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2011 Great Northwest Athletic Conference Cross Country Championships, Advance Information

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2011 GREAT NORTHWEST ATHLETIC CONFERENCE
Cross Country Championships
Advance Information
Saturday, October 22, 2011 – Central Washington University – Yakima, WA

- Location:** Apple Ridge Run Cross Country Facility – 5000 Naches Heights Road, Yakima, WA
- Directions:** Clarion Hotel to Apple Ridge Run: From the hotel take a right onto 1st Ave. heading north. Follow the signs for Hwy 12 to Naches. After passing the 40th Ave. exit, take the next left (Ackley Rd.). At the end of Ackley (a very short road), take a left onto Powerhouse Rd., followed by an immediate right onto Naches Height Road. After approx. four miles, Naches Heights Rd. is split by a stop sign. Take a left at the sign, and then the very next right to continue on Naches Heights. After a bit over a mile the road will curve left and you will come to the Naches Fire Station. **Teams** will take a left at the fire station and proceed down the dirt road between the orchards (at 2nd Apple Ridge Sign). Parking for teams is alongside the course at the bottom of the hill. **Spectators** will turn left on Wherry Road (1st Apple Ridge Sign) before the fire station to get to the main parking area.
- Entries:** A list of probable entries shall be submitted on www.directathletics.com by Monday, October 10th at 5 p.m. (Pacific Time). More than 10 names in each gender may be listed; however, the final entry list of 10 for each gender must be reported at the coaches meeting on Friday, October 21st.
- Race Date:** Saturday, October 22nd, 2011
- Race Times:** **10:00 a.m.** – Women’s 6K **11:00 a.m.** – Men’s 8K
- Lane Assignments:** **Women** – 1. Alaska Fairbanks; 2. Western Washington; 3. Simon Fraser; 4. Alaska Anchorage; 5. Central Washington; 6. Northwest Nazarene; 7. Seattle Pacific; 8. Western Oregon; 9. MSU Billings; 10. Saint Martin’s.
Men – 1. Alaska Fairbanks; 2. Saint Martin’s; 3. Western Washington; 4. MSU Billings; 5. Alaska Anchorage; 6. Western Oregon; 7. Simon Fraser; 8. Northwest Nazarene; 9. Central Washington; 10. Seattle Pacific.
- Course:** Course will be available for inspection from **1:00 to 5:00 pm** on Friday evening. The course will not be available prior to 1:00 pm and no later than 5:00 pm. The course will open at **8:00 am** Saturday morning. (**Course map attached**).
- Conditions:** Average temperature for Oct.: High – 55-65, Low – 35-40. Average rainfall: 0.03 inches. The course is also well sheltered from wind, so the normal Ellensburg breeze is mostly absent.
- Timing System:** Pyro Brightflash will be used for primary timing, as well as manual timing as a backup.
- Meet Director:** Jonathan Gordon, Assistant AD for Media Relations, Central Washington University
- Race Committee:** Tricia Haddock, Bob Guptill, Derrek Berkompas (Meet Referee)
- Protest Process:** Any protest must be made in writing within 30 minutes of results being posted at the end of the appropriate race to the meet referee.
- Meet Officials:** Officials from USATF Inland Empire and PNTF will be present, as well as CWU Athletics Staff and volunteers.
- Meet Announcer:** Bill Roe
- Results & Awards:** Results will be available on the GNAC website. **Awards and Results will be presented at the Clarion Hotel ballroom at 12:30 pm. A box lunch will be available at 12:00 pm.**
- Hotel Information:** Clarion Hotel & Conference Center, 1507 N. 1st Street, Yakima, WA 98901; Contact: Diana Juarez, 509-576-4932, dianajuarez@yakimaclarion.com
- Coaches Meeting:** Clarion Hotel, Friday, October 21st, 2011 @ 5:00 p.m.
- Pre-Meet Banquet:** Clarion Hotel, Friday, October 21st, 2011 @ 6:30 p.m. Dress for the banquet is business casual.