



**13th Annual
COWBELL CLASSIC
Pre-National Meet**
Hosted by: Principia College



Date:	Saturday, October 14, 2017
Race Times:	Men's 8k – 9:45 AM – Max 12 Runners Women's 6k – 10:45 AM – Max 12 Runners Open/Unattached Men 8k and Women 6k – 11:30 AM – Unlimited Runners
Course Preview:	Course will open for preview Friday, October 13 th from 2:00 PM - 5:30 PM
Entries:	Entries must be submitted by Thursday, October 12 at 9:00 AM . Online Entry Form
TFFRS:	TFFRS Instructions
Entry Fee:	\$200/gender, \$350 combined \$25.00 for unattached runners
Entry Lists:	Women Men
Box Assignment:	Box Assignments
Course Map:	6k Map 8k Map
Awards:	T-shirts will be awarded to the first 25 men and women in the early races.
Trainer:	Trainer will be on site. Water at both the start and finish. Limited Shower facilities at Crafton Center, please bring your own towels.
Chip Collection:	Coaches will return all chips to the packet pick-up tent after the conclusion of all races in the envelope provided in you packet. Chips should be strung in numeric order. No chips will be collected in the finish chute. A \$25.00 fee will be assessed for missing or damaged timing chips.
Parking:	All teams, officials, and volunteers parking at Crafton Center. Spectator parking at Crafton and overflow lots.
Traffic Patterns:	Please note that team vehicles should follow signage to approach Crafton Center from Lockhaven Road, and not through Elsay Village. All spectator vehicles will approach through Elsay Village. Note: From the Great River Road (IL-100), team vehicles and spectators are being sent different routes to the course. Spectators will not be allowed in through the team route. On Saturday, Illinois Highway Patrol or Jersey County Sheriff will be at both the team and spectators turn-off of the Great River Road in addition to posted signage. Traffic Flow Directions

Hotel: Alton, Grafton, Jerseyville, Godfrey, Edwardsville, Glen Carbon, and Pontoon Beach, IL. St. Louis Airport Hotels are roughly 45 minutes from the course, and may be an easy option as well.

Meet Questions: Robert Baker robert.baker@principia.edu 618-374-5078

Entry Questions: Rich Schilling, TRXC Timing rich@trxctiming.com 314-522-6176