	0:08:15	10:00 AM
44	Craft And Draft Track Club	Open	Columbia	SC	12	0:08:15	10:00 AM
45	We've Got The Runs!	Master	Pittsboro	NC	9	0:08:20	8:00 AM
46	Dashing pirates	Mixed	Statesville	NC	8	0:08:25	8:00 AM
47	Gang Green Josh Neuman Foundation	Master Mixed	Charlotte	NC	12	0:08:25	9:30 AM
48	Bourbon Chasers	Ultra	Durham	NC	5	0:08:30	6:00 AM
49	F3 Carpex SL1DILLIGAF	Ultra	Cary	NC	6	0:08:30	7:30 AM
50	GoatBusters	Ultra	Charlotte	NC	6	0:08:30	7:30 AM
51	Blue Steel Running Club	Open	San Francisco	CA	8	0:08:30	8:00 AM
52	Channel the Goats	Open	Holly Springs	NC	8	0:08:30	8:00 AM
53	Buckets of Agony	Open	Charlotte	NC	9	0:08:30	8:00 AM
54	Dark Side	Open	Raleigh	NC	9	0:08:30	8:00 AM

55	F3 South Cary Legends	Open	Raleigh	NC	9	0:08:30	8:00 AM
56	F3 Up N Over	Master	Charlotte	NC	9	0:08:30	8:00 AM
57	The Oakhurst 9	Open	Charlotte	NC	9	0:08:30	8:00 AM
58	The Debulkers	Open	Durham	NC	11	0:08:30	9:00 AM
59	Club Or Die	Open	Chapel Hill	NC	12	0:08:30	9:00 AM
60	Dorks in Shorts	Open	Huntsville	AL	12	0:08:30	9:00 AM
61	Dump and Chase: F3 Churham	Open	Durham	NC	12	0:08:30	9:00 AM
62	F3 Government Cheese	Master	Raleigh	NC	12	0:08:30	9:00 AM
63	F3 KC Fountain City Fastholes	Open	Overland Park	KS	12	0:08:30	9:00 AM
64	Go West Old Man	Open	Winston-Salem	NC	12	0:08:30	9:00 AM
65	Knight Climbers	Mixed	Cary	NC	12	0:08:30	9:00 AM
66	Space Cats	Open	Knoxville	TN	12	0:08:30	9:00 AM
67	Hickory Knuts	Open	Hickory	NC	12	0:08:40	8:30 AM
68	Summerfield Stragglers	Mixed	Summerfield	NC	12	0:08:40	8:30 AM
69	B and G Express	Ultra Mixed	Asheville	NC	6	0:08:45	7:30 AM
70	Oh, Hill No!	Ultra Women	Blacksburg	VA	6	0:08:45	7:30 AM
71	Ultra Mountain Lions	Ultra Master	Salisbury	NC	6	0:08:45	7:30 AM
72	F3 Alpha - Cropdusters	Open	Johns Creek	GA	9	0:08:45	7:30 AM
73	B.A.R.F.	Open	Boone	NC	12	0:08:45	8:30 AM
74	Fillnow Flyers 1	Open	Charlotte	NC	12	0:08:45	8:30 AM
75	Fillnow Flyers 2	Open	Charlotte	NC	12	0:08:45	8:30 AM
76	Ottawa Patrol	Open	Winston-Salem	NC	12	0:08:45	8:30 AM
77	The Blue Ridge Streakers	Open	Charlotte	NC	12	0:08:50	8:30 AM
78	F3 Lexington 6	Ultra	Lexington	SC	6	0:09:00	5:30 AM
79	House of Olson	Ultra	Holly Springs	NC	6	0:09:00	5:30 AM
80	Disney Stunt Double Rejects	Open	Raleigh	NC	9	0:09:00	7:30 AM
81	Foothills Run Club	Open	Seneca	SC	10	0:08:55	7:00 AM
82	Salem Sprinters	Open	Winston-Salem	NC	11	0:09:00	7:00 AM
83	Chafing the Dream	Mixed	Knoxville	TN	12	0:09:00	6:00 AM
84	Corvus Rockers	Open	Spartanburg	SC	12	0:09:00	6:00 AM
85	Electri:City Slickers	Open	Lenoir	NC	12	0:09:00	6:00 AM
86	F3 ALPHA: Goat Herders & Wolf Tamers	Open	Alpharetta	GA	12	0:09:00	6:00 AM
87	F3 Denver of the East	Open	Denver	NC	12	0:09:00	6:00 AM
88	F3 Sandhills Team Omega	Open	Pinehurst	NC	12	0:09:00	6:00 AM
89	Harris YMCA All Stars	Master	Charlotte	NC	12	0:09:00	6:00 AM
90	Here To Finish	Open	Charlotte	NC	12	0:09:00	6:00 AM
91	Lactic Asses	Open	Fort Mill	SC	12	0:09:00	6:00 AM
92	Premature Acceleration	Master	Lincolnton	NC	12	0:09:00	6:00 AM
93	Sole Sisters of Lenoir	Women	Lenoir	NC	12	0:09:00	6:00 AM
94	Tsinghua & Friends	Mixed	Ashburn	VA	12	0:09:00	6:00 AM
95	F3 Squirrel Gravy	Open	Waynesville	NC	12	0:09:10	7:00 AM
96	Couch to BRR	Mixed	Lebanon	OH	12	0:09:11	7:00 AM
97	F3 Mountain Goat 9	Open	Charlotte	NC	10	0:09:15	7:00 AM
98	F3 Bad News Bears	Open	Concord	NC	12	0:09:15	7:00 AM
