

## Conference Carolinas Cross Country Championship

Friday November 7th, 2014

Hosted by Belmont Abbey College

Frank K. Liske Park, 4001 Stough Rd, Concord NC

### Entry Information:

Entries can be made through Direct Athletics or CFPI Timing <http://www.cfpitiming.com/>

**Entry Deadline is: November 3<sup>rd</sup> at noon**

### Meet Day Information

#### Schedule:

1:00 Packet Pick-up begins in the Barn

2:45 Invocation and National Anthem

2:50 Women's Teams Report to Starting Line

**3:00 Women's 5000m Championship**

3:45 Women's unofficial results will be posted in the Barn at the Check-in table

3:50 Men's Teams Report to Starting Line

**4:00 Men's 8000m Championship**

4:45 Men's unofficial results will be posted in the Barn at the Check-in table

4:45 Final Results Protest Period for women and men will begin  
Results will be posted at Check-in Table in Barn

5:00 Awards Presentation at the Barn

Box dinner distribution following the awards

Bottled water is also available

Hard copy of results will be distributed at this time

### Upon Arrival at Packet Pick-up Area:

**\*\* Draw for Starting Box** Separate Men's and Women's Box for each program

**\*\*Bus and Van Parking** Please park school vehicles and buses in the gravel lot past the barn

**\*\*Team Camps** Only allowed by bus/van grass area // No camps outside this area

**\*\*Restrooms** Athletes: Softball, Soccer, or Office restrooms  
Spectators, Officials, Coaches: Barn restrooms

**\*\*No athletes in the Barn Area at any time between 1pm and the conclusion of the day**

**\*\*Athletic Training:** Will be set up on the West side of the Barn, not in the Barn

**\*\*Protest Period:** Begins at 4:45