

## The McMaster Marauder Invitational XC Meet

**Wednesday October 5, 2016**

Dear Cross Country Coach:

Please accept this invitation to take part in the Marauder Invitational Cross Country Meet at Churchill Park in Hamilton on Wednesday Oct. 5, 2016.

The course is mostly flat and fast, covering grassy terrain within the perimeter of Churchill Park. Athletes will run loops of 1000m and 2000m.

We sincerely hope to see you on the 5<sup>th</sup> of October.

Convener: Paula Schnurr (905)525-9140 ext. 23689

Location: **Churchill Park - Hamilton, Ontario**

(on Parkside Dr. west of Bond St. N., north of Cline Ave. N., near Marion Ave. and Princess Point) **THIS LOCATION IS NOT ON MCMASTER'S CAMPUS.**

Entry Fees: **\$10.00 per competitor to a maximum of \$300.00 per school.**  
**All cheques should be made payable to MCMASTER UNIVERSITY.**

The cut off for entries will be **Friday, September 30th at 6:00 p.m.**

Please direct your entries to [www.xcrunner.ca](http://www.xcrunner.ca)

If you have any questions please contact [schnurr@mcmaster.ca](mailto:schnurr@mcmaster.ca)

Schedule:	<b>Coaches Meeting:</b>	<b>10:00</b>
	<b>MG- 3000 m:</b>	<b>10:15</b>
	<b>MB- 5000 m:</b>	<b>10:45</b>
	<b>JG- 4000 m:</b>	<b>11:25</b>
	<b>JB- 5000 m:</b>	<b>12:00</b>
	<b>SG- 5000 m:</b>	<b>12:35</b>
	<b>SB- 5000 m:</b>	<b>1:20</b>

Scoring: the placing of the top four runners will determine each team's score. In the event of a tie, the team whose 4<sup>th</sup> runner finishes nearer to first will decide the issue.

**Individual Awards: Hooded sweatshirts to top 3 individuals in each race.**

**T- shirts will be given to the TOP 10 in each race. (placers 4-5-6-7-8-9-10)**

**Team Awards: T-shirts will be awarded to the first place team in each race. (5)**