

Carleton College Running of the Cows Meet Information
September 30th, 2017

To: Cross Country Coaches

From: Donna Ricks-Carleton College Women's Cross Country Coach
dricks@carleton.edu

Course Location: Carleton's Cross Country Course is located in the upper arboretum, behind the recreation center, the water tower is a good visual in which to locate the start. This course is the site of the NCAA Central Region Championships and provides wide grassy and dirt trails. Spikes are recommended, the trails are well groomed.

RACE TIMES: 10:30AM Men's Invitationals 8K Race
11:15AM Women's Invitational 6K Race

Entry Procedure: Fastfinishresults will be timing and scoring our meet. The direct entry link is <https://www.directathletics.com/meets/xc/11464.html>
Entries are due by Wednesday, September 27th by 6:00PM. The entry site is open. Please follow the directions and contact Bob Ertl (ertl.bob262@gmail.com) for any questions regarding entries.

Course Maps are attached and can also be found on Carleton's Cross Country website.

Entry Fee: \$200.00 for each gender, unlimited entries for collegiate teams. Please make checks payable to Carleton College. (No open or unattached runners) Bib Chips will be utilized and split mats will be placed on the course.

Awards: Individual Awards to the top 25 Collegiate finishers in both races. Awards will be conducted inside the recreation center immediately following the conclusion of the women's race.

NO SPIKES OR FOOD allowed on the indoor track.

Teams competing in the 2017 Carleton College Running of the Cows

- | | |
|-----------------|----------------------------|
| 1. Augsburg M/W | 7. Macalester M/W |
| 2. Carleton M/W | 8. St. Bens W |
| 3. Cornell M/W | 9. St. Scholastica M/W |
| 4. Grinnell M/W | 10. St. Thomas W |
| 5. Gustavus M/W | 11. Un of WI. Superior M/W |
| 6. Luther M/W | |