CRUSADER OPEN

DATE: September 6, 2013 (Friday)

LOCATION: Sunset Hills Park, Valparaiso, Ind.

STARTING TIME

Women's 5K - 5:00 p.m. C.D.T.

Men's 6K - 5:45 p.m. C.D.T.

All teams will be called to the line five minutes before the starting time for last minute instructions. Awards will be handed out (hopefully) no later than 6:45 p.m. Please pick up packets (race numbers, course maps, and brochures) at the gazebo.

SCORING – Results – Entry Numbers

We will employ the usual scoring system. You are encouraged to enter as many runners as you wish. Results will be available at the awards ceremony and will be e-mailed to SIDs.

AWARDS

Trophies will be given to the first two teams. Individual awards will be given to the top 10 finishers.

ENTRY FEE

To help defray the cost of picking up the awards, $100.00 is requested from each team ($100.00 for each women's team and $100.00 for each men's team). Please make checks out to Valparaiso University.

DINNER-PICNIC

A picnic will be held immediately after the meet. You are welcome to join us (no charge); just let us know on your entry form if you will be joining us.

COURSE DESCRIPTION

The course is located at a county park that is also a working farm. The course is used by several local high schools. It is fairly flat with good footing over a majority of the course. However, a tractor tire rut or two can pop up. A map is enclosed.

DIRECTIONS

I-94 & Toll Road:	When coming from I-94, whichever direction, take Highway 49 (Chesterton exit). Follow Highway 49 to U.S. 6 exit. Follow U.S. 6 west to the first stoplight. Turn left at the stoplight (Meridian Road). After turning left, you will see Sunset Hill Park on your left.
U.S. 30	Take Highway 49 North to U.S. 6 exit. Follow U.S. 6 West to the first stoplight. Turn left at the stoplight (Meridian Road). After turning left, you will see Sunset Hills Park on your left.

TRAINERS

Trainers will be available at 4:00 p.m. on Friday.

INTEREST FORM

Please complete and return the accompanying form soon so that we can finalize plans.

ENTRY PROCESS AND FORMS

Scoring and timing will be done by T & H Timing. Chips will be used. Please complete and return the enclosed entry form by August 30, 2013, or e-mail a spreadsheet with the same information.

Fax Number: (219) 465-7897
E-mail Address: Michael.Straubel@valpo.edu

VALPARAISO CRUSADER INVITATIONAL CROSS COUNTRY MEET

_____ Yes. We will be attending on **Friday, September 6, 2013.**

_____ Women's Team _____ Men's Team

_____ Maybe. We are thinking about attending on **Friday, September 6, 2013.**

_____ Women's Team _____ Men's Team

_____ No. We have other plans and cannot attend.

_____ Women's Team _____ Men's Team

Coach _____

School _____

_____

Address _____

_____

Phone _____

Return to:

Michael S. Straubel
Valparaiso University School of Law
Heritage Hall, 510 Freeman Street
Valparaiso, Indiana 46383

Fax: (219) 465-7897

VALPARAISO UNIVERSITY
INVITATIONAL CROSS COUNTRY MEET

SCHOOL _____

COACH _____

PHONE: **Office:** _____ **Cell:** _____

ROSTER

MEN'S TEAM _____ **WOMEN'S TEAM** _____

	Name	Class/Age
1.		/
2.		/
3.		/
4.		/
5.		/
6.		/
7.		/
8.		/
9.		/
10.		/
11.		/
12.		/
13.		/
14.		/
15.		/

