

2026 Blue Ridge Relay
Team Seeding and Start Times
Friday, September 11, 2026
Sorted by Category

Cat	Seed	Team Name	Category	City	State	Runners Projected	Runners Rostered	Seed	Start Time
1	11	Carolina Girls Collective	Women	Durham	NC	12	12	0:06:15	11:00 AM
2	87	The Meeps	Women	Cincinnati	OH	11	10	0:08:30	9:00 AM
3	138	FiASCO	Women	Charlotte	NC	9	9	0:09:30	5:00 AM
4	175	Sweet Home Atalanta (the goddess, not the city)	Women	Durham	NC	12	12	0:10:00	6:00 AM
5	187	Motion for Relief	Women	Raleigh	NC	12	12	0:10:15	5:00 AM
1	112	Psalms 121	Ultra Mixed	Raleigh	NC	6	6	0:09:00	5:30 AM
1	14	GT Milk & Cookie Boys	Ultra Master	Raleigh	NC	6	6	0:06:30	10:00 AM
2	31	Rage Against The Incline	Ultra Master	Asheville	NC	6	6	0:07:16	8:30 AM
3	33	F3 Run it Back	Ultra Master	Charlotte	NC	6	5	0:07:30	8:00 AM
4	44	Midwood 6	Ultra Master	Charlotte	NC	6	3	0:08:00	8:00 AM
5	79	The Petting Zoo	Ultra Master	Charlotte	NC	6	6	0:08:30	7:00 AM
6	111	Bear Snacks - 4 Man	Ultra Master	Charlotte	NC	4	4	0:09:00	6:30 AM
1	6	Pump, Daddy!	Ultra	Traverse City	MI	6	6	0:06:00	11:30 AM
2	8	Altitude Sickness	Ultra	Charlotte	NC	6	6	0:06:05	11:30 AM
3	20	JOCO Matterdaddys	Ultra	Johnston County	NC	6	2	0:07:00	9:30 AM
4	21	Mountaineers on The Move	Ultra	Boone	NC	6	6	0:07:00	9:30 AM
5	27	MJLD (Mary Jane's Last Dance)	Ultra	Greenville	NC	6	5	0:07:15	8:30 AM
6	32	F3 Anchor Management	Ultra	Beaufort	SC	4	2	0:07:30	7:30 AM
7	34	Ridge Line Collective	Ultra	Athens	GA	6	6	0:07:30	8:00 AM
8	42	City Boys	Ultra	New York City	NY	6	6	0:08:00	8:00 AM
9	45	Operation No DNF	Ultra	Waynesville	NC	6	5	0:08:00	7:30 AM
10	46	The Joint Rollers	Ultra	Fort Mill	SC	6	6	0:08:00	8:00 AM
11	60	F3 South Cary Men's Division Champions	Ultra	Cary	NC	6	6	0:08:04	7:30 AM
12	65	Thick But Quick	Ultra	Milwaukee	WI	6	6	0:08:12	8:00 AM
13	66	Big Swinging Six	Ultra	Harrisburg	NC	6	1	0:08:15	8:00 AM
14	67	Kessel Runners	Ultra	Greenville	SC	6	6	0:08:15	7:30 AM

15	71	It'll Buff	Ultra	Boone	NC	6	6	0:08:17	7:30 AM
16	74	BERKUT	Ultra	Naples	FL	6	6	0:08:25	7:00 AM
17	76	Deacs	Ultra	Charleston	SC	6	6	0:08:30	7:00 AM
18	77	Pace Invaders	Ultra	Charlotte	NC	6	5	0:08:30	7:00 AM
19	78	Team Ramrod	Ultra	Macon	GA	6	6	0:08:30	7:00 AM
20	102	Strava Sleuths	Ultra	Statesville	NC	6	5	0:08:45	7:30 AM
21	106	Who Dares Wins	Ultra	Charlotte	NC	4	1	0:08:50	7:30 AM
22	113	Rust, Dust, and Trusts	Ultra	Charleston	SC	6	1	0:09:00	6:30 AM
23	151	Bear Snacks 6-man	Ultra	Ponte Verde Beach	FL	6	6	0:09:45	5:30 AM
1	195	Ruckerfellas	Ruck	Greenville	NC	12	11	0:14:15	8:30 AM
2	196	F3 BRUCO	Ruck	Southport	NC	12	6	0:14:48	8:00 AM
3	197	Peak City Crusty Ol' Ruckers	Ruck	Apex	NC	12	12	0:16:00	6:00 AM
