

# 2023 NJCAA Region I Cross Country Championships

**Date:** Saturday, October 28, 2023

**Host:** Glendale Community College

**Contact:** Monica Martinez, (602) 751-8714

**Timing:** Wingfoot Finish will provide chip timing

**Course Location:** 83rd Avenue and Bethany Home Road

**Schedule:** 9:00 AM – Men's 8K  
(8:50 report to box check in with Clerk of Course)

9:45 AM – Women's 5K  
(9:35 report to box check in with Clerk of Course)

**Box Assignments:** Team box assignments will be determined by random draw. Assignments will be in your packet.

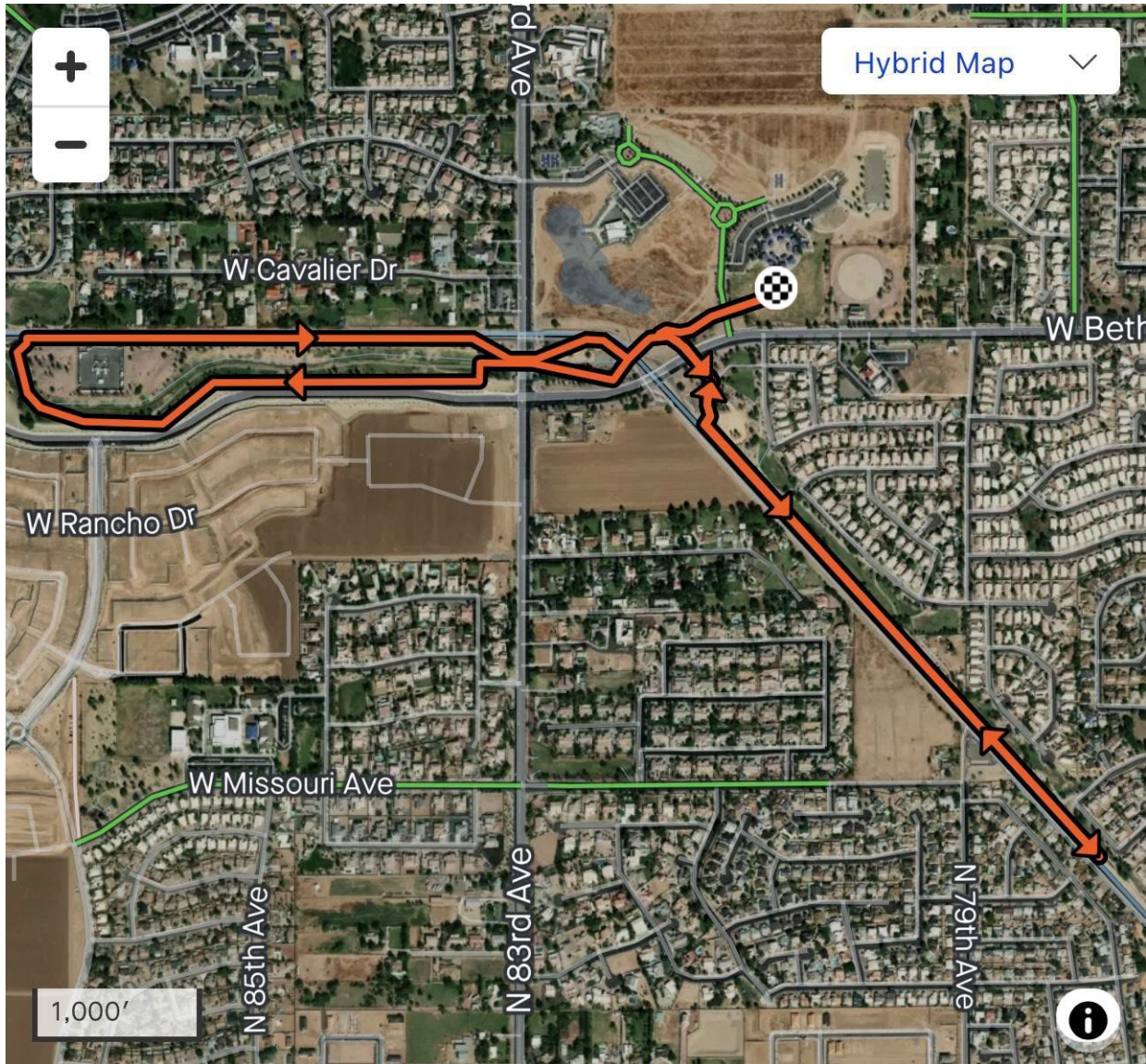
**Course Description:** The course will consist of compact packed and loose gravel. There will be one road crossing, which entrants will cross at the beginning and end of each race. The course will be marked with flags, cones, paint, and chalk. Start/Finish Line: The start and finish lines will be behind George Young Gymnasium.

**Awards:** Team and individual awards will begin at 10:00 am near the start line.

**Athletic Trainer:** A certified athletic trainer will be available near the finish line approximately one hour prior to the start of the first race. Water will be located at the finish area.

**Entry Procedure:** Please register for the Region I Championship meet using Direct Athletics. Registration closes on October 26, 2023, at NOON. YOU MAY ENTER ONLY 7 ATHLETES PER MEN AND WOMENS TEAM. ALL ATHLETES MUST BE NJCAA CERTIFIED TO COMPETE IN THE CURRENT CROSS COUNTRY SEASON. Please clean up any trash, wrappers, and bottles before you leave.

# Men's Course Map





# Women's Course Map

