



# CNU XC Collegiate Series 2016 Meet Information

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## Sept. 1

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### **Date/Time**

September 1, 2016

CNU XC Opener

6:00pm - Women's Relay begins

6:07pm - Men's Relay begins

### **Entry Information**

*Deadline:* Sun. prior to the event (8/30), 7pm

*Cost:* \$50 (\$100 for non USTFCCA member) per school per gender for unlimited entrants; \$20 per unattached athlete; please make checks payable to **CNU Cross Country**

*Procedure:* E-mail athlete names with TFRRS numbers separated by gender to Matthew.Barreau@cnu.edu by the entry deadline

*Packet pick-up:* 4-5:30pm (9/1) at Roslyn

### **Course Info - Roslyn, 8727 River Road, Richmond, VA (course pics included in this packet)**

The course at Roslyn is 95% grass, with two brief road crossings. Spikes are allowed. Spots on course may become soft under heavy rains. 3k loop is one upper field loop of rolling terrain and one perimeter loop with a long downhill and short but steep uphill. 2k loop is one perimeter loop as before.

### **Directions**

*From North:* Take I-95 South/I-64 South and take Exit 79 for I-195S/I-64W toward Powhite Pkwy. Keep left at the fork, follow signs for I-195S. In 1.9M, take exit toward Cary Street. Turn right on Cary Street, which will turn into River Road after 2M. After passing the Country Club of Virginia, slight right to stay on River Road. Go 2.2M and Roslyn will be on your left.

*From South:* Take I-64 West or I-95 North past Richmond city center. Stay on I-64 West then take I-195 South and follow directions as above.

### **Parking**

Parking for cars and team vans will be in parking lots at Roslyn near the finish line. Overflow parking is across the facility about a quarter mile away.

### **Trainers/Facilities**

Trainer will be on site near the finish line to provide water, ice, and first aid. Team shelters/camps area will be near start line. Restrooms will be available.

### **Race Format**

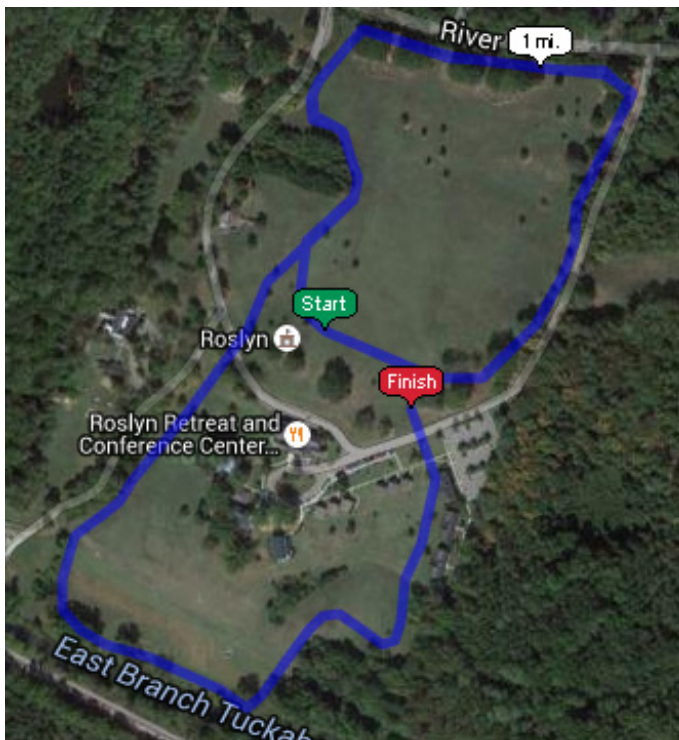
Relay Race for both genders. Each team will consist of two runners, who will each run two different legs of the relay. The relay is 3k-3k-2k-2k, run in A-B-A-B order. Top three relay teams from each team will count toward team score. Women will be set off at 6:00pm, with men to start at 6:07pm.

### **Post-race BBQ**

Following the race, there will be a post-race cookout. Contact Matthew Barreau if your team would like to join the cookout for more details.

## Roslyn

The Roslyn Relay XC Course consists of two loops, an upper loop and a perimeter loop. The upper loop is approximately 1k, and the perimeter loops is approximately 2k. The upper loop maintains a primarily flat but rolling topography. The perimeter loop is the same for the first 1k, but then has a long descent of about 400m, is flat for about 300m, then has a very steep uphill for about 200m followed by a gradual include for 100m. The course is all grass except for two brief road crossings. Spectators can see most of the course with minimal movement.



Roslyn 3k loop



Roslyn 2k loop



# CNU XC Invite 2016 Meet Information

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## Oct. 15

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### **Date/Time**

October 15, 2016

CNU XC Invite

11:00am - College Men's 8k

11:45am - College Women's 6k

12:30pm - Open Coed 3k

### **Entry Information**

*Deadline:* Tue., Oct. 11, 7pm

*Cost:* \$250 (\$300 for non USTFCCCA member) per school per gender for unlimited entrants; \$20 per unattached athlete; please make checks payable to **CNU Cross Country**

*Procedure:* E-mail athlete names separated by gender to Matthew.Barreau@cnu.edu by the entry deadline

*Packet pick-up:* 9:00-10:30am at Lee Hall Mansion

### **Course Info** - Lee Hall Mansion, Newport News, VA (course pictures included in this packet)

The course at Lee Hall Mansion is 100% grass and dirt. Spikes are allowed. Spots on course may become soft under heavy rains. Start straight is over 400m long and finish straight is well over 200m long. Primarily flat with slightly rolling hills. This will be run on the 2013 NCAA S/SE Regional Championship Course.

