



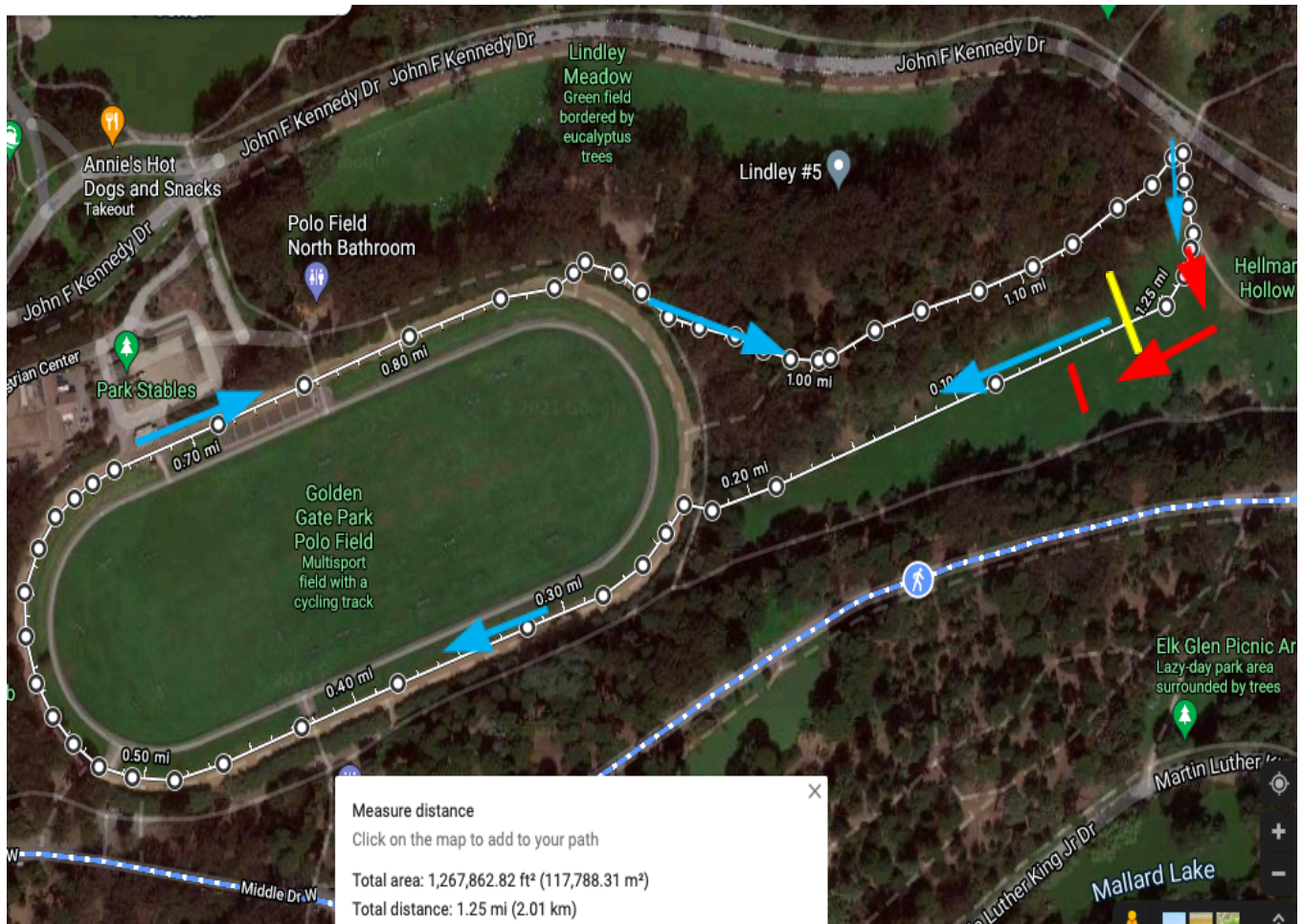
## 31<sup>st</sup> Annual University of San Francisco Cross Country Invitational

- DATE:** Friday, August 30th, 2024
- TIME:** 2:00pm College/Open Men - 8000m  
3:00pm College/Open Women - 6000m
- SITE:** Golden Gate Park, San Francisco, CA  
Hellman Hollow (South of 30<sup>th</sup> 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.
- MEDICAL:** Any specific questions regarding athletic training needs, please email Morgan Batcheller ([mbatcheller@usfca.edu](mailto:mbatcheller@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](http://www.recordtiming.com) and [www.usfdons.com](http://www.usfdons.com)
- ENTRY FEE:** \$350 per team/gender  
\$35 per individual open or collegiate  
Payment available online only.
- DEADLINE:** Entries open on Thursday, August 8<sup>th</sup>, 2024 and must be received by Tuesday, August 27<sup>th</sup>, 2024 by 5:00pm (PST).

Entries at [www.directathletics.com](http://www.directathletics.com).

QUESTIONS: Claire Green: (303) 656-3129, [cggreen@usfca.edu](mailto:cggreen@usfca.edu)  
Steve Fuelling: (248) 568-8453, [sfuelling@usfca.edu](mailto:sfuelling@usfca.edu)

# Preliminary Course Map



- Start
- Finish
- Direction of athletes

Men's Race: 8k (4 loops + Finish)

Women's Race: 6k (3 loops + Finish)

Men's Race Time: 2:00pm

Women's Race Time: 3:00pm