

ORANGE & BLUE PREVIEW

University of Illinois Cross Country
Friday, Sept 16, 2011
Women's 6km 4:30pm; Men's 8km 5:15pm

Meet Information

Meet Director

For questions pertaining to competing in or other issues regarding University of Illinois Cross Country meets, contact meet director Eric Vetter at (217) 333-0534 or eavetter@illinois.edu.

Race Course

University of Illinois Cross Country races are held at the University of Illinois Arboretum located at the corner of Kirby/Florida Ave. and Lincoln Ave. The Arboretum is approximately 160 acres of property that has been converted "into an exceptional 'living laboratory' for studies in plant sciences and fine and applied arts". Races start in a relatively flat open area, but then quickly changes to a winding course that passes around a pond, through a walnut grove, and up over a man made hill that serves as the high point of the property. Once over the hill, it opens back up and skirts the edges of both the house of the University President and the pristine Hartley Garden which highlights the Arboretum.

The race course is painted with a double line designating an alley for athletes to run between. Athletes are expected to run within the lines. The majority of the surface is grass with a few exceptions when the course parallels a gravel road or crosses wood chipped paths. All kilometer and mile splits will be signed.

For additional facility information visit

www.athletics.illinois.edu/facilities/facilities/arboretum/default.htm or arboretum.illinois.edu.

Both courses for the Orange & Blue Preview are identical to the Big Ten Championships course.

Competing Schools

This meet is open to NCAA Division 1 teams. Teams interested in competing should contact the meet director.

Team Entry Instructions

Teams should email entries (Last name, First name, Year of eligibility) by **NOON on Wednesday, September 14** to the meet director. Team packets including maps and competitor numbers will be available at the yellow moving truck 1 ½ hours prior to race time.

Entry Fee

Team entry fee for USATFCCCA members is \$10 per athlete with a maximum fee of \$100 per gendered team. Team entry fee for non-USATFCCCA members is \$15 per athlete with a maximum fee of \$150 per gendered team. For USATFCCCA membership status, visit <http://www.ustfccca.org/membership-status>.

Unattached Athletes

Unattached collegiate and post-collegiate individuals with verified performances in the last year that fit the following criteria are allowed to compete: Women's 5km (or equivalent) of 19:45 and Men's 8km (or equivalent) of 26:45. Teams with unattached entries should list unattached athletes separate from team entries. Individuals interested in competing unattached should contact the meet director following the same entry deadline as teams. Unattached athletes are required to pay a \$15 entry fee and turn in a signed waiver (page 5) when picking up the race number.

Parking

Parking for teams and spectators is on a first come basis with no areas specifically reserved for team parking. Parking is available along Lincoln Ave, or in the lots marked on the course maps. All lots are metered or permitted until 5pm on weekdays. We cannot confirm nor deny meters or permits will be monitored prior to 5pm.

Team Camp Area

Teams are invited to set up camp in the wooded areas west of the start areas where marked on the course maps.

Warm-up Times

The Arboretum will be available on Friday after 2pm for warm-ups. The Arboretum is open to the public so you can expect to see the property being used for a variety of activities.

Results

Results will be available after the conclusion of each race at the yellow moving truck once verified by meet management. Results will be posted at www.fightingillini.com following the meet. The meet will also be scored as dual meets and scores will be sent to coaches the following Monday.

Medical Facilities

The U of I athletic training staff will be on site providing basic training needs. Visiting athletic trainers will be able to use the provided area although modalities will be limited. An Ambulance will be on hand. To arrange these services or inquire about what will be provided, please contact Randy Ballard, Men's and Women's Cross Country athletic trainer, at (217) 244-9160.

Admission

Admission is free to this event. There are no defined entry or exit points.

Restrooms

Portable toilets will be located near the start area. There are no buildings or shelters at the Arboretum. Locker or shower facilities will not be available.

Emergency Shelters

Teams are encouraged to bring a tent in the case of rain or inclement weather. In the case of severe weather, teams and spectators should evacuate to their vehicle for protection.



KIRBY-FLORIDA AVENUE

START

President's House

Team Parking along Lincoln Ave.

LINCOLN AVENUE

Idea Garden

Miles C. Hartley Selections Garden

Noel Welcome Garden

FINISH

ST. MARY'S RD

HILL

P

Japan House

P

P

HAZELWOOD DR.



