

The cows come home again with Principia College's annual cross country meet, contested at the North Farm property across from the college in Elsah, Illinois on the "Buena Vista" course on Friday, October 7.



COMPETITION: Women will race @ 4:00pm, followed by men @ 4:40pm CST.

ENTRY SUBMISSION: Submit entries using <http://www.jtrackcentries.com/index2.php>

ENTRY FEE: One *homemade* pie per five entered runners. Please no beef pies, cows don't eat other cows at the Cowbell that would just be perverse. Please label team name and type of pie on each box/container. (We'll supply water, utensils and plates.)

ENTRY DEADLINE: Fees are required for packet pick-up. Entries must be submitted by Friday, September 23, 2011 @ 6:00pm.

COURSE: 5000-meter race distance for men and women (map of course below).

ELIGIBILITY: All collegiate (and open) athletes permitted once cleared with Meet Director upon receipt of entries.

FACILITIES: Crafton Athletic Training Center will be open to visiting athletes for showers and restrooms. 2-3 portable restrooms will be stationed near the start and finish lines. A large tent for student-athletes, coaches, their immediate athletic staff, and course clerks and course officials (excluding friends, parents, community and spectators) will be stationed several yards behind the finish line, adjacent to the finish straight.

PARKING: Campus Security personnel will direct all team vehicles and busses to park in the appropriate section of the Crafton Athletic Training Center parking lot, and then Campus Security will direct all participants to the course from the parking lot ($\frac{1}{3}$ mile walk to the course).

ATHLETIC TRAINER: Teams may be accompanied by their own athletic trainer. Principia College will hire an athletic trainer to be on-site during the entirety of the men's and women's meet competition.

RESULTS: You will receive results after the conclusion of the women's race and awards ceremony. At 5:20pm, pie will be served and awards handed out. T-shirts will be awarded to the first ten collegiate men and women finishers, trophies to team champions.

COWBELL COURSE: Course is located across the street from the Crafton Center. The course is Old English style: all grass, rolling terrain with one significant hill, hay-bale hurdles at 1, 2, and 3 mile marks. If it rains, there will be formidable mud at some points of the course. T-shirts will be awarded to the first ten collegiate men and women finishers, trophies to team champions. Each mile is denoted in a different color (red for the first mile, white for the second mile and blue for the third mile). The course will be lined with those same corresponding flag colors to allow coaches, spectators and athletes to follow the action with the map.

QUESTIONS: Contact Coach Chuck Wilcoxon, chuck.wilcoxon@principia.edu, 618-374-5032

Principia College Cowbell Classic

Women's race starts @ 4:00pm; men's race follows @ 4:40pm

Mile 1= Red
Mile 2= White
Mile 3= Blue
Finish= Yellow