



## Border War XC Championships

### College Meet Information

Friday, October 6, 2023



**Meet Director:** [Nick Barron](#) – Principia College - Head Coach

**Meet Manager:** [Rich Schilling](#) – TRXC Timing - 314-522-6176

**Where:** Principia College, Elsah, Illinois

**Race Distances:** Women [5K](#), Men [8k](#)

**Race Times:**  
Women – 4:45 pm  
Men – 5:30 pm

**Race Conduct:** NCAA Rule Book

**Course:** The Principia XC Course has rolling hills with solid footing. Site of 2016 NAIA XC Nationals and 2017 NCAA D3 XC Nationals

**Course Inspection:** The course will be open to inspection on Friday only beginning at 1:00 pm.

**Entry Limits:** Unlimited Entries

**Entry Deadline:** Entries are due no later than **Wednesday, October 4<sup>th</sup> by 9:00 a.m.** [Direct Athletics](#)

**Entry List:** [Men](#) [Women](#)

**Team Camps:** Each camp should be 40 x 40 feet with 20 feet distance between each team camp.

**Facilities Map:** [Facilities Map](#)

**Water/Finish:** Water coolers and cups will be available near the finish line, but teams should come prepared with water bottles and bring their own water if possible.

Coaches are responsible for any fallen athletes at the finish line. The Athletic trainer on duty will deal only with those athletes needing critical assistance.

## Shower/Dressing

- Facilities:** Crafton Athletic Center – Please contact Nick Barron if plan on showering – [Nick.Barron@principia.edu](mailto:Nick.Barron@principia.edu)
- Scoring:** Standard NCAA scoring will be used.
- Awards:** Customized medals will be given out to the top 10 athletes in each division.
- Entry Fee:** \$200.00 per team, (men's and women's teams are counted separately), or \$40.00 per individual, whichever is less. Payment must be made via check made payable to TRXC Timing, 12727 Carrollton Industrial Ct., Bridgeton, MO 63044 OR via credit card by calling Denise at 314-522-6176 (processing fees will apply). **No exceptions.** Team entry fees will be calculated from the entry list. (**No refund for scratches**).
- Box Assignments:** [Box Assignments](#)
- Trainer:** Trainers will be on duty beginning at 3:30 p.m.
- Toilet Facilities:** Port-a-john's will be available near the team camp area.
- Spectators:** Entry fee for spectators will be \$10.00 per car.
- T-Shirts:** [Commemorative t-shirts](#) will be on sale at the meet by Fine Designs.
- Directions:** [Click Here](#)

## Special Notes from Principia:

Dear Coaches,

We're looking forward to hosting the Border Wars Cross Country meet this Friday. Please read below for some additional information and let me know if you have any questions.

- 1) Enter at the gravel parking lot, NOT at the gatehouse. There will be signage and personnel indicating where to enter.
- 2) **Parking** will be located in the gravel lot and Crafton Athletic Center parking lot across from the course. Busses should park in the lot and THEN unload athletes and equipment. **Busses may not stop on Beltrees road** to unload as this will cause a safety hazard.
- 3) Water coolers and cups will be available near the finish line, but teams should come prepared with water bottles and bring their own water if possible.
- 4) We will have portable toilets at the course and restrooms are also available inside Crafton Athletic Center.
- 5) Showers are available in Crafton Athletic Center. Bring your own towels. Please let Nick Barron know if you plan on using showers after the race.
- 6) Fan/Parent Parking is also in the Gravel Lot/Crafton Lot across from the course. Parking for spectators will be \$10 per car.

Link to Course Maps: [https://principiaathletics.com/sports/2015/9/30/MCROSS\\_0930153547.aspx](https://principiaathletics.com/sports/2015/9/30/MCROSS_0930153547.aspx)