DATE: Sat. Sept. 14th, 2019

Race times: Women 10:00am, Men 10:45am

Site: Grinnell Country Club, adjacent to the Grinnell College campus. Course map and description will be available on the web site.

Entry Info: $15 per athlete to a max of $150 per team, per gender. Entries done through Direct Athletics. Entries due noon Wednesday, Sept. 11.

Athletic Trainers: Will be available in the tent near the start line. Trainers will be on the course by 9:00.

Clerking: Runners must report to the starting line 10 minute prior to race time. Boxes will be clerked 5 minutes prior to the race.

Timing Chips: Timing Chips will be attached to runners’ bib numbers. Runners do not need to return chips after the race.
Scoring: As per NCAA rules.

Awards: The top 20 runners will receive custom-made awards

Packets: Packets will be available at the course under the tent near the finish line around 9:00am

Restrooms: Port-a-johns will be provided just south of, and near the starting line. DO NOT use the restroom facilities in the clubhouse.

Results: Final results will be made available at the course and will also be on the Grinnell XC web site shortly after the race.

Housing: Housing and food options are shown on the Grinnell XC web site.