



2009 CROSS COUNTRY CHAMPIONSHIPS

DIVISION I • SPRINGFIELD, MISSOURI

Course

The Start: The starting line has a width of approximately 100-meters that is able to accommodate a front line space for each team's top five runners of the NCAA championships required width of 50-centimeter per runner (2.5 meters per team). A common starting line is used for the 6K and 10K courses. From the starting line the initial straightaway extends 610-meters before the first turn. The initial straightaway gradually narrows from approximately 100-meters wide at the start line to 20 meters wide at the end of the straightaway. The starting stretch is of even footing from all starting positions and is virtually flat with only a six-foot elevation change through the entire stretch. The first turn is gradual and the running path will narrow from 20-meters wide to 15-meters wide through the first turn.

The Course: The various race routes are achieved by using a series of loops to allow a course that is simple to follow for athletes, spectators and coaches. The "short loop" is 2-kilometers and is an oval around the perimeter of the course. The "long loop" includes an 1850-meter portion of the "short loop" with a 1,000-meter inner path inside the oval totaling 2,850-meters.

Race Routes

6,000-meter Race Route

(2 x Long Loop + Finish)

10,000-meter Race Route

(2 x [Short Loop + Long Loop] + Finish)

The running path is a 100% rolled grass surface. The running path width is a minimum of 15-meters wide throughout and will be wider during the first 800-meters of each loop. All turns are gradual and should not cause significant changes in running rhythm.

The course includes several gradual uphill, downhill and rolling terrain sections to add a reasonable challenge. The course has shown to have a firm running path even in wet conditions. The land east of the course continues to drop in elevation preventing water from pooling anywhere on the running path. The courses low spot has been graded so that water drains from the property there will be no concentrated water flow on the running path or in primary spectator areas.

Split Locations: The halfway points for both the 6-K and 10-K courses are at the same point equally 150-meters from the starting and finish lines. Split mats will be placed at this halfway point. Other split locations may be added.

The Finish: A common finish line is used for both races. The finishing straightaway extends 300-meters from the final turn through the same straightaway used for the start. The finish line is located on the outside (west) side of the course to allow spectators to have an unobstructed view of the finish stretch and finish line from the main spectator areas.

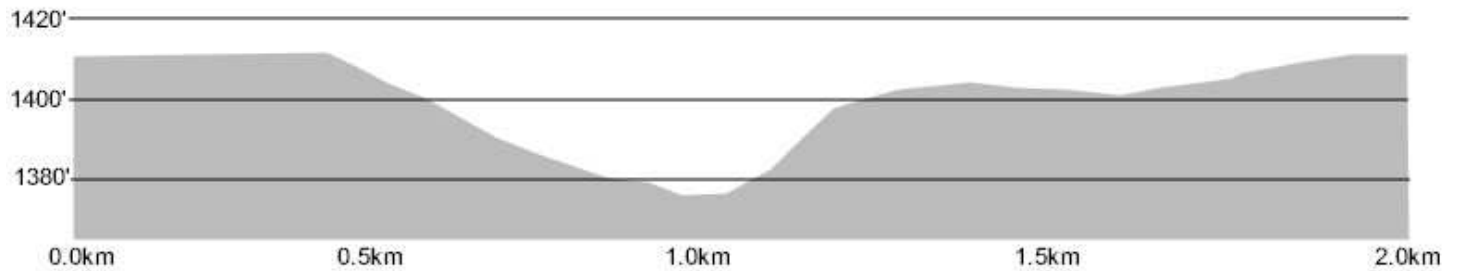
Course Description:

Short Loop Description: From the start runners will run along a straight and virtually flat stretch for 610-meters that is approximately 100-meters wide at the start and 20 meters wide at the end of the stretch. At that point the first gradual turn begins. The path along the turn is 20-meters wide and extends 180-meters before completing a direction change from south to east. The path is now 15-meters wide as runners then move straight and downhill for 182-meters before beginning a gradual turn that continues downhill moving from east to north over 164-meters. From there runners run up a reasonable hill completing the final portion of the previous turn for 91-meters. The uphill portion continues straight for an additional 170-meters before runners run along a straight and rolling stretch moving north for the next 313-meters. At that point the course gradually turns to the west over the next 153-meters. The loop is then completed after a 137-meter straightaway that



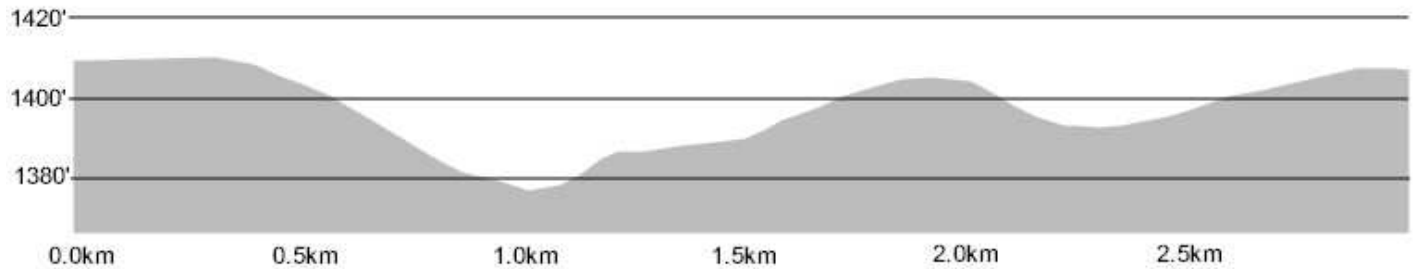
runs directly by the start line.

