



CCU Cross Country Invitational

Friday, September 8, 2017
Hosted by Coastal Carolina University



LOCATION:

Coastal Carolina University

More information if announced will be posted at WWW.GOCCUSPORTS.COM on the cross country/ track section.

DIVISIONS/ELIGIBILITY:

College:

- Athletes from all universities, colleges, junior colleges, and open competitions are welcome to compete simultaneously in the intercollegiate/open division race.
- Dual meet scores between the host and visiting Division I Institutions may be kept.
- Open athletes are welcome but are not eligible to receive awards.

High School:

- Meet is sanctioned by the South Carolina High School Leage (SCHSL)
- All high schools are welcome

COMPETITION RULES: NCAA AND SCHSL rules will be in effect in their respective races.

ENTRIES:

Entries are done **only** via Direct Athletics for colleges.

Entries for all HS/MS/Elem must be done only at SCMilesplit. <http://sc.milesplit.com/meets/287752/info>

Deadline is midnight, September 4 at midnight.

No FAX or emails accepted.

ENTRY FEES:

For college teams, entry fees are \$150 per gender (5 athletes or more, men and women’s teams from the same institution count as two separate teams).

For high school teams, entry fees are \$75 per team (5 athletes or more, men and women’s teams from the same institution count as two separate teams).

\$10 per unattached athlete for college races only.

Checks are to be made out to: Coastal Carolina University Cross Country

Checks can either be mailed or given to Coastal Carolina staff on the day of the race. Cash is also accepted.*

Zola Pieterse – Cross Country
PO Box 261954
Conway, SC
29528-6054

SCHEDULE:

Coastal Carolina University Cross Country Invitational

Friday, September 8th, 2017

4:00PM – Elementary and Middle School 3K

4:30PM – High School Girls 5K

5:15PM – High School Boys 5K

5:45PM – Women’s 5K

6:15PM – Men’s 5K

For more information, please contact:

Cross Country Coach Zola Pieterse

843-503-4822

zpieter1@coastal.edu

Director of TF/ XC- Sandy Fowler

843-503-4849

sfowler1@coastal.edu

COURSES:

Lead vehicles will be available for all races. The course will be marked, flagged, and will have marshals to guide athletes throughout the course.

Miles and kilometers will be marked along the course.

AWARDS CEREMONIES & AWARDS:

Awards ceremonies will be held following each event.

Awards for top 3 teams.

Top-10 individual awards for each race.