

DEFIANCE COLLEGE DUALS

Cross Country Meet

September 10th, 2011

Start Times: (Eastern Standard Time)

8:30-9:30am Packet pick-up (Press Box) and course inspection
10:00am Men's 8k
10:50am Women's 5k

Course:

- Grass, gravel, dirt road and a few very short sections of asphalt.
- Mostly flat with two gully-style short, steep hills
- The course is the same as in 2007-10.

Maps:

- Will be available at packet pick-up.

Entry Fee:

- \$50 per team, \$100 for co-ed teams, \$10.00 per individual or unattached.

Entry Procedures:

- Each school may enter an unlimited number of runners.
- Entries need to be emailed by 11:59pm, Wednesday September 7th.
- Please email to: jhartpence@defiance.edu

Scoring:

- Meet will be scored in dual meet format.
- The top seven finishers in each race will score/displace.
- Unattached runners/ teams will not be scored.

Awards:

- The top ten finishers in each race will receive a meet t-shirt.
- Top seven members of winning team and coach will also receive t-shirts.
 - In the event of two (or more) teams having the same dual record, head-to-head will be first tie breaker. Top finishing #6 runner will be second tie-breaker.
- Max one shirt per athlete.

Trainers:

- Defiance College trainers will be on site with water and ice.
- Contact Kevin Tong at 419/783-2340 to arrange any specific modalities.

Meet Directors:

John Hartpence
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