

kinetic running

Cardinal Classic

Cross Country Invitational

Saturday, August 31, 2019

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

Attending (as of 7/23): SLU, Clinton CC, Castleton, & Plattsburgh.

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 (2014)
 Women's 5km – Lisa Grohn (St. Lawrence) – 17:38 (2016)

Entries/ Roster Submission: due by Wednesday, August 28th at 12:00 pm on DirectAthletics. Questions can be emailed to krug3810@plattsburgh.edu. **FinishRight Timing will be the official timer.**

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: coffee 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 before and after the races.

Medical: a certified athletic trainer and EMT 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.

Andrew Krug – Head Cross Country Coach
krug3810@plattsburgh.edu
518-564-4145 (Cell: 518-791-0614)

Nicholas Jones – Head Track & Field Coach
njone005@plattsburgh.edu
518-564-4145