Dear Coach:

The Smith College Co-ed Invitational Cross Country meet will be held on **Saturday morning, Sept. 8, 2018** at the Smith College Athletics Fields. Entry procedure, fees, participating teams are included in the information below. Maps of the courses will be sent next week. Limited parking for vans and cars will be available near the field house and along the entrance road to our outdoor tennis courts. **Buses will be parked at the Equestrian Center on Earle Street. Athletes will walk across Rt. 66 (West Street) to the start in the fields at the base of Hospital Hill.** The first race will commence at **10:00 am** sharp.

**Date:** Saturday, **September 8, 2018**

**Time:** The women’s race will begin at **10:00 am**, with the men’s race to follow at **11:00 am**.

**Entry Fee:** $150.00 per team of 7 or more runners. $125 for team of less than 7 runners. Please send entry fee in by **Monday, September 3rd**, payable to Smith Athletics. We will not accept cash on the day of the event. Mail checks to:

Bonnie May, Associate Athletic Director  
Ainsworth Gym  
102 Lower College Lane  
Smith College  
Northampton, MA 01063

**Participating Schools:** Babson, Bay Path, Dean, Franklin Pierce, Hampshire, Keene State, Mount Holyoke, Smith, and Springfield

**Course:** This course includes grass, packed gravel, and dirt with hills, spikes are recommended. **Women will run the 5K course and Men will run the 8K course.** Course maps will be sent the week of August 20th. The mile markers will be clearly marked on the course. **The chute begins prior to the finish line so please remind athletes to run through the finish line.**

**Entries:** Submit rosters via Direct Athletics by **Wednesday, September 5, 2018 by 8:00 pm**.

**Awards:** The top 7 places in the women’s and men’s races will receive awards. Awards will be presented following the men’s race near the start area.

**Start and Finish:** We will start and finish in the field that is located within the white fencing along Rt. 66, right near the entrance to the tennis courts and athletic fields.
Designated Team/Athletes Area: We will rope off an area in the field where the start and finish are for team tents. Please keep all team tents within the designated area.

Coaches/Team Registration: Coaches only should check in at the registration table, located inside the field house at the end of the turf field, upon arrival to the meet. You will be asked for scratches then and you will have another opportunity to make scratches 30 minutes prior to each race.

Facilities: Limited. Come dressed to run. 4 women’s bathrooms in the field house, 2 men’s bathrooms in the field house. Porta johns near race finish and start. Facilities are also available in Ainsworth Gym on the other side of the foot bridge.

Parking: Instructions for parking will be sent the week before the race.

Locker Rooms: Only available in Ainsworth Gym.

Trainers: Two certified trainers will be on site.

Race Coordinator: Bonnie May, Associate Athletic Director 413-588-1426

Administrator on Duty: Clare Doyle, Head Smith College Crew Coach 202-213-1718

Any questions should be forwarded to Bonnie May at 413-585-2713 or bmay@smith.edu.
DIRECTIONS TO SMITH COLLEGE

From the South – To Ainsworth Gym/Indoor Tennis and Track Facility:

Buses

Take Route I-91 North. Take Exit 18, and follow Route 5 north into the center of Northampton. Turn left onto Route 9. Smith College is just past the next set of lights. At these lights, you will see the Academy of Music on your left. Pass through the intersection bearing left and follow signs marked Route 66 still bearing left. You will be on West Street. Follow this road about 3/4 mile. Go past the entrance to the Tennis Courts and Athletic Fields on the right. Take the next left onto Earle Street. Our Equestrian Center will be on the left. Please take the second driveway into the Equestrian Center.

To Go Directly to Athletic Fields/Outdoor Track and Cross Country Course:

Vans Only

(Follow the directions above. Continue across bridge and make a right at the road with the Athletic Fields sign (across from riding stable). Take this road towards the tennis courts and make a right after going through the opening of the fence. The parking lot will be straight ahead. If the lot is full, you can park nose into the white fence along the access road to the tennis courts and athletic fields. The field house is the red brick building straight ahead. Athletic fields are facing the field house.

From the North:

From Route I-91 south, take Exit 20 and follow onto Route 5 south into the center of town. At the intersection of Route 5 and Route 9 (Main Street), turn right onto Route 9. Then follow the same directions as above from Route 9 to campus.