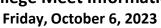


## Border War XC Championships College Meet Information





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 <u>5K</u>, Men <u>8k</u>

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

**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