

2019 St. Olaf Cross Country Showcase
MEET INFORMATION

PARKING: Buses/Vans/Spectator cars: Please obey the 'no parking' signs on the campus roads, especially those near the start and finish area. Signs and workers will help direct traffic and give directions.

- **If you are coming by BUS:** ALL buses must unload athletes in the Skoglund/Tostrud Parking lot near Door 4. Once teams are unloaded, drivers may leave campus and come back after the meet. If bus drivers are staying, they may park in the "J" lot by the baseball field, but must remain there until the end of the competition. **THERE IS NO DROPPING OFF OR PICKING UP ATHLETES BEHIND THE FIELDHOUSE.**
- **If you are coming by VANS:** Vans may park in the west lot by Door 4 or the north lot (closest to the finish line).
- **Spectators** should park in the main parking area of Skoglund (south side of building).

PACKET PICK UP: Please enter Tostrud Field House through Door 4 (west side of building). Packet pick-up will be inside the doorway. All entry fees are due at the time of packet pick-up. You may also mail your fees ahead of time to Erica Maker, St. Olaf Cross Country, 1520 St. Olaf Avenue, Northfield, MN 55057.

TEAM CAMPS/RESTROOMS: Teams may camp in Tostrud Field House or in outdoor space outside of the course. **PLEASE NOTE: NO athletes will be allowed in the locker rooms or the bathrooms in the St. Olaf facilities.** Portable toilets will be available just outside Tostrud. Please also respect the turf field and camp on the grass areas only.

SPIKES: Please remind athletes that spikes may NOT be worn inside Tostrud. Benches will be located just outside the facility for athletes to put on/take off their spikes.

MEDICAL NEEDS: All medical needs will be taken care of at the medical tents near the finish line. Trainers will be available to tape athletes, but please bring your own taping supplies. While we will have water and ice on hand for participants, we recommend teams bring additional supplies, especially if we have a hot day. A trail vehicle with medical staff will follow each race.

THE COURSE: The course will open at 8:00am on Thursday, August 29th. If you are planning to stay the night on the 28th and want to pre-meet on the course, you must email Erica Maker (maker1@stolaf.edu) for approval to avoid any conflict with other St. Olaf team practices. In the event of consecutive days of inclement weather, we will route teams to other venues for pre-meet to preserve the course for race day.

The 5K course map is attached. **Please note: no one may enter the prairie loop** during the races. This is a protected wetlands area and has long been the established policy. Athletes will be able to warm up on this portion of the course; however, boys must be off that part of the course by 10:00 AM (and can go back out after the girls are off). The course is in excellent condition and has been worked on tirelessly by our grounds crew throughout the summer.

RACE TIMES: 10:00 Girls 5K 11:00 Boys 5K

STARTING BOXES: Teams may put 4 runners across the front of their box and fill in behind the starting line, spreading out as needed. Official starting boxes will be sent after entries are received.

ENTRIES/TIMING: Entries are due on **Friday, August 23rd at 9:00pm** at <http://theendresultsco.com/xc/> Each team's designated 35 athletes will receive a disposable timing tag and bib number. Please remember, only 35 athletes per gender per team may be officially entered and will show up in the results. All additional runners may race, but coaches will need to hand-time these athletes.

AWARDS: The top 30 girls and boys will receive a St. Olaf Showcase t-shirt and 1st and 2nd place teams will be awarded a plaque for both boys and girls. There will be an awards ceremony at the starting line (or, if bad weather, in the fieldhouse) at the conclusion of the boy's race.

RESULTS: Results will be posted as soon as possible near the fieldhouse entrance and at the timing van, as well as at <https://www.mtcresults.com/>. Hard copies will not be available, although an emailed copy of the results will be sent to coaches later that afternoon.

T-SHIRTS: We have an awesome t-shirt design this year (see design below). These dri-fit shirts come in sizes S-XL and will be available for \$20 cash/check near the start/finish lines.

CONCESSIONS: New this year, cold bottled water and Gatorade will be available for purchase inside Tostrud Field House.

QUESTIONS: please contact Erica Maker (maker1@stolaf.edu or 210-870-8465) with any meet-related questions. For any medical-related questions, contact head trainer Colton Funk (funk1@stolaf.edu).

