

NORTHWOOD OPEN CROSS COUNTRY MEET

Friday September 11, 2009

Fisher Family Trails and Intramural Fields @ Northwood University

Race Schedule

Women's 5km: 5:15 PM

Men's 4 M: 6:00 PM

Course

The course will be located at the Fisher Family Trails and Intramural Fields on the South side of campus (On Tittabawassee River Rd). The course consists of a mixture of grass, cross country trails, and a limestone service path.

The start and finish areas will be on intramural fields, so the grass footing should be fair. With the mixture of terrain, we would advise wearing $\frac{1}{4}$ inch spikes. The landscape of the course is mostly flat with a few long but gradual gradients.

Entries

Races are open to all post-high school athletes

Unlimited entries for competing teams

Unattached entries are also welcomed

Please visit our website for entry forms (Due September 9th)

Hy-Tek Entry System is also available. Email Coach Stryker for details

Entry Fee

\$50 per team/per gender or \$5 per runner/per gender

\$5 for unattached athletes

Packet Pick-Up/Registration

Will take place at Start/Finish Area

Other Information

Team Parking available on Tittabawassee River Rd.

Spectator Parking available on Tittabawassee River Rd.

Locker Rooms/Bathrooms available at Bennett Sports Center

Port-a-Johns available near Start/Finish area

Questions

Head Coach Josh Stryker (989-837-4473)

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Assistant Coach Rick Williamson (989-837-4473)

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