

Robert Morris University Colonial Cross Country Invitational

Join us at Youthtowne Fields in Clinton, PA for our first home meet of the cross country season. This is a great opening opportunity for all teams with a wide range of talent. The course is a mostly flat and fast course with a few small climbs. Youthtowne does a great job of maintaining the course with us and it is a great even surface to run on. Nearly all grass with one small section of dirt and gravel crossing the road in. The course is mapped out to be as fast as possible with each loop consisting of a half mile gradual descent with small broken up climbs on the way back. Below you will find our course maps for the Women's 5k and Men's 8k, and all other necessary information. Please reach out with any other questions.

Date: Saturday, September 14th, 2024

Time: 9:00 am Women's 5k, 9:35 am Men's 8k

Location: Youthtowne Fields, 150 Youthtowne Drive, Clinton, PA 15206

Teams: Open to all Colleges, Universities, and unattached athletes

Entry Fee: \$250 per team, per gender (men & women separate) with a team consisting of 5 or more athletes in uniform. Individual entries are \$25 per athlete. Payment can be made by check or directly on DirectAthletics. Please make checks payable to RMU Athletics.

Registration: Online using direct athletics. If paying by check- make out to RMU Athletics

Entry Deadline: Tuesday September 10th, 5:00 pm EST

Meet Management:

Head Timing: Wolf Creek Timing

Coach Contact: Juris Silenieks (412) 330- 8057, silenieks@rmu.edu; Bryan Delsite- (272) 231-0450, delsite@rmu.edu

Parking: Teams will be allowed to park in the designated parking area when you arrive at the course

Men's 8k Course-



Women's 5k Course- One full loop, and then a small second loop cutting off the lake loop and shortening the loop around the startin field.

