



INVITATIONAL

Hosted By: Biola University

Date: Friday, September 8th, 2023

Location: Ted Craig Regional Park
3300 State College Blvd.
Fullerton, CA 92835
(714) 973) 3180

Schedule: Women's 5K **8:00 AM**
Men's 8K **8:45 AM**

Course: The course will consist of multiple loops through predominantly grass, dirt, and sidewalk. There are sizable hills incorporated in the course, but a good portion of it is flat and fast. Both the start and finish consists of a long stretch of flat grass.

Entry Info: All entries must be submitted on Direct Athletics by **Tuesday, Sept. 5th, at 5:00 PM**. Collegiate teams must have their TFRRS roster(s) updated prior to the entry deadline.

Accepted entries will be posted to www.athletics.biola.edu on Wednesday, Sept. 7th, by 5:00 PM.

Entry Fee: \$300 per gender for team entries of 5 or more.
\$35 for individuals/unattached athletes or teams with less than 5 athletes.
Payment can be made on Direct Athletics OR Checks can be made out to Biola University, in the memo box "Cross Country".
Please send to: Biola University, Attn: Cross Country, 13800 Biola Avenue, La Mirada, CA 90639

Timing: Timing will be done by Finished Results. Results will be posted to the Biola website and TFRRS on Saturday.

Scoring: There will be an overall team score only. No separate scores per division will be provided. All ties will be decided based on NCAA championship rules (head to head across top 5 scorers).

Awards: Awards will be given to the top seven runners from the winning team for each gender.

Parking: \$5 per vehicle to enter the park on the weekends.

Info: Contact Coach Sean Henning at (805) 478-8774 OR sean.henning@biola.edu