

51st Marty Uher **VULCANS** Invitational

Saturday September 2nd, 2023

Events: Middle School Girl's 3km 9:00am
Middle School Boy's 3km 9:40am

HS Girl's Fire (A/AA) 5km 10:20 am
HS Boy's Fire (A/AA) 5km 11:00 am

HS Girl's Steel (AAA) 5km 11:40 am
HS Boy's Steel (AAA) 5km 12:20 pm

Course: Located at Roadman Park – The surface is mostly grass with several sections of packed slag and one road crossing that's covered with artificial grass. The start and finish are on flat grass surfaces with rolling hills throughout the course and the hill we call '**HELL**' (5km only)! This is one of the toughest dedicated courses in Pennsylvania with a 180' elevation gain in the second mile. Course maps can be found on the Cross Country webpage at www.calvulcans.com – just click on HOME MEET INFO.

Awards: The Top-3 Teams will receive trophies while the Top 20 HS Individuals and Top 15 MS Individuals will receive running t-shirts.

Entries: Please enter your athletes into PennTrackXC.
Click on the following link to enter: <https://pa.milesplit.com/meets/561130>
You may enter your athletes from now until August 29th at 11:00pm.

Entry Fee: \$100 per team* per gender. *All your registered athletes will also pay \$2 per athlete for bib numbers, in addition to the team fee. \$22 for individual athletes. Please let me know if you have any questions about this.
Please make checks payable to **Cal U Cross Country**, and mail them by August 27th to:
Jenni Morrison - Cal U Athletic Business Manager
250 University Avenue,
California, PA 15419

Concessions: Long sleeve shirts, drinks, snacks, and Wu's Shaved Ice will be available for purchase.

Webpage: More meet information plus driving directions, nearby restaurants, and hotel options can be found at www.calvulcans.com

Contact: Daniel Caulfield (724) 938 5684 office
250 University Ave. (814) 221 1447 cell
California, PA 15419
caulfield@pennwest.edu

This year's Vulcans Cross Country Camp starts on July 30th and ends August 4th. NFHS **National XC Coach of the year**, Col. Earl Lauer USA, has described our camp as "**The best instructional cross-country camp my teams have ever attended.**"

