

RED HAWK CROSS COUNTRY INVITATIONAL (10-10-09)

**Entry fees: \$100.00 per team (gender), \$200.00 per institution (both men and women).
\$15.00 per individual if teams have less than 5 runners.**

Entries: should be done on-line at pttiming.com by Thursday Oct. 8 at 6:00.

11:00 Women's 5K

11:45 Men's 8K

1:15 Awards (on the outside steps of the PE complex facing the presidents house)

1st place team (men & women), Division III teams only– team plaque

1st place men's and women's individual champion – plaque and t-shirt

Top 20 from Division III (men & women) – t-shirts

Top 5 non-Division III runners (if in top 25) – t-shirts

Ripon Alumni awards are separate from the above.

**Scoring: top 5 runners count for team scores, the 6th and 7th runners are the pushers.
The dead runner scoring system will be used.**

Course reminders: the course is primarily gravel run through our environmental studies preserve. Run flag to flag. Stay on the gravel and mowed areas around the gravel when on the trails. The hill leading up and down from the top of the preserve are fairly steep and approximately a 1/4 mile in length. The women run one loop up on the top of the trail and the men run 2 loops before coming back down. Orange cones indicate non-course areas. We will have course marshals and people reading splits at the 1, 2, 3, and 4 mile marks.

We will be using the chip timing system. Return all chips to the pttiming representative.

Please, NO SPIKES inside the Storzer PE complex.

Ripon College looks forward to having you on our campus and hope you have an awesome meet.