



5th Annual UNA Cross Country Invitational

DATE

Saturday, September 9th, 2023

COURSE LOCATION

[McFarland Park](#), 200 Jim Spain Drive, Florence, AL 35630

SCHEDULE

Course preview: 2 PM until sunset on Friday, September 8th (course will be fully marked)

Women' 5k: Saturday, September 9^h @ 7:45 AM

Men's 8k: Saturday, September 9th @ 8:30 AM

Awards: available once results are completed

COURSE DESCRIPTION

Flat, fast course on grass located on an old golf course (which currently serves as a disc golf course). The course is wide with sweeping turns. Flat, straight sections provide a great opportunity to run a PR. The Tennessee River provides a picture perfect backdrop. Cut through trails allow coaches and fans to access most parts of the course. Parking is plentiful and convenient. The course is just one mile from downtown Florence which has plenty of restaurants. Hotel options within one mile of the course.

ENTRIES

Team entries will go through [Direct Athletics](#). Unlimited entries per division (men and women). Entries are due by 5 PM (CST) on Tuesday, September 5th. Unattached athletes will need to contact the race director for permission. Entry fee is \$150 per team (\$300 for both men and women). Unattached individuals or teams with less than 5 participants will pay \$30 per entry. Entry fee must be paid at packet pickup or prior to Sept 9th. If paying by check please make it out to UNA Cross Country. Mailing address: University of North Alabama Athletics, UNA Box #5053, Hal Self Fieldhouse 221, Florence, AL 35632.

AWARDS

Top 10 finishing individuals in both men and women races will be awarded t-shirts. Once results are final the Head coaches who had their athletes in top 10 will pick up the awards near the finish line area.

FACILITIES

Bathrooms: There are bathrooms located in the "team camp" area. The park has other bathrooms located throughout. The visitor's center will be closed during the time of the race.

ATHLETIC TRAINING

Athletic training personnel will be available at 6:30 AM. They will be located under a purple tent near the finish line area. In the event the visiting team does not travel with a member of their athletic training staff, athletic training services will be provided with prior notification (preferably 2 days in advance) with the visiting team bringing the appropriate supplies. Ice will be available after the meet. Please contact Mathew Gallagher mgallagher1@una.edu for any medical related questions.

INCLEMENT WEATHER POLICY

A certified and licensed athletic trainer will monitor the weather and make the decision to suspend activity in the event of imminent weather. If it is recommended that activity should be suspended the

athletic trainer will notify the race director, UNA game administrator and the PA announcer. Teams will be asked to seek shelter by returning to their respective travel bus/van and fans will need to return to their vehicles. Activity shall not resume until given the ALL CLEAR by the athletic trainer. Teams will be given a minimum of 30 minutes to warm up before activity is resumed.

TIMING INFORMATION

Solid Rock Race Timing will handle timing/results (<http://www.solidrockracetiming.com/home.html>).

CONTACT INFORMATION

Meet Director: Evans Kiptoo, (913) 490-6022, ekiptoo@una.edu

Athletic Training: Mathew Gallagher, (256) 765-5117, mgallagher1@una.edu

Sports Information: Tarayceus Jeffries, (256) 765-4562, tjeffries@una.edu

Game Operations: Wes Brennan (256) 765-5138, wbrennan@una.edu

HOTEL PARTNERS

[Hampton Inn & Suites \(Downtown\)](#)

505 S Court Street

(256) 767-8282

Proximity to McFarland 0.8 miles

[Comfort Inn & Suites](#)

140 Matthew Paul Court

(256) 246-2301

Proximity to McFarland 5.3 miles

[Marriott Shoals Hotel & Spa](#)

800 S Cox Creek Parkway

(256) 246-3600

Proximity to McFarland 3.8 miles

DINING PARTNERS

Jimmy John's

101 N Court Street

(256) 768-9994

Big Bad Breakfast

315 N Court Street

(256) 415-8545

Lenny's Sub Shop

409 Cox Creek Parkway

(256) 760-6267

Taco Mama

121 S Cherry Street

(256) 712-4434

Rosie's Mexican Cantina

302 N Court Street

(256) 767-5599

Bojangles

109 Cox Creek Parkway

(256) 765-7100

306 BBQ

322 N Court Street

(256) 766-5665

Domino's

1836 Darby Drive

(256) 766-6960