4	198	Rogue Ruckers	Ruck	Greenville	NC	12	12	0:16:00	6:00 AM
1	1	Camel City Track Club	Open	Winston-Salem	NC	12	12	0:05:20	12:30 PM
2	2	Working Man's Track Club	Open	Indianapolis	IN	12	12	0:05:30	12:30 PM
3	3	GGRC	Open	Austin	TX	12	5	0:05:35	12:30 PM
4	4	Big Bad Wolves	Open	Raleigh	NC	12	10	0:05:50	12:00 PM
5	7	Smokin' That Wolfpack	Open	Raleigh	NC	8	1	0:06:00	12:00 PM
6	9	UNC's Third Leg	Open	Chapel Hill	NC	12	10	0:06:10	12:00 PM
7	12	Caillou's Bald Head	Open	Chapel Hill	NC	12	11	0:06:25	11:30 AM
8	13	Runya Pace	Open	Durham	NC	12	7	0:06:25	11:30 AM
9	15	F3 Dad Squad	Open	Raleigh	NC	9	9	0:06:30	11:00 AM
10	16	The Runs	Open	San Jose	CR	9	8	0:06:30	11:00 AM
11	22	9RUN9 Squad	Open	Cary	NC	9	10	0:07:00	9:30 AM
12	26	Perpetual	Open	Middleburg	VA	12	10	0:07:10	9:00 AM
13	29	Cadence Conservation Core	Open	Durham	NC	9	7	0:07:15	8:30 AM
14	30	F3 World Champs	Open	Birmingham	AL	12	10	0:07:15	9:00 AM
15	36	F3 Clown Car Explosion (Young-ish Guns)	Open	Greensboro	NC	12	11	0:07:30	9:00 AM
16	37	F3 Naperville	Open	Naperville	IL	12	10	0:07:30	10:00 AM
17	39	F3 Lost Colony	Open	Raleigh	NC	9	5	0:07:45	8:30 AM
18	40	Tri Harders	Open	Raleigh	NC	9	9	0:07:50	8:30 AM
19	41	Leicester Highway Running Collective	Open	Charlotte	NC	12	12	0:07:50	10:30 AM
20	43	Elon Track Club	Open	Burlington	NC	6	9	0:08:00	8:30 AM
21	47	Josh's Team	Open	Charleston	SC	7	4	0:08:00	7:30 AM

22	48	F3 Joco Locos	Open	Benson	NC	9	8	0:08:00	10:00 AM
23	49	F3 New Pennsylv Jerseyans	Open	Harleysville	PA	9	10	0:08:00	10:00 AM
24	50	Not A BRR Team (But We Should)	Open	Raleigh	NC	9	9	0:08:00	10:00 AM
25	52	Rock Hill Striders	Open	Rock Hill	SC	9	12	0:08:00	10:30 AM
26	54	Choo Choo Express	Open	Greenville	NC	10	10	0:08:00	7:30 AM
27	55	Rocket The Boat	Open	Boone	NC	10	8	0:08:00	7:30 AM
28	56	#TODO: pick a team name	Open	Charlotte	NC	12	7	0:08:00	10:30 AM
29	58	I'm Josh 2	Open	Chapel Hill	NC	12	12	0:08:00	10:30 AM
30	59	Rub Club	Open	Chapel Hill	NC	12	12	0:08:00	10:30 AM
31	62	People Launching	Open	Raleigh	NC	11	8	0:08:10	10:00 AM
32	63	Buttermilque Toast - Extra Crispy	Open	Richmond	VA	12	11	0:08:10	10:00 AM
33	64	Buttermilque Toast Zesty	Open	Richmond	VA	12	11	0:08:10	10:00 AM
34	68	Dead Legz	Open	Etowah	NC	10	8	0:08:15	10:00 AM
35	69	F3 Atlanta	Open	Atlanta	GA	12	12	0:08:15	10:00 AM
36	70	Hot Fudge Rundae	Open	Chapel Hill	NC	12	11	0:08:15	10:00 AM
37	72	The Legend of Taily Bone	Open	Asheville	NC	9	8	0:08:17	8:00 AM
38	73	All Soles	Open	Gastonia	NC	12	12	0:08:24	9:00 AM
39	81	F3 Hobo and the Goat	Open	Tallahassee	FL	9	9	0:08:30	9:30 AM
40	82	F3 Macon	Open	Macon	GA	9	9	0:08:30	9:30 AM
