

NATIONAL JUNIOR COLLEGE ATHLETIC ASSOCIATION REGION XII

AND

MICHIGAN COMMUNITY COLLEGE ATHLETIC ASSOCIATION

CROSS COUNTRY CHAMPIONSHIPS INFORMATION

- Date:** Saturday, October 29, 2016
- Time:** 12:00 noon EST (Women's 5K)
1:00 p.m. EST (Men's 8K)
- Location:** **Grand Woods Park, Lansing, MI**
From I 496 - exit Waverly Road. Go North.
Go 3 miles to Willow Rd. Turn Left or West.
After a ½ mile, turn right at 3 way stop to stay on Willow.
Go ½ mile, when Willow curves to the left go straight into Park
- Host:** Lansing Community College
- Course Length:** 8,000 Meters (4.97 miles) for men and 5,000 Meters (3.1 miles) for women.
- Entry Fee (Team):** \$100.00 per team (Men's and Women's = \$200)
Mail entry fee payable to:
Lansing Community College.
1000 Athletics
PO BOX 40010,
Lansing, MI 48901
Entry fee must be received prior to competing.
- Entry Fee (Individual):** \$15 per individual (if a college is not able to enter a full team)
- Entry Due:** Tuesday, October 25
- Entry Procedure:** **Entries can only be submitted online at Athletic.net**

<http://www.athletic.net/>

Do not email or fax your entries in.
- Entry Limitation:** There is no limit on the number of entries per team. However, all entries must be eligible according to NJCAA rules. There will be no open division. The first five runners from each college will score and the next two will displace.
- Team Scoring:** There will be one men's and one women's race and the NJCAA Region XII and the MCCAAs meets will be **scored separately**. Teams must declare which 7 runners score.

- Awards:** NJCAA Region XII - Plaques to top two teams(M&W)
 Medals to top 15 runners (M&W)
 Medals to winner's team members (M&W)
- MCCAA - Trophies to top two teams (M&W)
 Plaques to top 10 runners (M&W)
 All conference certificates to top 14 runners (M&W)
- Coaches Meeting:** A coaches meeting will be held in the pavilion at 11:15 a.m. on Saturday, October 29, 2016.
- Packet Pickup:** Team packets will be available at the coaches meeting.
- Course Inspection:** The course will be available for inspection on Friday at 12:00 noon.
- Course Markings:** The course will be well marked with painted arrows and cones.
- Course Description:** The course is grass and trails all the way, flat to rolling.
- Times:** A Race Clock will be used at the finish.
- Awards Ceremony:** All awards will be presented in the pavilion at 1:45 p.m.
- Printed Results:** Printed results will be available at the pavilion approximately 30 minutes following the women's race.
- Locker rooms:** Locker and shower facilities are available at Lansing Community College. Please bring your own towels and locks.
- Restrooms:** There will be toilets available near the start/finish area for all runners.
- Time Schedule:**
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| 9:00 | a.m. | Course open to runners |
| 11:15 | a.m. | Coaches Meeting (Pavilion) |
| Noon | | Women's 5k |
| 1:00 | p.m. | Men's 8k |
| 1:45 | p.m. | Awards ceremony (Pavilion) |
| | | All times are Michigan (Eastern Standard Time) |
- Coach of the Year:** Ballots for MCCAA and Region XII Men and Women Coach of the Year will be provided at the coaches meeting. Please turn in promptly at the registration table.