



30th Annual University of San Francisco Cross Country Invitational

- DATE:** Friday, September 1st, 2023
- TIME:** 2:00pm College/Open Women- 6000m
2:45pm College/Open Mixed Gender Relay- 4x2000m
3:30pm College/Open Men- 8000m
- SITE:** Golden Gate Park, San Francisco, CA
Hellman Hollow (South of 30th Ave and John F. Kennedy Dr.)
Parking is available along John F. Kennedy Dr. adjacent to start/finish
- COURSE:** The mostly flat course is a 2000m loop composed of grass and dirt with a gradual decent from the start to the 600m mark and a gradual uphill elevation change from 1200m mark to the 1800m mark.
- SCORING:** For the Women's 6k and Men's 8k, the first five finishers per school will score; the next two will displace. Competitors on incomplete teams will not count towards team scoring.
For the Mixed Gender Relay, teams of **Women-Men-Women-Men** who successfully complete each leg of the 2000m course with a baton will be scored in descending order.
- MEDICAL:** Any specific questions regarding athletic training needs, please email Rachel Schull (rshull@usfca.edu). An athletic trainer will be present on site on race day.
- RESULTS:** Individual times and team scores will be available after each race at www.recordtiming.com and www.usfdons.com
- AWARDS:** Awards will be presented to the top 5 individual finishers of the Men's 8k, Women's 6k, and the top team of the Mixed Gender Relay.
- ENTRY FEE:** \$350 per team/gender if no relay (up to 15)
\$35 per individual open or collegiate

DEADLINE: Entries open on Thursday, August 1st, 2023 and must be received by Tuesday, August 29th, 2023 by 5:00pm (PST).

Entries at www.directathletics.com. Payment available online or in person.

QUESTIONS: Tim Riley: (208)-208-0184, triley@usfca.edu

Claire Green: (303) 656-3129, cggreen@usfca.edu

Preliminary Course Map



	Start
	Finish
	Direction of athletes
	Mixed Relay Zone
	Return from Relay

Men's Race:	8k (4 loops + Finish)
Women's Race:	6k (3 loops + Finish)
Mixed Relay:	4x2k (4 loops + Finish)

Women's Race Time:	2:00pm
Mixed Gender Relay:	2:45pm
Men's Race Time:	3:30pm