Freed-Hardeman University Cross Country

2015 FREED SPEED OPEN

WHAT: Collegiate and high school cross country meet

WHEN: Saturday, September 12, 2015

WHERE: Freed-Hardeman University, Henderson, TN

ENTRY FEE: $75 per team ($150 for both men’s and women’s teams). $20 per unattached runner. Make checks payable to Freed-Hardeman University.

ENTRY PROCESS: Enter online at DirectAthletics.com. Registration begins on July 15 and ends on September 9.

SCHEDULE: 8:30 College Women 5K
9:15 College Men 8K
10:15 High School Girls 5K
11:00 High School Boys 5K

AWARDS: Plaques for winning teams. T-shirts for top 15 attached finishers in each race.

TIMING & RESULTS: Timing and scoring will be done by Best Times. Results will be posted online following the race.

COURSE: The course is a loop of roughly 1.5 miles, is all grass (save for a driveway crossing), is spectator friendly, and is flat with two hills per loop: one moderate, gradual hill and one very brief, steep hill of just a few steps. This race will serve as a preview meet for the American Midwest Conference championships, which will be held on Friday, November 6.

PARKING: Parking, including that for charter buses and school buses, will be available at the Carnes Baseball Field and at the Riley Soccer Complex/Morgan Softball Stadium. Entrances to both are on Mill Street. (Directions: From Hwy 45, go east on Hwy 100 Bypass. Turn left on South Mifflin Avenue. Turn left at first stop sign, which is Mill Street. The XC course and parking lots will be on the left.)

RACE DIRECTOR: Derrick Spradlin, Freed-Hardeman University, dspradlin@fhu.edu.