

NJCAA Region I

National Junior College Athletic Association

Cross-country Championship
Oct. 29, 2016 @ 9:00am & 9:45am



Host School:

Glendale Community College

Course Location & Race Site:

Glen Lakes Golf Course
5450 West Northern Ave. (55th Ave and Northern Ave)
Glendale, Arizona 85301
Thom Harrison 623 930-1111 thom@glenlakesgolfaz.com
Golf Club house will be open to purchase coffee, etc.

Date:

Saturday October 29th

Race Times:

Women's	5K	9:00am	8:50	(report to box check in with Clerk of Course)
Men's	8K	9:45am	9:35	(report to box check in with Clerk of Course)

Box Assignments:

Team box assignments will be assigned by random draw. Assignments will be in your packet.

Course Description:

The course is a repeating loop (men: 3 loops, plus one "horseshoe" loop) (women: 2 loops), plus a start section before loops and a finish section after loops. Grass (90%), (dead/dry grass), cart path and some dirt path

Course Markings:

Pennant flags & Caution tape on all inside turns and cones.
Golf cart lead vehicle.

Team Area:

The team area will be located on the open area by the start and finish line. Make sure your athletes clean up after themselves before you leave.

Starting/Finish Line:

The starting and finishing line will be on the Hole One fairway. Open about 300 meters before right turn.

Awards:

10:30am After Men's race; near the finish line.

Athletic Trainer

Certified Athletic Trainers will be available near the finish line approximately 1 hour prior to the start of the first race.
(Athletic Trainer will be set up at Start and Finish Area)

Entry Procedure:

Please enter by sending roster to Fred Moore.