Short Loop Elevation Map:



Long Loop Description: From the start runners will run along a straight and virtually flat stretch for 610-meters that is 102-meters wide at the start and 20 meters wide at the end of the stretch. At that point the first gradual turn begins. The path along the turn is 20-meters wide and extends 180-meters before completing a direction change from south to east. The path is now 15-meters wide as runners then move straight and downhill for 182-meters before beginning a gradual turn that continues downhill moving from east to north over 164-meters. From there runners run up a reasonable hill completing the final portion of the previous turn for 91-meters. The uphill portion continues straight for an additional 70-meters before turn to the west entering the courses inner loop. The inner loop begins by running along the outside of a natural bowl for 155-meters before going straight and virtually flat for 120-meters heading southwest. From there runners turn north uphill for 155-meters along an old fence line towards the starting stretch. Runners turn gradually to the north east along a straight a flat then downhill stretch for 360-meters. From that point runners begin working their way downhill back to the outer loop over a distance of approximately 320-meters. Runners then re-enter the east side straightaway of the outer loop. At the end of that straightaway the course gradually turns to the west over the next 153-meters. The loop is then completed after a 137-meter straightaway that runs directly by the start line.

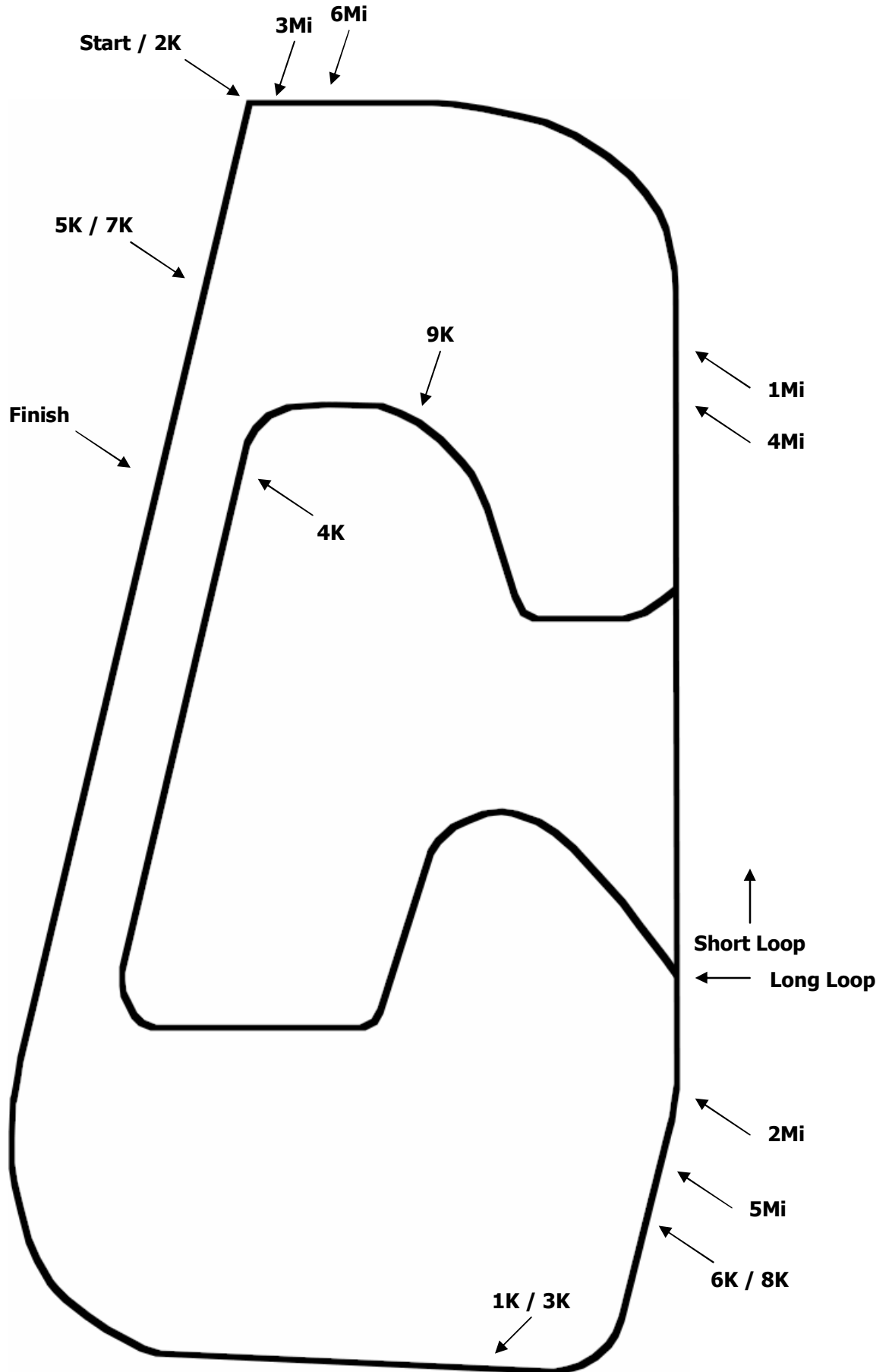
Long Loop Elevation Map:



Finish Stretch Description: From the end of the loops directly by the starting line, runners turn left across the initial straightaway along a flat 300-meter stretch to the finish line.

Note: Elevation maps are meant to be an approximate representation of the course and are not to exact scale.

10K Course Map: (2 x [Short Loop + Long Loop]) + Finish



6K Course Map: (2 x Long Loop) + Finish

