



# Michigan State University

## Spartan Invitational Cross Country Course

### Forest Akers East Golf Course

(College Men: 8K Course)



#### College Men

- Distance: 8k  
 Course Directions:  
 1) Outer Loop  
 2) Outer Loop  
 3) Inner Loop

#### Course Records

- Boys: 14:30.9, Dathan Ritzenhein (Rockford, 2000)  
 Girls: 17:32.6, Katie Anderson (Marquette, 2000)  
 Men: 24:07.5, Marc Croghan (Ohio State, 1989)  
 Women: 20:53.5, Michelle Carson (MSU, 2003)



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## Spartan Invitational Cross Country Course

### Forest Akers East Golf Course

(High School 5K & Middle School 2 Mile Courses)



#### High School 5K

Distance: 5k  
 Course:  
 1) Outer Loop  
 2) Inner Loop

#### Middle School 2 Mile

Distance: 2 Mile  
 Course:  
 1) Outer Loop

#### Course Records

Boys: 14:30.9, Dathan Ritzenhein (Rockford, 2000)  
 Girls: 17:32.6, Katie Anderson (Marquette, 2000)  
 Men: 24:07.5, Marc Croghan (Ohio State, 1989)  
 Women: 20:53.5, Michelle Carson (MSU, 2003)

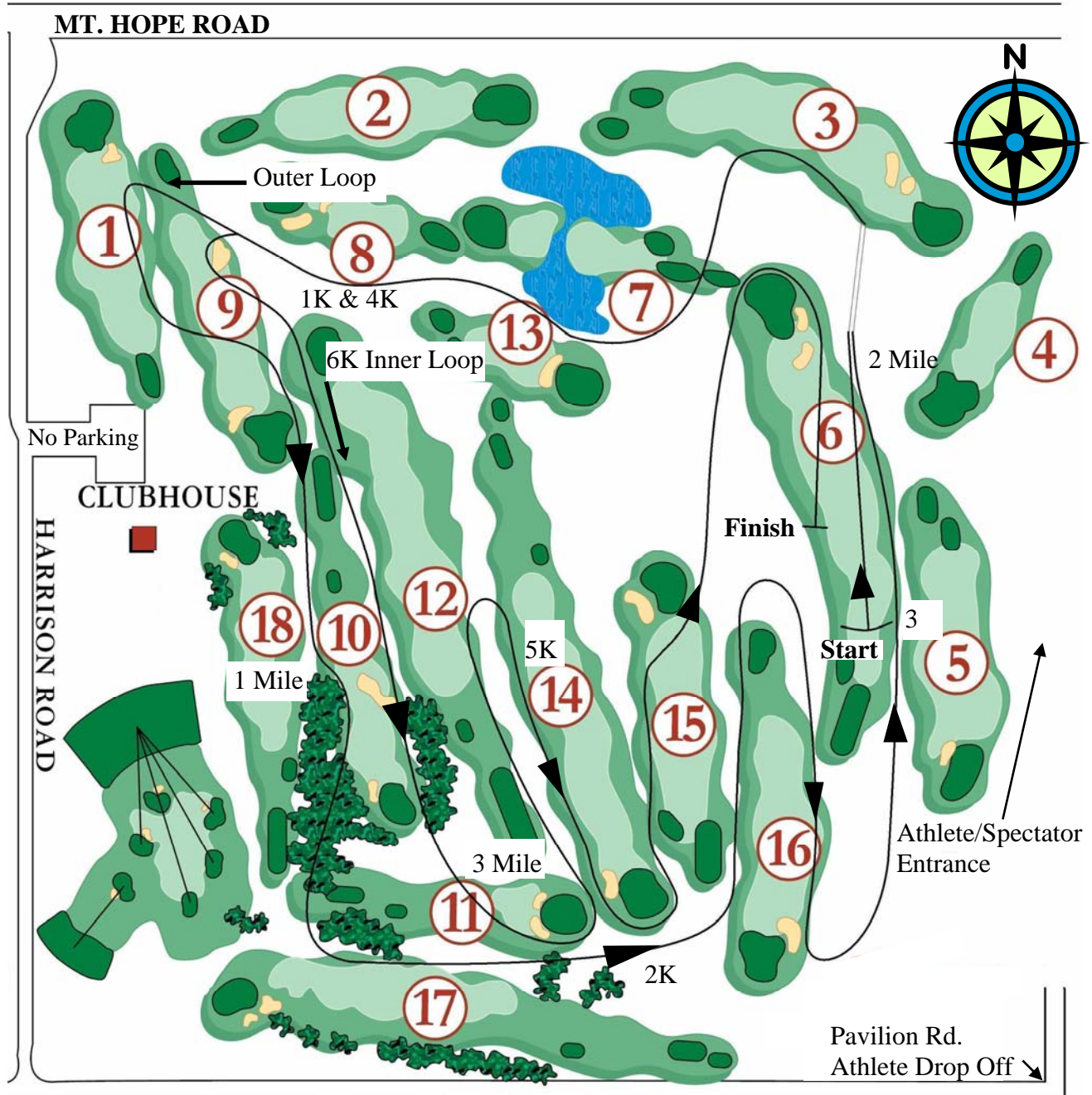


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## Spartan Invitational Cross Country Course

### Map --- Forest Akers East Golf Course

(College Women: 6K Course)



**College Men**

Distance: 8k  
 Course Directions:  
 1) Outer Loop  
 2) 6k Inner Loop

**Course Records**

Boys: 14:30.9, Dathan Ritzenhein (Rockford, 2000)  
 Girls: 17:32.6, Katie Anderson (Marquette, 2000)  
 Men: 24:07.5, Marc Croghan (Ohio State, 1989)  
 Women: 20:53.5, Michelle Carson (MSU, 2003)