

Western Oregon University
Summer's End Invitational 2007
Friday, 31 August 2007

Time & Distance. 5:15 PM Women's 5,000 meters
6:00 PM Men's 8,000 meters

Location. The course surrounds the athletic and grass seed fields on the campus of Western Oregon University, west of Stadium and north of Church streets.

Course Description. This is an all-grass course with a variety of grass surfaces. The terrain is mostly flat with small berms. At this time of year, either flats or spikes may be worn, though much of the course is dry from the summer heat. Racing flats are suggested.

Course Preview. The course is available at all times with the exception of a small portion that crosses part of the soccer field. If soccer practice is underway, please be respectful of that activity. That area should be vacant prior to 4:00 PM on Friday.

Entry & Fee. Enter your athletes for this meet on www.directathletics.com no earlier than the Saturday preceding the meet. Enter all possible athletes. Entries will close at 9:00 AM Thursday, 30 August. The team entry fee will be \$100. Individual entries are \$15. Checks are payable to Western Oregon University. NCAA & USATF registered teams only. Individuals excepted.

Contact Information. Contact information from all coaches is appreciated. Please email, cell and office phone numbers and appropriate media relations information to johnsonm@wou.edu (Mike Johnson) prior to the entry deadline.

Meet Packets. Numbers, pins, and course maps will be available 90 minutes prior to the start of the first race. Numbers must be worn on the front of uniforms. Athletes without a number will not be allowed to start.

Scoring & Results. Team scores will be kept. The first five athletes will score. All others will displace. Women not finished prior to 30 minutes and men not finished prior to 35 minutes will be placed, though times will not appear in the results. Hard copy results will be produced. Results will be available online as soon as possible following the event on Friday. Electronic results will be sent to university media relations offices and to requested media outlets. Please include such requests with contact information.

Rules. NCAA rules will be followed.

Facilities. Showers will be available in the university gymnasium following the event. We cannot provide towels. Please indicate if you wish to use these facilities. Restrooms are also available in the gymnasium (just over 100 meters from the start line). Three portable toilets are located near the course.

Sport Medicine. Medical support will be limited to trainers on duty the day of the meet. If you have any special needs, please communicate them in your contact information.