



**DATE:** Saturday, September 17, 2022

**TIME:** 9:00 am – Collegiate Men’s 8k  
9:45 am – Collegiate Women’s 6k  
Collegiate Awards immediately following  
  
10:30 am – High School Boys 5k  
11:00 am – High School Girls 5k  
High School Awards immediately following

**SITE:** Washington Park-Denver, Colorado

**COURSE:** Home of the 2022 NCAA South Central Region Championships  
The course is made up of grass loops and is relatively flat.

- Women’s 6k course-two 3k loops
- Men’s 8k course-1 x 2000 meter loop, 2 x 3000 meter loop
- High School 5k course -1 x 2000 meter loop, 1 x 3000 meter loop
- Spikes are recommended
- 5,300ft above sea level

**OPEN COMPETITION:** The Roadrunner Invitational is open to all athletes. Open/Unattached and Redshirt athletes will participate in the collegiate races but will not be included in the Team Scoring for NCAA qualification purposes.

**H.S. COMPETITION:** The High School division is open to Varsity teams only, no open athletes. Each team may enter up to 8 athletes. Up to 20 teams will be granted a spot in the meet. Email Janis Christopher [jchris80@msudenver.edu](mailto:jchris80@msudenver.edu) to reserve your entry.

**RULES OF COMPETITION:** Competition governed by NCAA and CHSAA rules. Top five athletes from each team used for scoring. Runners 6 and 7 will be displacers.

**ENTRY FEE:** College: \$225 per team for USTFCCA members (\$450 for men and women teams together)  
High School: \$150 per team (\$300 for boys & girls)  
Open and Red Shirt Collegiate: \$20.00  
(Make checks payable to MSU Denver Athletics- Cross Country)

**TEAM ENTRY:** Registration will be located on Direct Athletics  
**DEADLINE:** The entry deadline is Wednesday, 9/14/22 at 5:59pm.  
**NO RACE DAY REGISTRATION.**

**AWARDS:** The top placing Men and Women's teams awarded a team trophy. The top 15 athlete's per-gender awarded t-shirts following the completion of the Men's Race.

**MEET RESULTS:** Results will be available following the event at [www.roadrunnersathletics.com](http://www.roadrunnersathletics.com)

**TEAM PACKETS:** Available 7:30 am at Washington Park at the small structure near the picnic area south of the start line area.

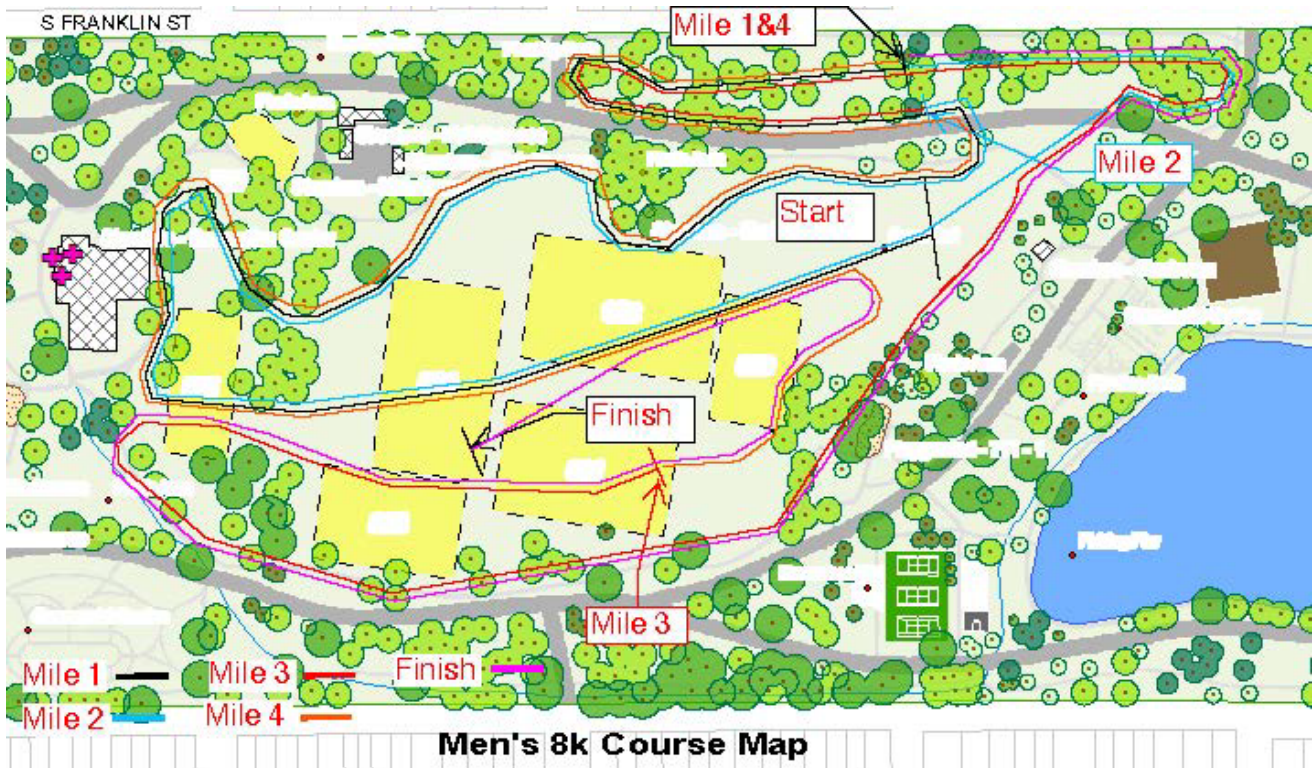
**DIRECTIONS TO WASHINGTON PARK:** **From South of Denver:**  
I-25 North-Downing Street Exit 206, Right on Downing Street, Right on Louisiana, Right on Franklin, quick left into Denver South HS lot.  
**From North of Denver:**  
I-25 South-Washington Emerson Street Exit 206, Left on Louisiana, Right on Franklin, quick left into Denver South HS parking lot.

**PARKING:** There will only be handicap accessible parking at the park entrance off Franklin and Mississippi. All team Busses & Vans should park in the Denver South HS parking lot corner of Louisiana and Franklin.

**CONTACT:** Janis Christopher– Head Coach Cross Country/Track & Field  
Cell: 303-601-6951 Email: [jchris80@msudenver.edu](mailto:jchris80@msudenver.edu)



## Men's Course Map



\*High School 5k is the same as the first 5k of the men's 8k

## Women's Course Map

