

Lansing Invitational Cross Country Meet



- Date: **Friday September 30, 2011**
- Location: Grand Woods Park, Lansing Michigan
- Distance: Women – 5000 Meters Men – 8000 Meters
- Starting Times: Women’s race starts at 3 pm Men’s race start at 3:45
- Timing: Chip timing using disposable D-tags.
- Entry Fee: \$150 per Team \$300 Men/Women \$20 per individual
- Scoring: This is a scored meet
- Awards: Award to the top 15 Male and top 15 Female runners.
- Results: Available at the conclusion of the meet. Emailed to all coaches
- Course: Fast with good footing

Entries are due by 6:00 PM on Tuesday September 27, 2011

Entry Procedure: Online at Athletic.net
This is the only way to enter the meet.
Do not email or fax your entries in.

Make check payable to: **Lansing Community College.**

Make check payable to and bring to the meet - or mail entry **fee** to:

Lansing Community College
1000 Athletics
PO BOX 40010
Lansing, MI 48901

Directions to Grand Woods:

From I 496 exit at Waverly Road
Go North for 1 ½ mile
Turn Left on Willow Rd
Go ½ mile, turn right at 3 way stop to stay on Willow.
Go ½ mile and turn right in to park