



CROSS-COUNTRY

THE PENN STATE NATIONAL || FRIDAY, OCTOBER 14, 2011

Race Times:

10:00 AM College Men
11:00 AM College Women

Race Distance:

College Women - 6,000-Meters
College Men - 5.2 Miles

Accepted Entries:

Due to limited space on the starting line, we will only be able to accommodate approximately 30 teams per gender. As the race is intended to produce national-qualifying points, priority will be given to Division I teams. Please contact jnr126@psu.edu to confirm your entry status.

Entry Fee:

Single Gender: \$200.00/team
Combined Program: \$400.00
Individual: \$20.00 (Teams with FOUR individuals or less)

Entry Fee Deadline:

Friday, October 7 - Receipts Will Be Available at Packet Pick Up.

Send entry fee to:

Dave Baker
103 Bryce Jordan Center
University Park, PA 16802

Make Checks Payable to: **Penn State University**

Entry Fee MUST be submitted PRIOR to the competition. NO ENTRY FEES will be accepted at the meet.

Entry Deadline:

Monday, October 10, 2011 @ 11:59 P.M.

Entries will be open on DirectAthletics by Monday, September 12.

Entry Procedure:

Online through Direct Athletics - www.directathletics.com; You may change your entry until the deadline.

If you are not on Direct Athletics "Invited Teams" list, please contact Jess Riden at jnr126@psu.edu.

Entry Limit:

Due to the high interest in this competition, teams will be limited to 12 athletes per gender.

Packet Pickup:

Packet pickup will be available during practice (4:00-6:00 p.m.) on Thursday or prior to competition on Friday (Beginning at 8:30 a.m.).

Timing/Chip Pickup:

The Penn State National will utilize ChipTiming by Runner's High (www.runhigh.com). Chips will be available for pick up on Friday ONLY at the Race Director's tent near the parking lot.

Practice Day (Thursday, October 13):

Course will be open for inspection from 4:00-6:00 p.m.
(Information concerning practice day parking will be emailed to coaches prior to competition.)

Awards:

- * The Top 10 finishers per gender will receive awards.
- * The Top THREE teams per gender will receive t-shirts (7 per team).

RACE DAY TIMELINE:

8:00-9:30 AM	Course Open for Inspection
8:30 AM	Packets/Timing Chips Available for Pick Up
9:45 AM	Men's 5.2M Called to Start!
9:55 AM	National Anthem
10:00 AM	Men's 5.2M Begins!
10:45 AM	Women's 6K Called to Start
11:00 AM	Women's 6K Begins!
~ 11:45 AM	Awards Ceremony (Adjacent to Finish Line)

Race Day Packet Pickup:

Please pick up your packet in the white tent adjacent to the parking lot upon arrival on Saturday (or during practice day on Friday). Chips MUST be returned at the conclusion of the race.

Team Camps:

Please keep team camps AWAY from the starting line. Team camps should be on the field below the starting line (between the starting line and the parking lot) and away from all fairway and greens. Teams may also set up camp along the tree line above the finish stretch.

Please NOTE - **NO TEAM CAMPS OR WARMUPS** will be permitted on fenced in rugby fields.

Reminders:

Please avoid all greens and fairways. PLEASE inform any parents, fans, etc., of this as well.

Athletic Training:

Certified athletic trainers will be on-site for all practices and competitions. In addition, an ambulance and EMS crew will be available on Saturday for the races. Mount Nittany Medical Center is approximately five miles away from the Blue/White Courses and the emergency room phone number is 814-231-7000.

Results:

RESULTS will be posted near the finish line and available to coaches following each of the races and on www.GoPSUsports.com at the conclusion of the day. **Collegiate Race Updates will occur throughout the competition via Twitter @PennStTFXC.**

Locker Rooms/Showers:

Locker rooms will be available in Rec Hall – across the street from the starting line. Locks and towels will NOT be provided.

Recommended Hotel:

Hampton Inn - (814) 231-1590

1.8 Miles to Course