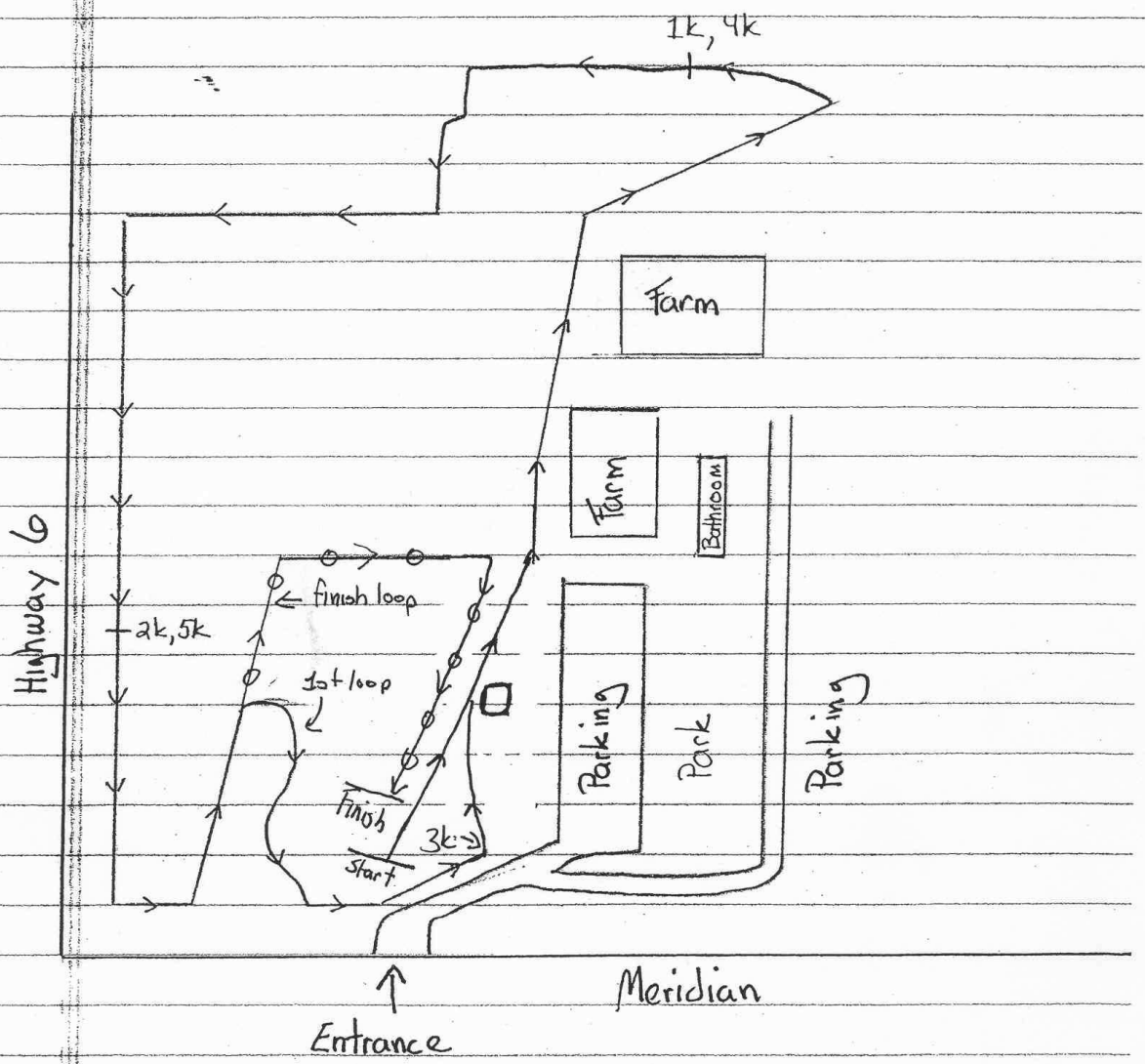
When do you plan to arrive? _____
Will you be joining us for dinner? _____

Please return to: **Michael S. Straubel**
Valparaiso University School of Law
Heritage Hall, 510 Freeman Street
Valparaiso, IN 46383

