

**2011 GREAT NORTHWEST ATHLETIC CONFERENCE**  
**Cross Country Championships**  
**Advance Information**  
**Saturday, October 22, 2011 – Central Washington University – Yakima, WA**

- Location:** Apple Ridge Run Cross Country Facility – 5000 Naches Heights Road, Yakima, WA
- Directions:** Clarion Hotel to Apple Ridge Run: From the hotel take a right onto 1<sup>st</sup> Ave. heading north. Follow the signs for Hwy 12 to Naches. After passing the 40<sup>th</sup> Ave. exit, take the next left (Ackley Rd.). At the end of Ackley (a very short road), take a left onto Powerhouse Rd., followed by an immediate right onto Naches Height Road. After approx. four miles, Naches Heights Rd. is split by a stop sign. Take a left at the sign, and then the very next right to continue on Naches Heights. After a bit over a mile the road will curve left and you will come to the Naches Fire Station. **Teams** will take a left at the fire station and proceed down the dirt road between the orchards (at 2<sup>nd</sup> Apple Ridge Sign). Parking for teams is alongside the course at the bottom of the hill. **Spectators** will turn left on Wherry Road (1<sup>st</sup> Apple Ridge Sign) before the fire station to get to the main parking area.
- Entries:** A list of probable entries shall be submitted on [www.directathletics.com](http://www.directathletics.com) by Monday, October 10<sup>th</sup> at 5 p.m. (Pacific Time). More than 10 names in each gender may be listed; however, the final entry list of 10 for each gender must be reported at the coaches meeting on Friday, October 21<sup>st</sup>.
- Race Date:** Saturday, October 22<sup>nd</sup>, 2011
- Race Times:** **10:00 a.m.** – Women’s 6K      **11:00 a.m.** – Men’s 8K
- Lane Assignments:** **Women** – 1. Alaska Fairbanks; 2. Western Washington; 3. Simon Fraser; 4. Alaska Anchorage; 5. Central Washington; 6. Northwest Nazarene; 7. Seattle Pacific; 8. Western Oregon; 9. MSU Billings; 10. Saint Martin’s.  
**Men** – 1. Alaska Fairbanks; 2. Saint Martin’s; 3. Western Washington; 4. MSU Billings; 5. Alaska Anchorage; 6. Western Oregon; 7. Simon Fraser; 8. Northwest Nazarene; 9. Central Washington; 10. Seattle Pacific.
- Course:** Course will be available for inspection from **1:00 to 5:00 pm** on Friday evening. The course will not be available prior to 1:00 pm and no later than 5:00 pm. The course will open at **8:00 am** Saturday morning. (**Course map attached**).
- Conditions:** Average temperature for Oct.: High – 55-65, Low – 35-40. Average rainfall: 0.03 inches. The course is also well sheltered from wind, so the normal Ellensburg breeze is mostly absent.
- Timing System:** Pyro Brightflash will be used for primary timing, as well as manual timing as a backup.
- Meet Director:** Jonathan Gordon, Assistant AD for Media Relations, Central Washington University
- Race Committee:** Tricia Haddock, Bob Guptill, Derrek Berkompas (Meet Referee)
- Protest Process:** Any protest must be made in writing within 30 minutes of results being posted at the end of the appropriate race to the meet referee.
- Meet Officials:** Officials from USATF Inland Empire and PNTF will be present, as well as CWU Athletics Staff and volunteers.
- Meet Announcer:** Bill Roe
- Results & Awards:** Results will be available on the GNAC website. **Awards and Results will be presented at the Clarion Hotel ballroom at 12:30 pm. A box lunch will be available at 12:00 pm.**
- Hotel Information:** Clarion Hotel & Conference Center, 1507 N. 1<sup>st</sup> Street, Yakima, WA 98901; Contact: Diana Juarez, 509-576-4932, [dianajuarez@yakimaclarion.com](mailto:dianajuarez@yakimaclarion.com)
- Coaches Meeting:** Clarion Hotel, Friday, October 21<sup>st</sup>, 2011 @ 5:00 p.m.
- Pre-Meet Banquet:** Clarion Hotel, Friday, October 21<sup>st</sup>, 2011 @ 6:30 p.m. Dress for the banquet is business casual.