

Lansing Invitational Cross Country Meet



- Date: **Friday, October 7, 2016**
- Location: Grand Woods Park, Lansing, Michigan
- Distance: Women – 5000 Meters Men – 8000 Meters
- Starting Times: Women’s race starts at 1:30 pm Men’s race starts at 2:15
- Timing: Chip timing using disposable tags.
- Entry Fee: \$150 per Team \$300 Men/Women \$20 per individual
- Scoring: This is a scored meet
- Awards: Top 10 Male and Female runners and top two Male and Female teams
- Results: Available at the conclusion of the meet. Emailed to all coaches
- Course: Fast with good footing

Entries are due by 8:00 PM on Tuesday, October 4, 2016

Entry Procedure: Online at Athletic.net
This is the only way to enter the meet.
Do not email or fax your entries in.

Make check payable to: **Lansing Community College.**

Make check payable to Lansing Community College and bring to the meet,
or mail entry **fee** to:

Lansing Community College
1000 Athletics
PO BOX 40010
Lansing, MI 48901

Directions to Grand Woods:

From I 496 exit at Waverly Road
Go North for 1 ½ mile
Turn Left on Willow Rd
Go ½ mile, turn right at 3 way stop to stay on Willow.
Go ½ mile and turn right in to park