



# CCU Cross Country Invitational

Friday, August 30th, 2019  
Hosted by Coastal Carolina University and  
Carolina Forest High School



## LOCATION:

Coastal Carolina University: Hackler Golf Course.

More information, if announced, will be posted at [WWW.GOCCUSPORTS.COM](http://WWW.GOCCUSPORTS.COM) on the cross country/track section or <https://goccusports.com/sports/2018/11/29/coastal-carolina-invitational.aspx>.

## COLLEGE DIVISIONS/ELIGIBILITY:

- Athletes from all universities, colleges, junior colleges and open competitions are welcome to compete simultaneously in the intercollegiate/open division
- Open athletes are welcome but are not eligible to receive awards

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

**ENTRIES:** Entries are only done via Direct Athletics ([www.directathletics.com](http://www.directathletics.com)). The deadline for entries is midnight (Eastern time), **26 August 2019**. Please do not fax or email race entries.

## ENTRY FEES:

For college teams, entry fees are \$150 per gender (5 athletes or more; please note that men and women's teams from the same institution count as two separate teams). Entry fees for unattached athletes is \$10 per individual athlete.

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

### Please make checks out to:

Coastal Carolina University Cross Country  
PO Box 261954  
Conway, SC  
29528-6054

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## HIGH SCHOOL DIVISIONS/ELIGIBILITY:

- Meet is sanctioned by the South Carolina High School League (SCHSL).
- All high schools, middle schools and elementary schools are welcome.

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

**ENTRIES:** Please submit entries via [www.SC.Milesplit.com](http://www.SC.Milesplit.com). Deadline for race entries is midnight (Eastern time), Monday, 26 August 2019. Please do not submit entries via email or fax.

## ENTRY FEES:

For school teams, entry fees are \$75 per team per gender (5 athletes or more; please note that men and women's teams from the same institution count as two separate teams). Entry fees for unattached athletes is \$10 per individual athlete.

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

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**SCHEDULE:**

**Coastal Carolina University Cross Country Invitational**

Friday, August 30<sup>th</sup>, 2019

4:30 PM: High School Girls 5K

5:00 PM: High School Boys 5K

5:30 PM: Middle and Elementary Boys and Girls 3K

5:45 PM: Award Ceremony High School Boys and Girls

6:00 PM: College and open Women 5K

6:10 PM: Award Ceremony Middle and Elementary Boys and Girls 3K

6:30 PM: College and open Men 5K

7:00 PM: Award ceremony College Men and Women

**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 for top 2 teams in High school, Middle school and Elementary school and College teams.

Top 7 individual awards for each race.