

Kinetic Running
Cardinal Classic
Cross Country Invitational
Saturday, September 2nd, 2017

Women's 5000m - 11:00 am
Men's 5000m - 11:45 am
Awards/Results – 1:15 pm

Attending (as of 8/3): RPI, Clarkson University, SUNY Potsdam, SUNY Adirondack

Course: consists mainly of grass and trail with a few pavement crossings. Course will be marked with flagging and white lines/arrows on the ground.

Records: **Men's 5km** – Josh McDougal (Unattached) – 15:04
 Women's 5km – Lisa Grohn (St. Lawrence) – 17:38 * Broken in 2016 *

Entries/ Roster Submission: due by Wednesday, August 30th at 12:00 pm on DirectAthletics. Questions can be emailed to krug3810@plattsburgh.edu

Entry Fee: \$100.00 per gender/team (\$200 total for men's and women's teams). \$10.00 per individual. Please make checks payable to SUNY Plattsburgh. Open athlete registration will be accepted at \$10.00 per entry.

Packet Pickup: will be available at the start/finish line from 9:00am – 10:30am on the day of the race.

Parking: will be allowed in the lot directly across the street from the start line (100 ft.)

Scoring: will be per NCAA with the top 5 place finishers per team and the top 7 displacing.

Refreshments: will be available for coaches at packet pick-up. There will be water/gatorade for all competitors following the race at athletic trainer's tent.

Awards: will be given to the top team and the top 10 individuals in each race. In the event of inclement weather, the awards ceremony will be held in the Field House next to the course.

Locker Rooms: will be available in the field house.

Medical: a certified athletic trainer will be on-site near the start/finish area.

Results: will be posted within 30 minutes after the conclusion of each race and official copies will be distributed to all coaches at the awards presentation and posted on our team webpage.

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