99	F3 Carterico - Crabby	Open	Morehead City	NC	12	0:09:15	7:00 AM
100	F3 Crossroads	Open	Statesville	NC	12	0:09:15	7:00 AM
101	F3 Jax - HIMs 4 HEISENBERG	Open	Jacksonville	FL	12	0:09:15	7:00 AM
102	Howard's Misty Mountaineers	Grand Master	Blowing Rock	NC	12	0:09:15	7:00 AM
103	Masters of Sole	Master	Holly Springs	NC	12	0:09:15	7:00 AM
104	Mediocre Milers	Mixed	Sylva	NC	12	0:09:15	7:00 AM
105	North Florida Asphalt Kickers	Open	Jacksonville	FL	12	0:09:15	7:00 AM
106	O Van, Where Art Thou?	Open	Augusta	SC	12	0:09:15	7:00 AM
107	The Newbie Crewbie	Open	Durham	NC	12	0:09:15	7:00 AM
108	F3 South Cary Pineapple Express	Open	Cary	NC	9	0:09:29	5:30 AM
109	18 F3ET	Open	Holly Springs	NC	8	0:09:30	5:30 AM
110	WORM-Elite	Open	Charlotte	NC	8	0:09:30	5:30 AM
111	Animal Farm 2	Mixed	Asheville	NC	9	0:09:30	5:30 AM
112	Lactic Asses - LITE	Master Mixed	Fort Mill	SC	9	0:09:30	5:30 AM
113	Peak City Happy Dinos	Open	Apex	NC	9	0:09:30	5:30 AM

114	Pirates Till Somone Dies - PTSD	Open	Greenville	NC	9	0:09:30	5:30 AM
115	S.W.A.T.T.	Open	Greenville	NC	9	0:09:30	5:30 AM
116	Saucy Stallions	Open	Greenville	NC	9	0:09:30	5:30 AM
117	Agony of Dafeet	Open	Raleigh	NC	12	0:09:30	6:30 AM
118	Between A Walk And A Hard Pace	Open	Morganton	NC	12	0:09:30	6:30 AM
119	Damn Yankees - F3	Open	Riverside	PA	12	0:09:30	6:30 AM
120	Deez Lug Nutz	Open	Mooreville	NC	12	0:09:30	6:30 AM
121	F3 - "Mixed Bag of Nuts"	Open	High Point	NC	12	0:09:30	6:30 AM
122	F3 and Home Church	Open	Roswell	GA	12	0:09:30	6:30 AM
123	Get Off My Lawn	Grand Master	Raleigh	NC	12	0:09:30	6:30 AM
124	Half Fast Runners of Boone	Open	Boone	NC	12	0:09:30	6:30 AM
125	Runners in the Hands of an Angry God	Master Mixed	10 States	USA	12	0:09:30	6:30 AM
126	Sister Maria's Flying Caballeros	Open	Raleigh	NC	12	0:09:30	6:30 AM
127	Sour Power	Master Mixed	Chapel Hill	NC	12	0:09:30	6:30 AM
128	Hopping Nomads	Open	Durham	NC	12	0:09:42	6:30 AM
129	"Here to run, have fun, get it done!"	Ultra Mixed Ma	Knoxville	TN	6	0:09:45	5:30 AM
130	RUNNINGJUSTASFASTASWECAN	Mixed	Raleigh	NC	9	0:09:45	5:30 AM
131	Carolina Beer Temple	Open	Matthews	NC	12	0:09:45	5:30 AM
132	F3 - Back on the Bus	Open	Holly Springs	NC	12	0:09:45	5:30 AM
133	Scrambled Legs and Hammies	Open	Clemson	SC	8	0:09:50	5:00 AM
134	Ashe Crossfit	Mixed	West Jefferson	NC	12	0:09:50	6:30 AM
135	Drinkers With A Running Problem	Mixed	Denton	TX	12	0:10:00	5:00 AM
136	Not Fast, Just Furious	Ultra Master Mi	Cornelius	NC	6	0:10:00	5:00 AM
137	F3 Sandhills - 9	Open	Pinehurst	NC	9	0:10:00	5:00 AM
138	F3 Summerville	Open	Summerville	SC	9	0:10:00	5:00 AM
139	W.T.F (Where's The Finish?)	Open	Sparta	NC	9	0:10:00	5:00 AM
140	F3 Lexington	Open	Lexington	SC	12	0:10:00	5:00 AM
141	Movin' Microbes	Open	Durham	NC	12	0:10:00	5:00 AM
142	Pure T Mommicked	Women	Morehead City	NC	12	0:10:00	5:00 AM
143	Running in Circles	Women Master	Chapel Hill	NC	12	0:10:00	5:00 AM
144	TDF: Tortoise De Furious	Open	Cary	NC	12	0:10:00	5:00 AM
145	VA Creepers	Open	Roanoke	VA	12	0:10:00	5:00 AM
146	12-NITRO	Open	West Jefferson	NC	12	0:10:07	5:00 AM
147	Coopstrong	Open	Greenville	NC	9	0:10:30	5:00 AM
148	Hakuna Ma Tatas	Women	Mooreville	NC	12	0:10:30	5:00 AM
149	Rucker Fellas	Ruck	Greenville	NC	12	0:15:00	6:00 AM
150	Rogue Ruckers	Ruck	Greenville	NC	12	0:16:00	6:00 AM
151	F3 BRUCO	Ruck	Southport	NC	9	0:18:00	6:00 AM
152	Ruck Stars	Ruck	Kinston	NC	12	0:18:00	6:00 AM