### **Directions**

*From North:* Take I-64 South and take Exit 247. Turn left onto Hwy. 143/Merrimac Trail (1.2M). Turn right onto Yorktown Road (0.5M). Turn right onto gravel road at Lee Hall Mansion. Follow signs to parking.

*From South:* Take I-64 North and take Exit 247. Turn left onto Yorktown Road (0.3M). Turn right onto gravel road at Lee Hall Mansion. Follow signs to parking.

### **Parking**

Parking for cars and team vans will be on grass in Lee Hall Mansion field. Non-team parking will be \$5/car. Depending on meet size, busses may be directed to park in a nearby lot at Lee Hall Elementary School ~1M away.

### **Trainers/Facilities**

Trainer will be on site near the finish line to provide water, ice, and first aid. Team shelters/camps area will be designated within ~200m of start line. Restrooms will be available. Do not go into Lee Hall Mansion

### **Race Format**

NCAA rules will apply. Top five runners will score for team, sixth and seventh runners will count as displacers. D-I schools will be scored separately as needed. Awards given to winning teams and top ten individuals.

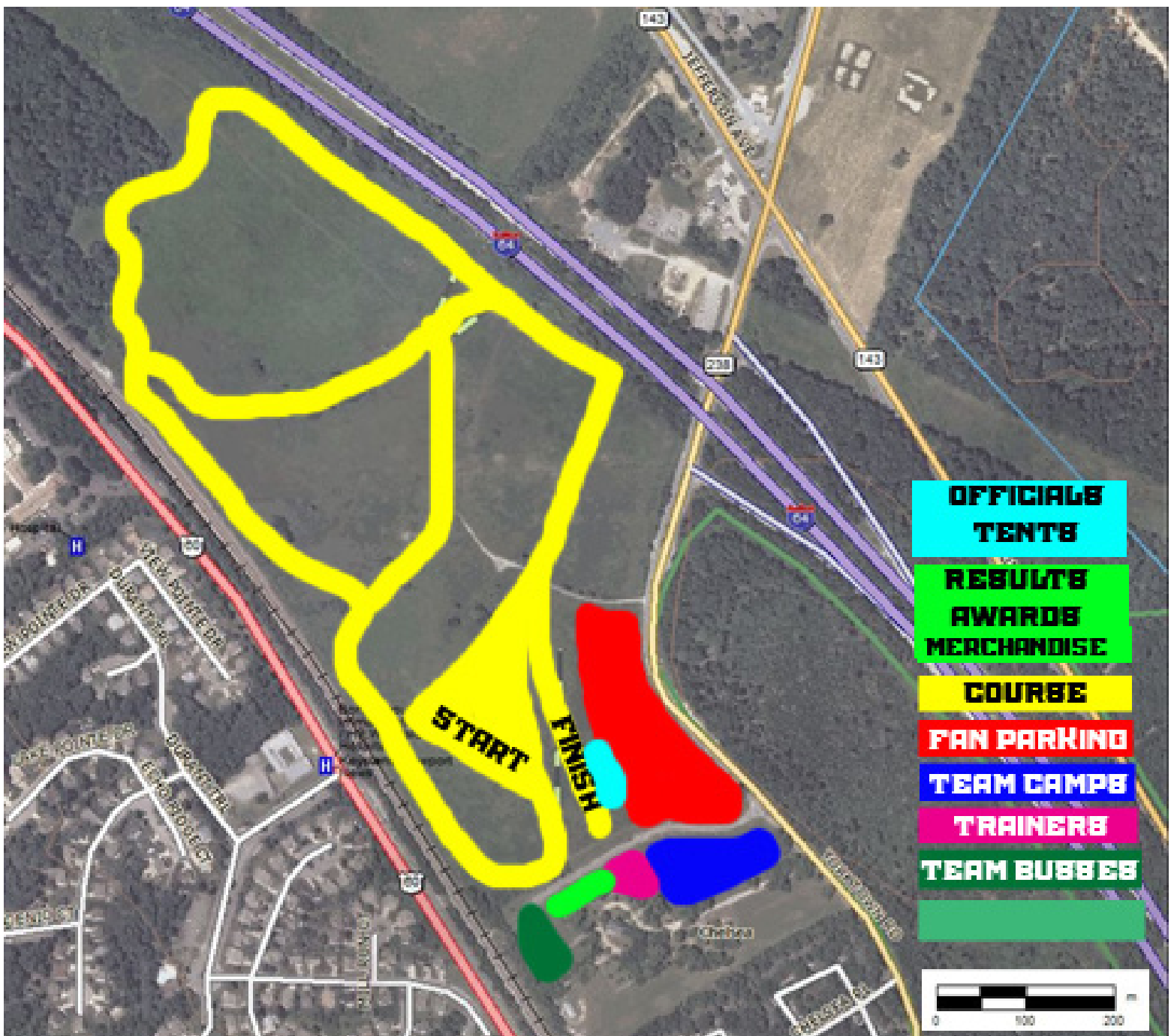


# Lee Hall Mansion

Site of the

## 2013 & 2017 NCAA S/SE Regional Championships

The Lee Hall Mansion XC Course can accommodate races from 4k-12k using the various loops depicted in this map. The start is in the lower left corner of the map and heads to the northeast. Detailed course map will be provided to attending teams. Nearly the entire course is viewable from the ridge near middle of the field. The course is 100% grass and dirt. Spikes are allowed. Spots on course may become soft under heavy rains. Start straight is over 400m long and finish straight is well over 200m long. Primarily flat with slightly rolling hills.





Lee Hall Mansion

Site of the

# 2013 & 2017 NCAA S/SE Regional Championships



**STANDING AT FINISH LINE, FACING INTO CHUTE**



**STANDING AT FINISH LINE, FACING INCOMING RUNNERS**