41	83	Party On Our Lawn	Open	Raleigh	NC	9	9	0:08:30	9:30 AM
42	84	Raygo Run Club	Open	Burlington	NC	9	9	0:08:30	9:30 AM
43	88	Asheville Fire Department	Open	Asheville	NC	12	12	0:08:30	9:30 AM
44	89	Duke Law	Open	Durham	NC	12	12	0:08:30	9:30 AM
45	90	F3 Metro PAX	Open	Charlotte	NC	12	11	0:08:30	9:30 AM
46	92	Forsyth Hillbillies	Open	Forsyth	GA	12	12	0:08:30	9:30 AM
47	93	Sour Patch Kids	Open	CHAPEL HILL	NC	12	11	0:08:30	9:30 AM
48	94	The Lemons	Open	Raleigh	NC	12	11	0:08:30	9:30 AM
49	95	F3 Nature Coast	Open	Tampa	FL	7	8	0:08:36	8:00 AM
50	96	F3 Regulators	Open	Benson	NC	9	9	0:08:38	8:30 AM
51	97	Your Pace or Mine?	Open	Lincolnton	NC	9	9	0:08:40	9:00 AM
52	98	Coalition	Open	Charlotte	NC	12	10	0:08:40	9:00 AM
53	99	Hickory Knuts	Open	Granite Falls	NC	12	12	0:08:40	9:00 AM
54	100	Hoostice	Open	Charlotte	NC	12	11	0:08:40	9:00 AM
55	101	F3 Hampton Roads	Open	Hampton Roads	VA	8	7	0:08:41	8:00 AM
56	103	Fillnow Flyers 1	Open	Charlotte	NC	12	12	0:08:45	9:00 AM
57	104	Fillnow Flyers 2	Open	Charlotte	NC	12	12	0:08:45	9:00 AM

58	105	Never Estimate Us	Open	Durham	NC	12	11	0:08:45	9:00 AM
59	107	The Blue Ridge Streakers	Open	Durham	NC	12	12	0:08:50	8:30 AM
60	108	The Gang Runs a Relay	Open	Melbourne	FL	9	9	0:08:52	8:30 AM
61	109	Surry Sole Survivors	Open	Mount Airy	NC	12	12	0:08:52	9:00 AM
62	110	Hashbrown Hustlers	Open	Creston	NC	12	12	0:08:53	8:30 AM
63	114	Climb, Curse, Repeat	Open	Charlotte	NC	9	9	0:09:00	8:30 AM
64	115	Grass-fed Beef Boys	Open	Atlanta	GA	9	8	0:09:00	6:30 AM
65	116	Raleigh to the Ridge	Open	Raleigh	NC	9	9	0:09:00	6:30 AM
66	117	Rock the Hill	Open	Rock Hill	SC	9	9	0:09:00	5:30 AM
67	118	Agony of Dafeet	Open	Raleigh	NC	12	12	0:09:00	6:30 AM
68	119	Crypt Plus	Open	Lexington	SC	12	12	0:09:00	6:30 AM
69	120	F3 Alpha - Show Me The Candy THEN I Get In The Van	Open	Milton	GA	12	8	0:09:00	5:30 AM
70	121	F3 Government Cheese	Open	Raleigh	NC	12	11	0:09:00	8:30 AM
71	122	F3 Tallahassee Hobos	Open	Tallahassee	FL	12	12	0:09:00	8:30 AM
72	123	F3 the Fort Keep Pushin'	Open	Fort Mill	SC	12	11	0:09:00	5:30 AM
73	124	Flo-Ridas F3JAX	Open	Jacksonville	FL	12	3	0:09:00	6:30 AM
74	126	FUMC run club	Open	Waynesville	NC	12	11	0:09:00	6:30 AM
75	128	Hills? More Like Speed Bumps	Open	Durham	NC	12	12	0:09:00	6:30 AM
76	129	Human Victory Cigars	Open	Durham	NC	12	12	0:09:00	8:30 AM
77	130	F3 South Cary - SCary to the Core	Open	Cary	NC	9	9	0:09:15	7:00 AM
78	131	Denver of the East	Open	Denver	NC	12	12	0:09:15	8:00 AM
79	132	Limpin' Ain't Easy	Open	Lincolnton	NC	12	11	0:09:15	8:00 AM
80	133	O Van Where Art Thou	Open	Augusta	GA	12	12	0:09:15	5:30 AM