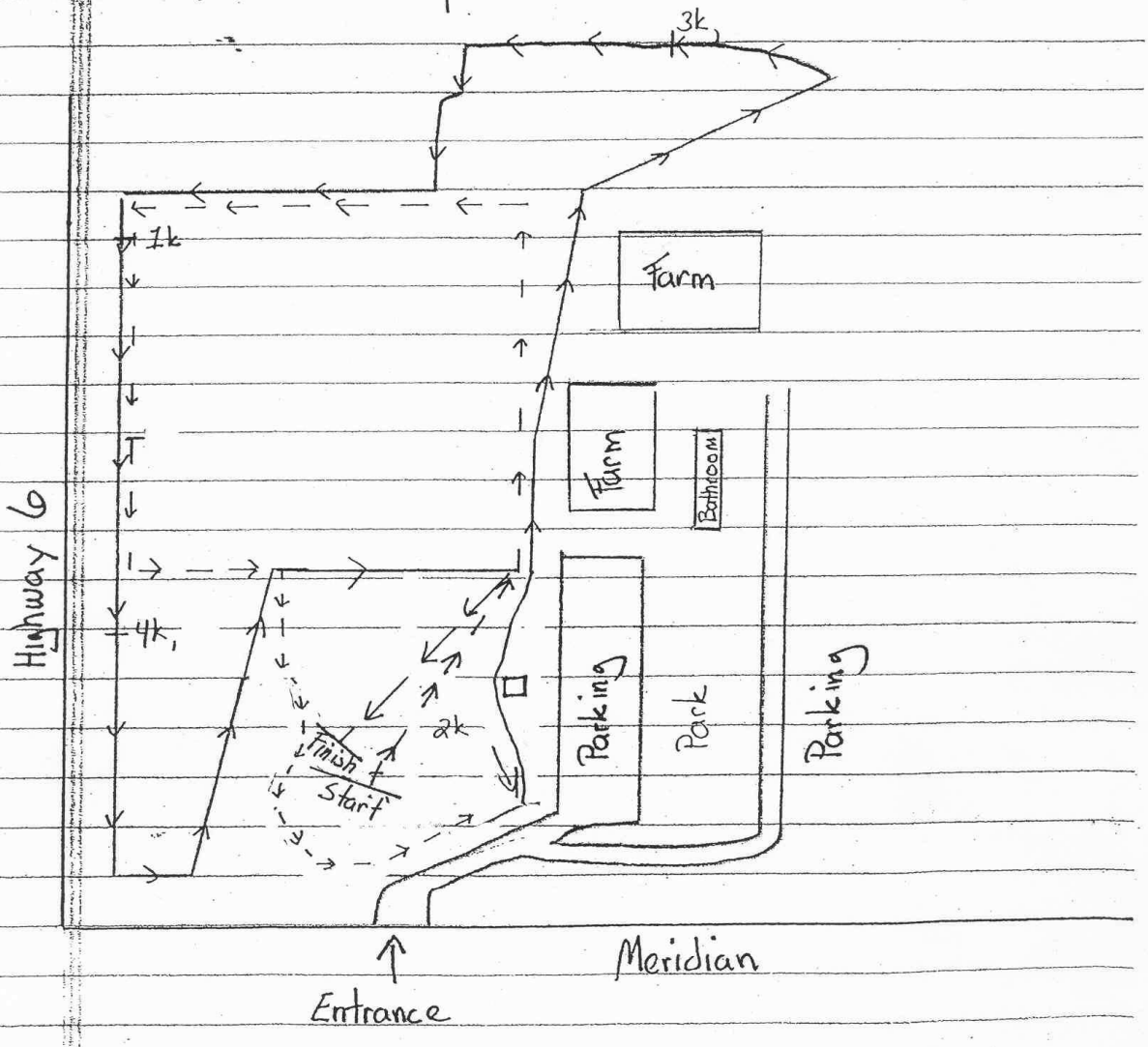
Sunset Hills Farm

Men's 6k Course

2 x 3k loop →→ Finish ~~→→→~~



Sunset Hills Farm

Women's 5 k Course

(1) 2k loop - -> - -->
(2) 3k loop ->->->