

**2009 Eastern Illinois Cross-Country
Walt Crawford Alumni Meet
Saturday - October 3, 2009
Combined race starts at 4:30 p.m.
Men - 4 mile Women - 2.1 mile
[Men's Course Map](#) [Women's Course Map](#)**

Entry Information: Entries are due by Thursday October 1, 10:00pm
Alumni email coach Geoff Masanet - gtmasanet@eiu.edu

Entry Fee: \$0 per individual, no charge for EIU Alumni

Scoring: Non-Scored open competition

Awards: Trophy Awards to top EIU finisher, top Alum finisher, top
open finisher.

Course: Flat/rolling and moderately fast! The course runs on grass
and a limestone-chip path.

Men will race the final 4 miles of the men's 8k course.
Women will race the final 2.1 miles of the women's 5k course.

Facilities: Bathrooms are readily available. Shower and locker facilities are available
in Lantz Arena, adjacent to the Panther cross-country course. Bring your
own towels and locks. EIU athletic trainers will be on-site and can assist
with any training-room needs. For special requests, please contact the
training room at 217-581-7614.

Dinner: TBA

2008 Winning Times: *Jeff Jonaitis, Alum - 19:58*
Nicole Flounders, Alum - 12:33

Further Questions: EIU Coach Geoff Masanet 217-581-6647
gtmasanet@eiu.edu