

# La Roche Spring Cross Country Invitational 2019

- Date:** Saturday, April 13<sup>th</sup>
- Time:** Women 5K- 10:00AM Men 5K- 10:45AM
- Entries:** Up to 14 entries per team.
- Fee:** \$100 per team (M + W = 2 teams, \$200) Check payable to  
La Roche College Cross Country. Unattached runners email  
Coach Jeff Dailey for pricing.
- Scoring:** Each team will score their top 5 runners. 6<sup>th</sup> and 7<sup>th</sup> runners will  
displace. Ties will be broken by placement of displacers.  
Remaining team finishers will not score, but will be  
recorded.  
We will be using miles for smiles timing service to time the race.
- Awards:** Top three finishers receive T-shirts. Awards will be done at the finish  
line if the weather is nice or inside the Kerr Fitness and Sports Center.
- Course:** 9000 Babcock Blvd, Pittsburgh PA 15237  
An extremely spectator and coach-friendly course, the La Roche  
College Campus course features a variety of open flats and rolling  
hills. Maps are in email attachment.
- Facilities:** Toilets will be available at the Kerr Fitness Center near the start/finish  
line. We ask that team camps be set up near the Start finish line.
- Race Director:** Jeff Dailey  
Head Cross Country Coach  
La Roche College  
9000 Babcock Blvd  
Pittsburgh PA 15237

**Bus Drop Off and Parking:** Designated drop-off areas are located near the Kerr Fitness Center. Buses will then be directed to Commuter Parking lot. See the attached map for the exact drop off/turn around/parking directions for buses.

**Spectator Parking:** Spectators will be able to park in the Commuter Parking Lot.

**Packet Pickup:** Packets will be available at the starting line tent.

**Spectators:** Spectator maps will be available on race day to help spectators find the best viewing while being out of the way of the runners.