

52nd R.K. Munsey UAlbany Cross Country Invitational @ the University at Albany
Celebrating over 50 Years of Cross Country

Friday, October 18, 2019

Time Schedule:	Jason DeJoy Memorial / The 5th Man Open 5K Race – Men/Women 5K Race	12:00 PM
	Bobbi Palma - Women's Gold Championship 5K Race	12:45 PM
	Kevin Williams - Men's Purple Championship 8K Race	1:30 PM

Entries: Please list your entries on the accompanying form or e-mail using same format. This meet is open to collegiate student-athletes. Only top 10 runners compete in the Championships races. The Open 5K race is unlimited. Additional races may be added if entries require. **Alumni and open athletes can only compete in the Alumni/Open race.**

College/University Entry Fees: Entries are due no later than Monday, October 8th - \$50 fee for late entries after this date
Teams will make a single payment per gender based on their number of entries.
1-4 runners = \$40 per athlete (Non Scoring Teams)
5-10 runners = \$300
\$10 each runner over 10
You may run anyone over 7 in the open 5K race
Make checks payable to: University at Albany
Mail checks to: **Todd Wolin, 1400 Washington Avenue, Track & Field Office 105, Albany, NY 12222**

Alumni/Open Entry Fees: Alumni/Open runners = \$25
University at Albany Students = \$5 with student ID
Please go to the link below to register for the Jason DeJoy Memorial / The 5th Man Open race
<https://runsignup.com/Race/NY/Albany/UAlbanyAlumniandOpen5K>
Make checks payable to University at Albany Foundation - Notation: Cross Country/Track & Field
Mail checks to: University at Albany
c/o Todd Wolin, 1400 Washington Avenue, Track & Field Office 105, Albany, NY 12222

Scoring: NCAA scoring will be used (finishers 1-5 will score for each team and finishers 6-7 will be used for displacement, finishers 8, 9 and 10, etc. do not score or displace). Teams with four or less finishers will not count in team scoring. Additional races will be added if entries require.

Entry Deadline: Please return all completed roster forms to Todd by **Monday, October 7, 2019.**
by E-mail to twolin@albany.edu.
Any questions, please email or call Todd at 518-265-9388.

Awards: T-Shirts to Winning Individual and Winning Team in both races

Dressing Facilities: Please contact me if these are needed.

Parking: Buses/school vans can drop off at SEFCU parking lot but must park at Dutch Quad. All spectators may park at SEFCU parking lot. Lot location will be noted on maps available online by October 12th.
All other areas are subject to ticketing.

Trainers: University at Albany trainers will be available at the course before, during, and after the races. Our training room is located on the arena level of SEFCU Arena.

Directions: NYS Thruway (I-87) to exit 24 then follow I-90 East to Exit 2 (UAlbany exit). The course is located on the south side of the campus. Dutch parking lot is ¼ mile north of the course.

Course: **The map will be posted on our web page by Monday, October 8th.**
We will be finishing in the football stadium this year.
90-95% soft surface, about 150m total hard surface, spike friendly.

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College/University entries

Name of School _____

Name of Coach _____

School Address _____

Coach's email _____

Coach's Phone # _____

of entries _____

Total cost - please use chart below _____

Teams will make a single payment based on their number of entries.
1-4 runners = \$40 per athlete (Non Scoring Teams)
5-10 runners = \$300
\$10 each runner over 10

Individual entries for the Alumni/Open race

Alumni/Open runners = \$25

UA Students with student ID = \$5

Name of runner _____

Home address _____

Email address _____

