



2004 ACC MEN'S AND WOMEN'S CROSS COUNTRY PRE-CHAMPIONSHIP
MEET INFORMATION

FROM: Andrew Valmon Head Track and Field Coach
 Michael Garrison Cross Country Coach
 Heather Houston Meet Coordinator

MEET DATE: Saturday September 25, 2004
START TIME: 10am Women, 11am Men

1. MEET FORMAT.

The Men's Cross Country course will cover a distance of 8,000 meters. The Women's course will cover a distance of 6,000 meters. Course maps are enclosed.

2. PRACTICE/COURSE INSPECTION.

The course will be available for inspection on Friday September 24, 2004 after **2:00pm**.

3. ENTRIES

Entry fee is \$75.00 per team per gender. Fees for unattached athletes are \$15.00 per athlete. Rosters/Entry forms are due no later than **Wednesday September 22, 2004**. Please submit entries via online site to the following web address: cfpitiming.com. Click on the Maryland logo to get to the online site.

4. DRESSING ROOMS/ SHOWER FACILITIES

No Dressing rooms and or shower facilities will be provided for athletes or officials.

5. BATHROOMS

Restrooms are located at the starting line.

6. TRAINING ROOMS

Training facilities will be located next to the finish chute.

7. CONTACTS

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