81	134	Big Cheese & the crackers	Open	Charleston	SC	12	10	0:09:17	8:00 AM
82	136	Buckets of Agony	Open	Charlotte	NC	9	9	0:09:30	7:00 AM
83	139	GoatHawks	Open	Asheville	NC	10	5	0:09:30	5:30 AM
84	140	12 Legs, No Brain Cells	Open	Charlotte	NC	12	8	0:09:30	7:30 AM
85	141	Couch to (336)k	Open	Greensboro	NC	12	12	0:09:30	7:30 AM
86	142	F3 Aftoneers	Open	Concord	NC	12	12	0:09:30	7:30 AM
87	143	F3 Crossroads	Open	Statesville	NC	12	12	0:09:30	7:30 AM
88	144	F3 Monte Sano Masochists	Open	Huntsville	AL	12	11	0:09:30	7:00 AM
89	145	F3 Squirrel Gravy	Open	Waynesville	NC	12	12	0:09:30	7:00 AM
90	146	South End Coffee Club	Open	Charlotte	NC	12	12	0:09:30	7:00 AM
91	147	SouthEnd Striders	Open	Charlotte	NC	12	9	0:09:30	7:00 AM
92	148	Sprinting in the Slow Lane	Open	Knoxville	TN	12	12	0:09:30	7:00 AM

93	149	Statisticians(?) and Outliers	Open	Chapel Hill	NC	12	12	0:09:30	7:00 AM
94	150	HUVEPHARMA	Open	West Jefferson	NC	12	12	0:09:41	5:30 AM
95	152	Chafed and Confused	Open	Charlotte	NC	9	9	0:09:45	5:30 AM
96	153	S.W.A.T.T.	Open	Greenville	NC	9	9	0:09:45	5:30 AM
97	155	Lactic Asses	Open	Fort Mill	SC	12	5	0:09:45	5:30 AM
98	156	No Fox 2 Give	Open	Charlotte	NC	12	12	0:09:45	6:30 AM
99	158	Snails and Darters	Open	Charlottesville	VA	12	12	0:09:45	7:00 AM
100	159	The Fort Knights	Open	Fort Mill	SC	12	12	0:09:45	6:30 AM
101	160	Deez Lug Nutz	Open	Mooresville	NC	12	12	0:09:50	6:30 AM
102	162	Coastal (Com)plainers	Open	Greenville	NC	9	9	0:09:55	5:30 AM
103	163	COOPSTRONG	Open	Greenville	NC	9	9	0:09:55	5:30 AM
104	164	Chug Life	Open	Charlotte	NC	12	10	0:09:55	6:00 AM
105	166	Blister Sisters	Open	Charlotte	NC	12	1	0:10:00	6:00 AM
106	168	Cops & Joggers	Open	Asheville	NC	12	12	0:10:00	5:00 AM
107	169	Cumming over the ridge	Open	Cumming	GA	12	2	0:10:00	5:00 AM
108	170	Dirty Birds	Open	Indianapolis	IN	12	12	0:10:00	6:00 AM
109	171	E = Many Carbs Squared	Open	Chapel Hill	NC	12	4	0:10:00	6:00 AM
110	172	hopefully you can change this later	Open	Winchester	VA	12	12	0:10:00	6:00 AM
111	174	Self-Identified Issues	Open	Charlotte	NC	12	10	0:10:00	6:00 AM
112	176	To Be Determined	Open	Marietta	GA	12	9	0:10:00	6:00 AM
113	179	Velocity Vixens	Open	Charlotte	NC	12	12	0:10:00	5:00 AM
114	181	Where's the finish	Open	Sparta NC	NC	12	10	0:10:00	5:00 AM
115	182	Wind Chaser	Open	McLean	VA	12	12	0:10:00	6:00 AM
116	183	Shake & B-Ache	Open	Hendersonville	NC	10	12	0:10:02	5:00 AM
117	184	Scrambled Leggs	Open	Durham	NC	12	12	0:10:06	6:00 AM
118	185	New Danger, New Strangers	Open	Asheville	NC	12	12	0:10:10	5:00 AM
119	188	Squirrel Gravy 2	Open	Mt Pleasant	NC	12	12	0:10:15	5:00 AM
