

**Smith College
CO-ED INVITATIONAL
CROSS COUNTRY MEET**

Dear Coach:

The Smith College Co-ed Invitational Cross Country meet will be held on **Saturday morning, Sept. 9, 2017** at the Smith College Athletics Fields. Entry procedure, fees, participating teams and a map are included in the information below. Limited parking for vans and cars will be available near the field house and along the entrance road to our outdoor tennis courts. **Buses will be parked on Lower College Lane. Athletes will walk over to the start across the foot bridge to our athletic fields.** The first race will commence at **10:00** am sharp.

Date: Saturday, **September 9, 2017**

Time: The women's race will begin at **10:00 am**, with the men's race to follow at **11:00 am**.

Entry Fee: \$125.00 per team of 7 or more runners. \$100 for team of less than 7 runners. Please send entry fee in by Monday, September 4th, payable to Smith Athletics. We will not accept cash on the day of the event. Mail checks to:

**Bonnie May, Associate Athletic Director
Ainsworth Gym
102 Lower College Lane
Smith College
Northampton, MA 01063**

Participating Schools: Amherst, Bay Path, Berkshire CC, Framingham St., Franklin Pierce, Hampshire, Mount Holyoke, Nichols, St. Anselm, Smith, WNEU

Course: This course includes grass, packed gravel, and dirt with hills, spikes are recommended. **Both the women and the men will run the 5K course.** Course map are included. The mile markers will be clearly marked on the course. **The chute begins prior to the finish line so please remind athletes to run through the finish line.**

Entries: Submit rosters via Lancer Timing at www.lancertiming.com by **Wednesday, September 6, 2017 by 8:00 pm.**

Awards: The top 10 places in the women's and men's races will receive awards. Awards will be presented following the men's race near the start area.

Start and Finish: Due to construction on our outdoor track and softball fields, we have adjusted the start and finish of the race. We will start and finish in the field that is located within the white fencing along Rt. 66, right near the entrance to the tennis courts and athletic fields.

Designated Team/Athletes Area: We will rope off an area in the field where the start and finish are for team tents. Please keep all team tents within the designated area.

Coaches/Team Registration: Coaches only should check in at the registration table, located inside the field house at the end of the turf field, upon arrival to the meet. You will be asked for scratches then and you will have another opportunity to make scratches 30 minutes prior to each race.

Facilities: Limited. Come dressed to run. 4 women's bathrooms in the field house, 2 men's bathrooms in the field house. Porta johns near race finish and start. Facilities are also available in Ainsworth Gym on the other side of the foot bridge.

Parking: Instructions for parking will be sent the week before the race.

Locker Rooms: Only available in Ainsworth Gym.

Trainers: Two certified trainers will be on site.

Race Coordinator: Bonnie May, Associate Athletic Director 413-588-1426

**Administrator on Duty: Clare Doyle, Head Smith College Crew Coach
202-213-1718**

Any questions should be forwarded to Bonnie May at 413-585-2713 or bmay@smith.edu.

DIRECTIONS TO SMITH COLLEGE

From the South – To Ainsworth Gym/Indoor Tennis and Track Facility: Buses

Take Route I-91 North. Take Exit 18, and follow Route 5 north into the center of Northampton. Turn left onto Route 9. Smith College is just past the next set of lights. At these lights, you will see the Academy of Music on your left. Pass through the intersection bearing left and follow signs marked Route 66 still bearing left. You will be on West Street. Follow this road about ½ mile. You will see a parking lot on the right. ***Take the next right, before the bridge, to Ainsworth Gym parking lots. Ainsworth is the large red brick and glass structure. Enter through the bottom doors in the front of the building. Buses should park on the right side of the road – first bus should pull up just in front of the second egress from the parking lot in front of the gym. Buses should pull up close to the rear of the next bus in line.

To Go Directly to Athletic Fields/Outdoor Track and Cross Country Course: Vans Only

(Follow the directions above up to ***) Continue across bridge and make a right at the road with the Athletic Fields sign (across from riding stable). Take this road towards the tennis courts and make a right after going through the opening of the fence. The parking lot will be straight ahead. If the lot is full, you can park nose into the white fence along the access road to the tennis courts and athletic fields. The field house is the red brick building straight ahead. Athletic fields are facing the field house.

From the North:

From Route I-91 south, take Exit 20 and follow onto Route 5 south into the center of town. At the intersection of Route 5 and Route 9 (Main Street), turn right onto Route 9. Then follow the same directions as above from Route 9 to campus.