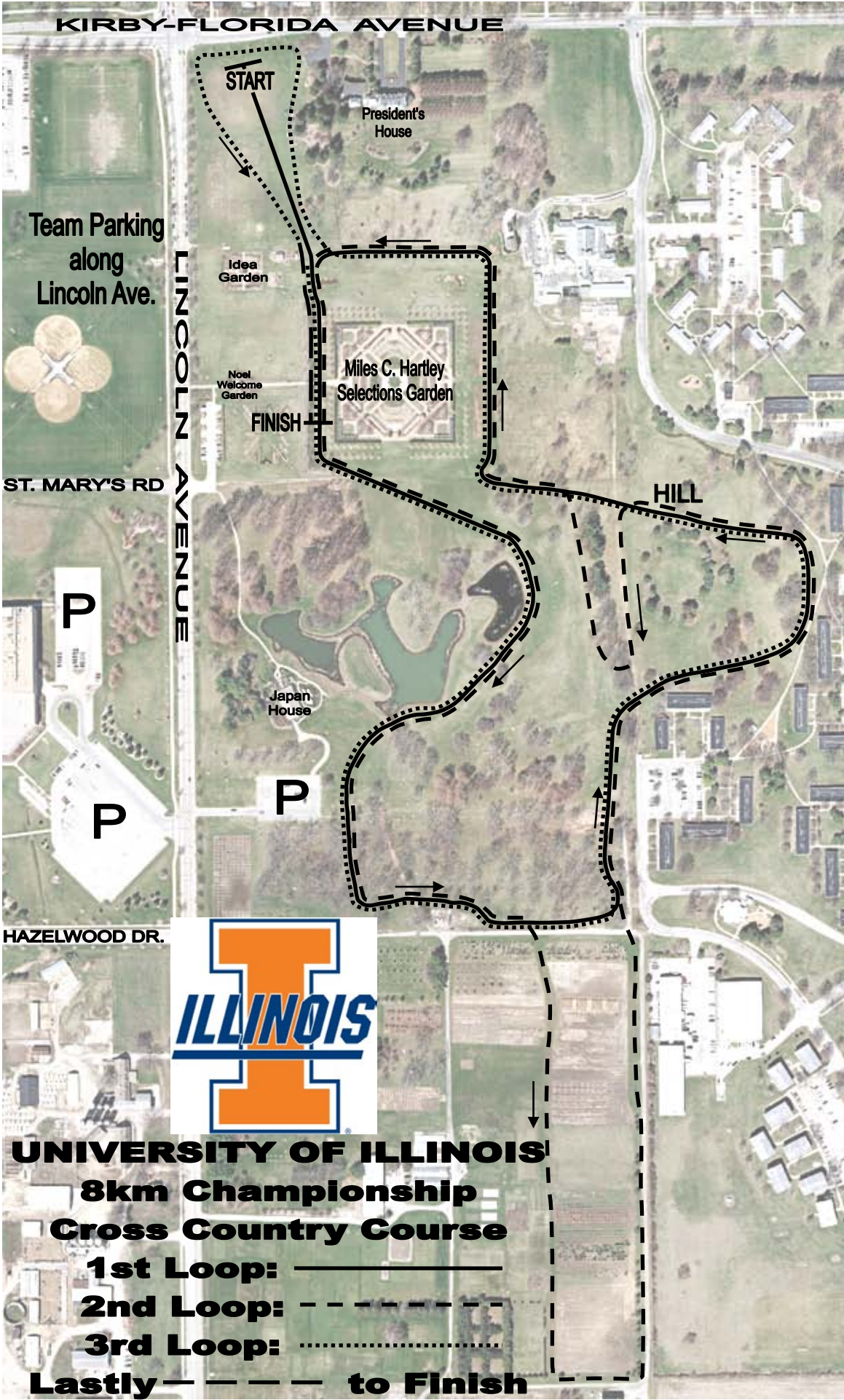
UNIVERSITY OF ILLINOIS

6km Championship Cross Country Course

1st Loop: _____

2nd Loop: - - - - -

Lastly to Finish



KIRBY-FLORIDA AVENUE

START

President's House

Team Parking along Lincoln Ave.

Idea Garden

Myles C. Hartley Selections Garden

Noel Welcome Garden

FINISH

ST. MARY'S RD

LINCOLN AVENUE

HILL

P

Japan House

P

P

HAZELWOOD DR.



UNIVERSITY OF ILLINOIS

8km Championship

Cross Country Course

1st Loop: —————

2nd Loop: - - - - -

3rd Loop: ······

Lastly - - - - - to Finish



The University Of Illinois

Acknowledgement of Risk & Waiver of Claims for Competition in an Open Meet

I, _____, an individual, do hereby acknowledge my voluntary participation in the **Orange & Blue Preview Cross Country Meet** on **Friday, September 16, 2011.**

I understand the physical stress and dangers inherent to competing in a cross country race and assume all risks and responsibility for conditioning and ascertaining my physical fitness to participate. I further waive any and all claims, and causes of actions, rights to entitlements, suits, or damages against The Board of Trustees of the University of Illinois, Division of Intercollegiate Athletics, the Men's & Women's Cross Country programs or any of its officers, employees, agents, or representatives, as a result of any injury or damage to my person or property as a result of or occurring in conjunction with my participation.

I also waive any and all claims to any other services, equipment, medical, or athletic training services, and the like.

I verify that I have no physical disabilities, impairments or, chemical dependencies that inhibit my participation in this event.

I the undersigned, am at least 18 years of age, am competent to sign this release, and have read carefully and understand all the terms.

Signature of Participant

Date

Witness

Date