

# 16<sup>th</sup> Annual Ronald C. Hoffmann Cross Country Invitational

Saturday, October 6<sup>th</sup>, 2007

Ronald C. Hoffmann Cross Country Course  
St. Lawrence University  
Canton, NY 13617

[http://web.stlawu.edu/sports/m\\_cross/meets04.htm](http://web.stlawu.edu/sports/m_cross/meets04.htm)

**Women's 6 Kilometer Race**  
**Men's 8 Kilometer Race**

**11:00 a.m.**  
**12:00 (noon)**

**Course:** consists of grass, stone dust and pine needle trail, **NO** pavement or asphalt crossings. NCAA regulation course markings will be used (double white line on grass areas) with each mile and kilometer marked and red, yellow and blue directional flags. Go to the above website for top performances and course maps.

**Course Records:** 6k-Jodie Schoppmann (SUNY Potsdam) 21:17 '05  
8k-Ted Turner (Geneseo) 24:52.5 '04

**Course preview:** will be available on Friday from 2:00-6:00 p.m.

**Entries:** will be unlimited

**Entry Deadline:** October, 3<sup>rd</sup> at 6:00 p.m.

**Entry Fee:** \$50.00 per team, \$100 per institution entering both men and women, \$10 per open runner.

**Packet Pick-up:** will be available on Friday from 2:00-6:00 p.m. and Saturday from 8:00-10:00 a.m. at the Start/Finish Area.

**Scoring:** will be per NCAA with the top 5 place finishers per team and the top 7 displacing

**Timing and Results:** will be done with an electronic timing back-up and Hy-tek meet manager. Results will be available 10 minutes after the last finisher in each race!

**Refreshments:** will be available for coaches at packet pick-up and for all competitors following the race.

**Awards:** will be given based on the number of teams entered.

**Locker Rooms:** will be available in the Augsbury Center

**Medical:** a certified athletic trainer will be on site near the start finish area; the athletic training room is located in the Newell Field House and will be open by 8:00 a.m. Bring your own supplies! Modalities not available!

**Results:** will be posted 30 minutes after the conclusion of each race and official copies will be distributed to all coaches at the awards presentation at Start/Finish Tent or Burkman Gymnasium (if weather dictates).

**Lodging and Restaurants:** available upon request or at [http://web.stlawu.edu/sports/m\\_cross/meets04.htm](http://web.stlawu.edu/sports/m_cross/meets04.htm).

## Meet Directors:

**Mike Howard**  
[mhoward@stlawu.edu](mailto:mhoward@stlawu.edu)  
315-229-5883

Director: Cross Country/Track & Field

**John Newman**  
[jnewman@stlawu.edu](mailto:jnewman@stlawu.edu)  
315-229-5779

Men's Cross Country  
St. Lawrence University  
Fax: 315.229.5589

**Deb Lyndaker**  
[dlyndaker@stlawu.edu](mailto:dlyndaker@stlawu.edu)  
315-229-5813

Women's Cross Country