ST. OLAF INVITATIONAL MEET INFORMATION

TO: Cross Country Coaches
FROM: Chris Daymont, St. Olaf Women's Cross Country Coach
RE: The 46th Annual St. Olaf Invitational Cross Country Meet

DATE: Saturday, September 17, 2016
RACE: We will be running the St. Olaf Championship course located on the fields and trails behind Tostrud Center. The men will run 8K and the women will run 6K. Spikes suggested, flats okay. The Tostrud fieldhouse will be open for camps and warm-ups.

<table>
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<tr>
<th>TIME SCHEDULE</th>
<th>10:00 am</th>
<th>Women’s Invitational 6K Race</th>
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<tr>
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<td>11:00 am</td>
<td>Men’s Invitational 8K Race</td>
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NOTE CHANGE IN RACE TIMES

ENTRY PROCEDURE: We are using Fastfinishresults for timing and scoring. Go to www.fastfinishresults.com and click on the "Attention Coaches. Cross Country Entires, Detailed instructions" button. You will find detailed instructions on how to enter your roster and then your team into the St. Olaf Invitational. Read it, try it and let Bob Ertl know if you have any problems (ertl.bob262@gmail.com). If your team ran in NCAA regionals or nationals last fall, you should have an account. Just putting in your roster does NOT enter you into the meet. You MUST register for the St. Olaf Invitational. The entry site is open now. Entries are due by Wednesday, September 14 by 6:00pm. Please follow the directions and contact Bob Ertl (ertl.bob262@gmail.com) for any questions regarding the entries.

COURSE MAPS: Course maps may be found on our men’s and women’s cross country websites. It is the same course we have run over the past several years including the 2012, 2013 regionals and the national meet in 2007.

MEET RECORDS: Women: Samantha Rivard, UM Duluth 21:35 (9/21/2014)
Men: Grant Wintheiser, St. Olaf College 24:52.6 (9/20/2014)

Men: Tyler Sigl, UW Platteville 24:24 (11/24/2007)

ENTRIES: Women - unlimited
Men – unlimited
NO OPEN OR UNATTACHED RUNNERS

ENTRY FEE: There is an entry fee of $225.00 for each men’s and women’s teams entered in invitational races.
($35 per athlete for those not entering full teams of 7)
Please make checks payable to St. Olaf College.

AWARDS: Team - Awards to top team in the men’s invitational and women’s invitational races.
Individual - Awards to top 25 collegiate finishers in both races.

Teams in the 2016 St. Olaf Invitational

Beloit M/W
Bethel M/W
Carleton M/W
Crown M/W
Gustavus M/W
Martin Luther M/W
Michigan Tech M/W
Minnesota State-Mankato M/W
Minnesota – Morris M/W
North Central University M/W
Northland College M/W
North Park M/W
Oak Hills M/W
St. Benedict W
St. Cloud State M/W
St. Olaf M/W
St. Scholastica M/W
UMN – Duluth M/W
UW Eau Claire M/W
UW Superior M/W
Viterbo College M/W