



# 21<sup>st</sup> Annual



# LHU XC Open/Invitational

**WHEN:** Saturday, September 24<sup>th</sup>, 2022

**ENTRY FEE:** \$200 per team, up to 25 runners per team. Additional runners can be entered at a cost of \$5 per entry and will receive an additional starting box (1 box for each additional 25 runners). Men and women considered separate teams. Individuals will be accepted (per NCAA guidelines) at a cost of \$25 and **WILL NOT** be included in team score results. Mail check to: Aaron Russell, Cross Country Office, 214 Thomas Fieldhouse, Lock Haven University, Lock Haven, PA, 17745. **CHECKS MUST BE MADE OUT TO: “Commonwealth University of Pennsylvania” with “Cross Country” in the memo.**

**ENTRIES:** Entries are to be done at [DirectAthletics.com](http://DirectAthletics.com)  
**Entries are due no later than 8pm on Wednesday, September 21<sup>st</sup>.**

**START TIMES:** Men’s 8km: 10:00am  
Women’s 6km: 11:00pm

**AWARDS:** Top three teams (Trophies) and top 20 individuals (T-Shirts) will receive awards in each race. Awards will be held at the starting line area at approximately 12:15pm.

**COURSE:** Flat and fast, our course is known for producing great times and very competitive races. It’s very spectator friendly, and has played host to numerous championships, including: ten NCAA Division II East/Atlantic Region Championships (’00, ’03, ’05, ’07, ’12, ’13, ’15, ’17, ’19, ’21), two NCAA Division I Mid-Atlantic Region Championships (’03, ’06), four Pennsylvania State Athletic Conference Championships (’01, ’08, ’11, ’20/21), and the 2006 National Club Collegiate Championships. Additionally, it will play host to the NCAA Division III Mideast Region Championships this fall.

**PARKING:** Buses and team vans will park at the starting line area.

**TEAM TENTS:** Team tents may be set up anywhere on the fields that does not interfere with the course. **PLEASE KEEP TEAMS OFF THE SOCCER FIELDS BEHIND THE STARTLINE PARKING LOT.** They do not belong to the University.

**RECORDS:** *Men:* Chris Clark, California (PA), 23:56, 2008  
*Women:* Treniere Clement, Georgetown, 20:02, 2003  
Francis Koons, Villanova, 20:02, 2006



**LHU**

**ATHLETICS**

**CROSS COUNTRY**

## **LHU INVITE INTENT TO COMPETE**

**SCHOOL:**

\_\_\_\_\_

**ATTENDING:**

\_\_\_\_\_Men

\_\_\_\_\_Women

**HEAD COACH'S NAME:**

\_\_\_\_\_

**HEAD COACH'S EMAIL:**

\_\_\_\_\_

**HEAD COACH'S CELL:**

\_\_\_\_\_

**RETURN TO AARON RUSSELL AT: ( [ARUSSELL@LOCKHAVEN.EDU](mailto:ARUSSELL@LOCKHAVEN.EDU) )**

**For further questions, feel free to contact Aaron Russell at 570-484-2261**