



# 2009 CROSS COUNTRY CHAMPIONSHIPS

DIVISION I • SPRINGFIELD, MISSOURI

## *Schedule / Admission*

Thursday, November 12, 2009:

3:00 PM - 6:00 PM      Participants Course Inspection

Friday, November 13, 2009:

9:00 AM - 5:30 PM      Participants Course Inspection

5:30 PM                      Coaches Dinner: Prime Overtime Club, JQH Arena

6:00 PM                      Coaches Mandatory Technical Meeting: Prime Overtime Club, JQH Arena

Saturday, November 14, 2009:

10:00 AM                      Gates Open For Teams and Spectators

- Admission \$5.00 per vehicle

11:40 AM                      National Anthem

11:45 AM                      Men's Teams Report to Starting Line for Check-In

- Introduction of Men's Teams

12:00 PM                      Men's 10,000-meter Race

1:00 PM                      Women's Teams Report to Starting Line for Check-In

- Introduction of Women's Teams

1:15 PM                      Women's 6,000-meter Race

2:00 PM                      Awards Ceremony