

43RD ANNUAL
WESTERN WASHINGTON UNIVERSITY
CROSS COUNTRY CLASSIC

Saturday, October 8, 2016 • East Lake Padden Park, Bellingham, WA

10:00 a.m. Men's 10,000-meters • 11:00 a.m. Women's 6000-meters

INVITED TEAMS: Please let us know if you would like to attend. Please pass this e-mail on to any athlete, club, school, or coach on your distribution list.

ENTRIES: Please process your entries so they are received no later than Tuesday, October 4th, by 5 p.m. P.D.T. Enter at directathletics.com using the following link:

<http://www.directathletics.com/>

If you are not a regular user of directathletics.com, go to the same link which will explain how to enter into the meet. Additional entries will be allowed on race day at the day of race rate below ONLY.

ENTRY FEE: \$150 per men's team and \$150 per women's team. The individual entry fee will be \$20. DAY OF RACE entries are \$30. There is no fee to enter the park. Entry fees are required with your entries, except for collegiate teams which may pay their team fees on race morning.

PREVIEW: We will be at the course setting up from 3 p.m. to 5 p.m. on Friday, October 7. You are welcome to come pick up your packet with maps, bib numbers, chips, and starting box assignments.

SCRATCHES AND CHANGES: Please make scratches and changes prior to the start of the men's race at the registration shelter (closest shelter to the finish line.)

CALLS AND CHECK IN: *First call* will be given 20 minutes prior to the start of each race, at which time we ask athletes to begin to move to the start. *Final call* will be a gun shot and/or announcement ten minutes prior to the race.

COURSE: New courses were established at popular and scenic Lake Padden Park in 1997. We modified the courses in 2009 to retain the common finish line while utilizing a common start line for the first time. The men and women each run their own turnaround loop on the start/finish field. The majority of the surface is the hard-pack gravel (covered in some places by dirt and fir needles) of the main Lake Padden trail. Grass surfaces – sometimes mucky, just like cross country runners like it – dominate the start, finish, and turnaround loops for each course. Course maps will be mailed upon request and be available in your packet. The courses are both decent for spectators -- encourage families and friends to come to the races!

SPLITS: All miles and kilometers in both races will be marked, and splits will be called at each mile in each race.

PROGRAM: Previous winning team scores, a course map, a list of past winners (individuals and teams) from our previous 42 years, and pre-race entries for this year's race will be in the

complimentary printed program on race day. The program will also be put in PDF format on the WWU Athletics web site the day before the meet.

HOUSING: There are plenty of housing options in Bellingham. We recommend contacting the Bellingham Visitors Bureau, 360/671-3990, for more information, or using Travelocity (or another travel search engine) to locate housing for your team. There is no headquarters hotel for this meet. Most chain hotels / motels are located in the Guide Meridian, Meridian, and Bellingham Airport areas, although the Lakeway Inn is closer to the course.

TRAINERS: WWU's athletic trainers will be available during the meet, with minimal equipment. Full training facilities will be available at the WWU campus only and only by prior arrangement. Please let us know in advance of any special needs your athletes may have before or after the meet.

PARKING: One of the reasons our entry fees have increased is additional stipulations by the City of Bellingham on parking at the park. If you arrive later than about 9:30 a.m., you may be required to park at the West Lake Padden beach area and take our shuttle to the start/finish. Please carpool or take public transportation (there is a bus line from the Transit Center downtown to the entrance to the park.) Parking illegally is very likely to result in your receipt of a ticket as the City enforces their new protocol.

DRESSING: Lockers and showers are not available on campus due to the on-going reconstruction of Carver Gymnasium, and there are no dressing rooms at the Park.

AWARDS: Tee-shirts will be presented to the first seven finishers in each race at approximately 11:45 a.m. The individual and team champions will also receive a special award. It would be appreciated if award winners from both races would stay close to the awards area, so we may begin presenting awards as soon as the results are ready after the women's race.

RESULTS: Very limited printed results will be available at the Park after the meet. Results will be e-mailed automatically to each school participating, and to the media and club team managers upon request. Faxes are available upon request only. The link to complete results will be live approximately two hours after the second race, sooner if possible.

INFORMATION AND QUESTIONS

Contact Bill Roe or Pee Wee Halsell as you need:

Bill Roe

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Pee Wee Halsell

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