52nd R.K. Munsey UAlbany Cross Country Invitational @ the University at Albany
<u>Celebrating over 50 Years of Cross Country</u>
Friday, October 12, 2018

Time Schedule:	Jason DeJoy Memorial / The 5th Man Open 5K Race – Men/Women 5K Race	12:00 PM
	Bobbi Palma - Women's Gold Championship 5K Race	12:45 PM
	Kevin Williams - Men's Purple Championship 8K Race	1:30 PM

Entries:	Please list your entries on the accompanying form or e-mail using same format. This meet is open to collegiate student-athletes. Only top 10 runners compete in the Championships races. The Open 5K race is unlimited. Additional races may be added if entries require. **Alumni and open athletes can only compete in the Alumni/Open race.**

College/University Entry Fees:	Entries are due no later than Monday, October 8th - $50 fee for late entries after this date *Teams will make a single payment per gender based on their number of entries.* 1-4 runners = $40 per athlete (Non Scoring Teams) 5-10 runners = $300 $10 each runner over 10 You may run anyone over 7 in the open 5K race **Make checks payable to: University at Albany** Mail checks to: **Todd Wolin, 1400 Washington Avenue, Track & Field Office 105, Albany, NY 12222**

Alumni/Open Entry Fees:	Alumni/Open runners = $25 University at Albany Students = $5 with student ID Please go to the link below to register for the Jason DeJoy Memorial / The 5th Man Open race https://runsignup.com/Race/NY/Albany/UAlbanyAlumniandOpen5K **Make checks payable to University at Albany Foundation - Notation: Cross Country/Track & Field** Mail checks to: **Todd Wolin, 1400 Washington Avenue, Track & Field Office 105, Albany, NY 12222**

Scoring:	NCAA scoring will be used (finishers 1-5 will score for each team and finishers 6-7 will be used for displacement, finishers 8, 9 and 10, etc. do not score or displace). Teams with four or less finishers will not count in team scoring. Additional races will be added if entries require.

Entry Deadline:	Please return all completed roster forms to Todd by ***<u>Monday, October 8, 2018.</u>*** by E-mail to twolin@albany.edu. Any questions, please email or call Todd at 518-265-9388.

Awards:	T-Shirts to Winning Individual and Winning Team in both races

Dressing Facilities:	Please contact me if these are needed.

Parking:	Buses/school vans can drop off at SEFCU parking lot but must park at Dutch Quad. All spectators may park at SEFCU parking lot. Lot location will be noted on maps available online by October 12th. **All other areas are subject to ticketing.**

Trainers:	University at Albany trainers will be available at the course before, during, and after the races. Our training room is located on the arena level of SEFCU Arena.

Directions:	NYS Thruway (I-87) to exit 24 then follow I-90 East to Exit 2 (UAlbany exit). The course is located on the south side of the campus. Dutch parking lot is ¼ mile north of the course.

Course:	**The map will be posted on our web page by Monday, October 8th.** **We will be finishing in the football stadium this year.** **90-95% soft surface, about 150m total hard surface, spike friendly.**

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College/University entries

Name of School _____

Name of Coach _____

School Address _____

_____

Coach's email _____

Coach's Phone # _____

# of entries _____

Total coast - please use chart below _____

Teams will make a single payment based on their number of entries.
1-4 runners = $40 per athlete (Non Scoring Teams)
5-10 runners = $300

Individual entries for the Alumni/Open race

Alumni/Open runners = $25   UA Students with student ID = $5

Name of runner _____

Home address _____

_____

_____

Email address _____

Example

LAST NAME	FIRST NAME	ELIGIBILITY YEAR	GENDER	SCHOOL	TFRRS	SCHOOL DIVISION
Wolin	Todd	Fr	M	Albany	412456TOD*	1

LAST NAME	FIRST NAME	ELIGIBILITY YEAR	GENDER	SCHOOL	TFRRS	SCHOOL DIVISION