



CROSS COUNTRY

2021 JOHN MCNICHOLS INVITATIONAL SATURDAY, SEPTEMBER 18, 2021

Eligibility: Open to any 4-year university/college and junior colleges. Schools can run an unlimited number of athletes. Unattached athletes are welcome to compete.

Race Distances: 8k for men, 5k for women

Entry Information: All entries will be handled through Direct Athletics. Entries will close on Tuesday, September 14, 2021 6:00pm.

To confirm entry into the meet the entry fee must be paid through Direct Athletics.

Entry Fee: \$300 per team per gender. \$25.00 for unattached athletes.

Scoring: Both men's and women's races will be scored per NCAA Division I rules on sport sponsorship.

Results: Results will be posted on the green pole barn, at the back of the finish chute area and on the concessions building on the east side after each race. Please visit the following websites to view full results at the conclusion of the meet: www.gosycamores.com, www.timingmd.net, www.tfrrs.org

Packet Pickup: Team and individual packets can be picked up at the green pole barn from 7:30am – 9:00am on Saturday, September 18th

Awards: Top 10 Individual awards.

Course: The LaVern Gibson Championship Cross Country Course is rolling and challenging to all competitors and friendly to the coaches/spectators. Double white lines, natural boundaries, and fence mark the course. Kilometer and mile markers are located for all race distances.

Race Times:

9:00am Men's 8k

9:45am Women's 5k

10:30am Awards

*Race times are set early to avoid excessive heat

For questions please email Jeff Martin, Meet Director at Jeffrey.martin@indstate.edu