***2014 Lancer Cross Country Invitational***

**Hosted by Grace College - Saturday, October 4, 2014**

**Women: 5K Men: 8K**

**Location:** Miller Field, the outdoor sports complex of Grace College.

(Starting line is behind the main soccer field.)

**Starting Times:** 9:00 a.m. – Open 5k ($10 per person on day of race)

10:30 a.m. – Women’s 5K

11:15 a.m. – Men’s 8K

**Course:** Mixture of flat grass surface and wooded trails. Both Kilometer and Mile marks are identified by signs.

**Timing/Results:** Chip timing will be used and results should be available at the conclusion of the meet.

**Awards:** The top 10 individuals in each race will receive awards.

**Entry Fee:** $100 per gender ($200 for men and women). Please make checks out to ***Grace College.***

**Entries:** Enter on Direct Athletics by 5:00 p.m. on Wed., Oct. 1

**Open Race:**  We will be hosting an open 5k race at 9:00 a.m. if any coaches, parents or fans are interested. The cost is only $10.

**Team Camps:** There will be a specific area identified for team camps. Please restrict your team to those areas. (ALSO, please stay off the soccer field at all times!)

**Restrooms:** Restrooms are available in the building between the soccer and baseball fields.

**LUNCH FOR TEAMS –** We plan to offer a meal to all teams after the race. (I will forward more information – including the cost – as soon as we work out the details.)