



ACCAC

Cross Country Championships

Wednesday September, 26th 2018 @ 8:00am & 8:45am

Host School: Glendale Community College

Course Location & Race Site: Glen Lakes Golf Course, 55th ave. & Northern Ave. Glendale, Arizona

Date: Wednesday, September 26th, 2018

Race Times: Women's 5K, **8:00 AM** (7:50 report to box check in with Clerk of Course)

Men's 8K, **8:45 AM** (8:35 report to box check in with Clerk of Course)

Box Assignments: Team box assignments will be assigned by random draw. Assignments will be in your packet.

Course Description: The course; Grass (90%), Fairway w/ (dead/dry grass), crossing over cart path and some dirt path.

Course Markings: Chalk Lines, Flags and Cones will be used for straightaways and turns. Golf cart or Lead Bike.

Team Area: The team area will be located on the open area, next to the starting area. Make sure your athletes clean up after themselves before you leave.

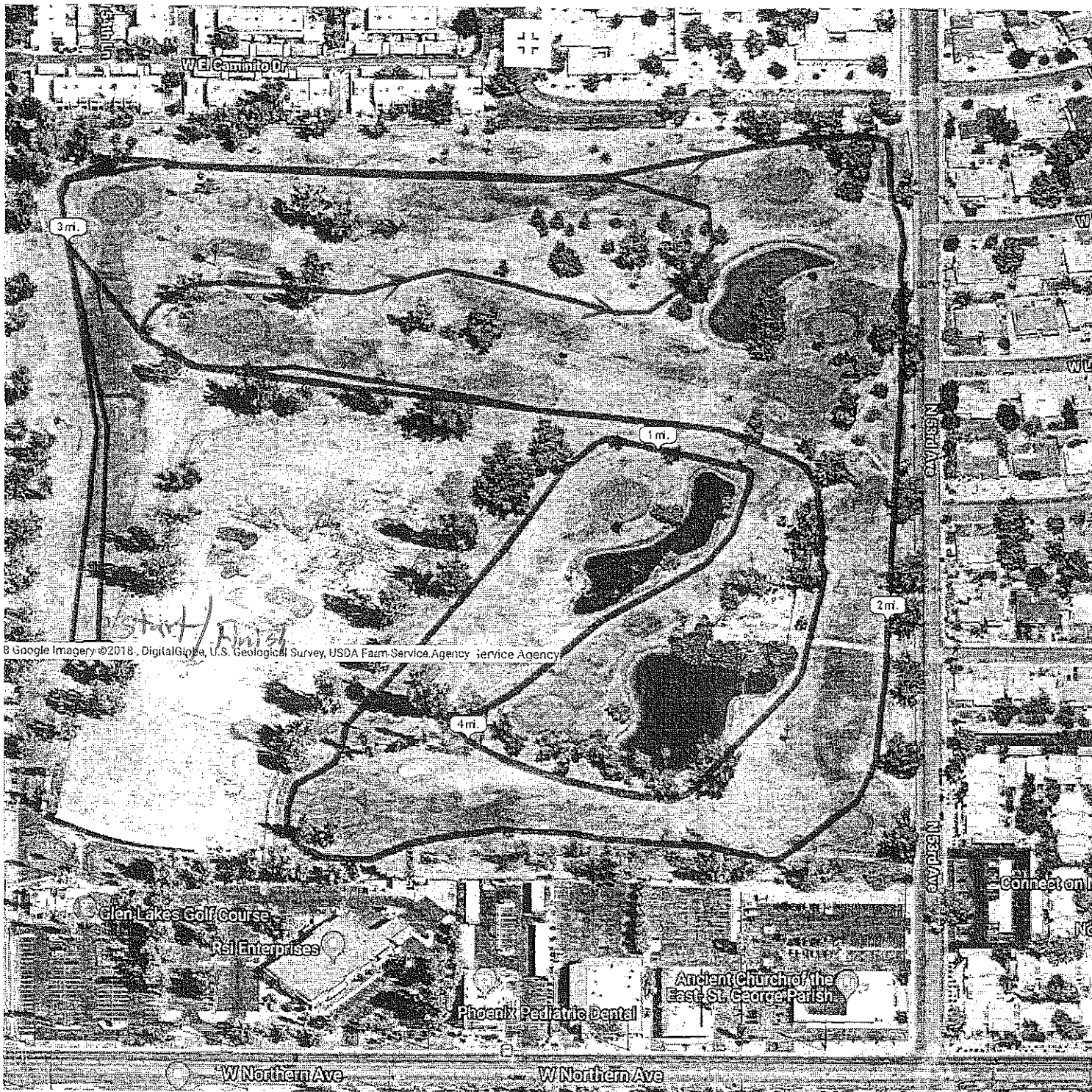
Starting/Finish Line: The starting line will be just west of the driving range, with a long straightaway before the first right turn; Finish line is the same as the starting line.

Awards: Team and individuals awards will at 9:30am. After Men's race; near the finish line.

Athletic Trainer: **Glendale Community College**
Certified Athletic Trainers will be available near the finish line approximately 1 hour prior to the start of the first race. (Athletic Trainer will be set up at the just past the Finish Area) Water will be located at the start/finish area.

Entry Procedure: Please enter using wingfootfinish.com

Registration closes on Monday, September 24th at NOON. (Not; Mid-night)



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Men's Course

3 Loop plus horseshoe Loop