

Mountie Invitational

Saturday – October 3rd, 2020

**Location:**

Athletic Convocation and Wellness Center: 7373 Admiral Peary Highway Cresson, PA 16630

Course:

The course is a 5k course consisting mostly of grass and nature trails with roughly a 600-meter section of pavement. The course will open at 8am for inspection. Course maps will be provided closer to the race.

Fees:

\$125 per team per gender for varsity teams. \$10/runner for Middle School teams.- Goal is have between 12-15 teams. Please send checks to **Michelle Ross 7373 Admiral Peary Highway Cresson, PA 16630. Make checks payable to Mount Aloysius College.**

Schedule:

10:30 am – Varsity Women’s 5k- top 7 runners from each team
11:15 am – Varsity Men’s 5k- top 7 runners from each team
12:00 pm – JV Race 5k - male/female combined
12:45 pm- Middle School-male/female combined

Timing/Results:

Timing will be provided by Miles of Smiles. Race packets can be picked up at the starting line.

Awards:

Trophies will be awarded to the two winning teams and t-shirts will be given to the top 10 individuals in each race. An award ceremony will be held following the conclusion of the MS race.

A.T. Services:

Athletic trainers will be available from 8:00 am until the start of the awards ceremony. Ice and water will be available.

Facilities:

Restrooms and smaller locker rooms are available in the Athletic complex beside the start/finish line.

Parking:

Parking will be available for small vans and cars near the athletic stadium in a paved lot. Spectator parking will be near the start/finish line at the lower end of the athletic complex (lots 13 and 14). Bus and additional parking will be located outside of the Library in a gravel lot (lot 16).

Questions:

Ryan Knee, Mount Aloysius Head Cross Country Coach – 814-414-7551 – rknee@mtaloy.edu
Todd Niebauer, Penn Cambria Head Cross Country Coach – 814-330-4624 – pcgrapplerfan@aol.com

