TO:  Cross Country Coaches  
FROM:  Chris Daymont, St. Olaf Women's Cross Country Coach  
RE:  The 45th Annual St. Olaf Invitational Cross Country Meet  

DATE:  Saturday, September 19, 2015  

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>
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<tr>
<td>10:00 am</td>
<td>Women’s Invitational 6K Race</td>
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<tr>
<td>10:45 am</td>
<td>Men’s Invitational 8K Race</td>
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ENTRY PROCEDURE:  We will be using ChampionChipMN for timing and scoring. Entry instructions are also on our website. The entry site will be opened on September 1. Entries are due on Wednesday, September 16 by 6:00pm. Please follow the directions and contact me if you have any problems. This is the same procedure used for our meet last year.  

COURSE MAPS:  Course maps may be found on our men’s and women’s cross country websites. The courses are the same that were run at 2012 and 13 Regionals and Nationals in 2007.  

MEET RECORDS:  
Women:  Samantha Rivard, UM Duluth 21:35 (9/21/2014)  
Men:  Joshua Sawe, Iowa Central 25:17 (9/15/2007)  

COURSE RECORDS:  
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 $200.00 for each men’s and women's teams entered in invitational races. ($30 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.  

ALL Teams are invited to attend:  Participating last year were:  
1.  Bethany Lutheran  
2.  Carleton  
3.  Gustavus  
4.  Macalester  
5.  Martin Luther  
6.  Michigan Tech  
7.  Minnesota State-Mankato  
8.  Minnesota-Morris  
9.  St. Cloud State  
10.  St. Olaf  
11.  St. Scholastica  
12.  University of Sioux Falls  
13.  University of St. Thomas  
14.  University of Minnesota-Duluth  
15.  UW– Superior  
16.  UW EauClaire