



2007

MILLS CROSS COUNTRY INVITATIONAL

Saturday, September 22, 2007, Mills College

5000 MacArthur Blvd., Oakland, CA

We look forward to hosting your team at the 20th Annual Mills College Cross Country Invitational. The Invitational is open to all four-year and junior colleges and universities, as well as individual competitors.

Race Schedule

10:00 a.m.	Women	Collegiate/Open	5000m
10:30 a.m.	Men	Collegiate/Open	8000m

Entries

- Entries must be received by Monday, September 17 at noon on runnercard.com.
- No new entries will be accepted on race day.
- List all possible runners, then declare and pay for runners on race day.
- If you have already entered a team, scratches can be made up to 30 minutes prior to race time.

Fees

Team entry fees are \$35 per team (if you are bringing both a men's and women's team, the total is \$70). The fee for individuals and open runners is \$12 per person. Checks should be made payable to Mills College.

Scoring & Results

The first five places on each team will count toward a team score as per NCAA guidelines. Race results will be available the day of the race by emailing Ldavis@mills.edu with your request, and will also be posted on the Mills College Athletics website.

Awards

Medals will be awarded to the top five runners in each race. Trophies will be awarded to the top women's and men's team. An awards ceremony and pizza lunch will immediately follow the men's race.

Course

We are pleased to welcome your team to our home course on the Mills College campus. Last year the course was remapped to include more trails. The course will be on grass, dirt, woodchip trails, and some pavement. There is one challenging hill on the course. Spikes are not allowed on this course.

Additional Information

- The course will be available for warm-up/preview starting at 8 a.m. on race day.
- Packets can be picked up at the start/finish area south of the Richards lot (next to the front gate).
- There are no bathrooms at the start/finish area. All runners must use the bathrooms in Haas Pavilion prior to the race start time.
- An athletic trainer will be available at the course starting line at 9:00 a.m. and in the Haas training room starting at 8 a.m. Turn in your athlete emergency and insurance information to the trainer at the starting line.
- No shower facilities will be available on site.

Questions

Contact Mills College Head Coach Laura Davis with any questions or concerns.
Ldavis@mills.edu, 510,430.3282