120	189	919 Grind	Open	Raleigh	NC	10	12	0:10:20	5:00 AM
121	190	Things are looking up.	Open	Charlotte	NC	12	12	0:10:29	5:00 AM
122	191	Movin' Microbes	Open	Apex	NC	12	12	0:10:30	5:00 AM
123	192	Never Yield	Open	Asheville	NC	12	6	0:10:30	5:00 AM
124	193	Pilgrims Progress	Open	Pinehurst	NC	12	12	0:10:30	5:00 AM
125	194	Worst Pace Scenario	Open	Goldsboro	NC	12	12	0:10:30	5:00 AM
1	10	Cane Toads	Mixed	Durham	NC	12	10	0:06:15	11:00 AM
2	17	Horseshoes and Hand Grenades	Mixed	Davidson	NC	12	12	0:06:30	11:00 AM

3	18	Duke Club Running	Mixed	Durham	NC	12	8	0:06:50	11:00 AM
4	19	Ville Billies	Mixed	Baton Rouge	LA	12	11	0:06:50	11:00 AM
5	25	Fountain Dinner Club	Mixed	Raleigh	CR	12	12	0:07:03	10:00 AM
6	35	Big Deborah and the Snacks	Mixed	Alexandria	va	12	10	0:07:30	8:00 AM
7	51	Pain Don't Hurt	Mixed	Morganton	NC	9	8	0:08:00	7:30 AM
8	53	Sanford Run Club	Mixed	Durham	NC	9	9	0:08:00	10:30 AM
9	61	TarHILLS	Mixed	Chapel Hill	NC	12	11	0:08:04	10:30 AM
10	75	Duke DPT Team 1	Mixed	Durham	NC	12	12	0:08:28	9:00 AM
11	80	Dashing ?rates	Mixed	Statesville	Nc	8	8	0:08:30	7:30 AM
12	85	Rally Crew	Mixed	Raleigh	NC	10	10	0:08:30	9:00 AM
13	86	Rosary Running	Mixed	Piedmont	SC	10	5	0:08:30	9:30 AM
14	91	Figuring it out	Mixed	Durham	NC	12	11	0:08:30	9:30 AM
15	125	Flying Foxes	Mixed	Charlotte	NC	12	10	0:09:00	6:30 AM
16	135	Lactic Asses-LITE	Mixed	Fort Mill	SC	8	5	0:09:30	5:30 AM
17	154	A Running Joke	Mixed	Greenville	SC	12	12	0:09:45	6:30 AM
18	157	Boudin Blazers	Mixed	Youngsville	LA	12	6	0:09:45	6:30 AM
19	161	Paul Bearers	Mixed	Newland	NC	12	12	0:09:50	6:00 AM
20	173	RUN W.M.C.	Mixed	Boone	NC	12	12	0:10:00	5:30 AM
21	178	Tri Hards - Mixed	Mixed	Raleigh	NC	12	11	0:10:00	6:00 AM
22	180	Waffle House Warriors	Mixed	Raleigh	NC	12	12	0:10:00	5:00 AM
23	186	Duke DPT Team 2	Mixed	Durham	NC	12	12	0:10:15	5:00 AM
1	28	Sole Sisters	Master Women	Portland	OR	8	7	0:07:15	8:30 AM
2	57	Baba Yaga	Master Women	Monticello	MN	12	12	0:08:00	10:00 AM
3	177	Tour de Tanja	Master Women	Bayse	VA	12	12	0:10:00	6:00 AM
1	38	Ridge Cruisers	Master Mixed	Potomac	MD	12	12	0:07:35	10:00 AM
2	165	Sour Power	Master Mixed	Chapel Hill	NC	12	12	0:09:55	6:00 AM
1	5	Bull City Track Club Men's Masters	Master	Durham	NC	12	12	0:05:50	12:00 PM
2	24	F3 Clown Car Explosion	Master	Greensboro	NC	12	10	0:07:00	10:30 AM
3	137	F3 Green Level - Traveling Circus	Master	Cary	NC	9	9	0:09:30	7:00 AM
4	167	Blisters, Bluegrass, and Booze	Master	Greenville	SC	12	12	0:10:00	6:00 AM
1	23	Bull City Track Club Men's Grandmaster	Grand Master	Durham	NC	12	7	0:07:00	10:30 AM
2	127	Get Off My Lawn!	Grand Master	Raleigh	NC	12	11	0:09:00	5:30 AM