

# FHSU

## CROSS COUNTRY / TRACK & FIELD

### 2019 FHSU Tiger Open *at Sand Plum* October 12, 2019

- Date:** Saturday, October 12, 2019
- Site:** Sand Plum Nature Trail – Victoria, Kansas (10 miles east of Hays)
- Time:** National Anthem – 8:50 am  
(subject to change)  
Women’s 5K (Black Race) – 9:00 am  
Men’s 8K (Black Race) – 9:35 am  
  
Women’s 5K (Gold Race) – 10:25 am  
Men’s 8K (Gold Race) – 11:00 am  
  
ALL AWARDS – Immediately after last event
- Course:** This is a unique course, near the town of Victoria (10 miles east of Hays). The course is a private trail designed for cross country events. The course traverses through North Fork Creek with beautiful views of the Cathedral of the Plains in the background.
- Entry Fee:** \$150 per gender for teams of five or more (\$300 for both men & women)  
\$25 per individual or unattached athlete.  
Checks made payable to **FHSU Cross Country**.
- Entry Deadline:** Tuesday, October 8, 2019 (NOON)  
Entries will be submitted on **DirectAthletics**.
- Entry Guidelines:** Maximum of **10 entries** per team in the Gold Race (NCAA Race). If you wish to enter more than 10 athletes in the meet, they may compete in the Black Race. *No extra cost*. NCAA II teams will be given priority to enter the Gold Race. NAIA teams and NJCAA teams are encouraged to participate in the Black Race, unless granted permission from the race director. Races will be capped at 250 runners each.
- Packet Pickup/  
Course Preview:** Packets may be picked up at the course from 2:00-6:00 pm on Friday (*at the TIMING SHED*).  
Or on Saturday morning, starting at 7:30 am (*at the TIMING SHED*).  
Course can be previewed anytime Friday until dark.
- Awards:** **TOP 4 TEAMS** in each race.  
**TOP 25 INDIVIDUALS** in each race.  
**TOP INDIVIDUAL** in each race will receive a special award.  
**COACH FROM THE TOP TEAM** in each race will receive a special award.  
If you have teams in both races, only the team in the Gold Race will be eligible for team awards. However, they will be eligible for individual awards.
- Parking:** The main parking lot will be reserved for team buses and vans, and meet workers. Spectators will need to park in the east or west lots.
- Contact:** For additional information, please contact:  
**Jason McCullough – 785-259-5349 or [jmccullo@fhsu.edu](mailto:jmccullo@fhsu.edu)**