

# 2011 Region 24 Cross Country

- Held at: EIU- same course as the EIU Walt Crawford Open
- Course: Flat/Rolling and moderately fast on the campus of EIU-The start/parking is near softball field off of 4<sup>th</sup> street.
- Date: Thursday 10/27/2011
- Time: Women's 5k 4:15      Men's 8k 4:45
- Host School: Lincoln College, Head Coach Brian Herron (309-369-2753) or [bherron@lincolncollege.edu](mailto:bherron@lincolncollege.edu).
- Schools: Danville Area Community College, Illinois Central College, Kaskaskia College  
Lincoln College, Rend Lake College, Spoon River College, some unattached runners may compete as well
- Entry Info: Entries are due by October 24<sup>th</sup>.  
Entries are to be emailed to [www.directathletics.com](http://www.directathletics.com)  
There is no limit but you must declare your top 7 on the day of the race.
- Entry Fee: \$150 per team gender (\$300 total) or \$25 per individual.  
EIU will provide all the timing, officials, results, etc.
- Awards: Awards will be handed out following the meet. Region 24 plaque for top team and top 5 individuals will receive medals.
- Facilities: Bathrooms are readily available. Port-a-potties will be at start/finish area.  
Shower and locker facilities are available in Lantz Arena, adjacent to the Panther cross-country course.