

Meet Information



LSU CROSS COUNTRY

Tiger Cross Country Festival – College Division
September 26, 2009
Highland Road Park - Baton Rouge, Louisiana

Entry Information and Instructions

DUE TO CONSTRUCTION ON THE COURSE, THE WOMEN'S RACE WILL BE 5 km INSTEAD OF 6 km THIS YEAR.

ENTRIES

1. Entries are unlimited.
2. All entries **MUST** be done through www.directathletics.com by the entry deadline. If you do not have an account, you should set up your account and roster before the entry deadline.
3. Entry Deadline is noon, Tuesday, September 22. Entries may be made as early as Sunday, September 20. You may make changes as often as you wish until the entry deadline.
4. No Faxed or Phoned entries will be accepted.

ENTRY FEE

1. Entry fees are \$50 per gender per team. Checks should be made out to: **LSU ATHLETICS**.
2. This fee must be paid at packet pickup.

MEET SITE

The Highland Road Park is located in Baton Rouge on Highland Road, approximately 8 miles south of the LSU Campus and approximately 4 miles from Interstate 10.

Course maps will be available at a later date on www.lsusports.net. The course will have a slight alteration over previous years due to construction.

PACKET PICKUP

Coaches should pick up their team's meet packet at the Check In area of the course Saturday between 7:00 AM and 8:30 AM. Entry fees are payable at this time.

DIRECTIONS TO HIGHLAND ROAD PARK

Approaching on I-10 from the West: Take the Seigen Lane exit, turning right onto Seigen Lane. Proceed approximately 2 miles to the intersection of Seigen and Highland Road. Turn left onto Highland Road, and proceed approximately ¼ mile. The park will be on the left at the intersection of Highland Road and Amiss Road.

Approaching on I-10 from the East: Take the Highland Road exit, then turn left back underneath the overpass. Turn right onto Highland Road, and proceed approximately 4 miles. The park will be on the right at the intersection of Highland Road and Amiss Road.

From LSU: Take Nicholson Drive South approximately ¼ mile. Turn left onto Burbank Drive, and proceed approximately 8 miles until it intersects with Highland Road. Turn right onto Highland Road, and proceed approximately ¼ miles. The park will be on the left at the intersection of Highland Road and Amiss Road.

SCHEDULE OF EVENTS

High School Girl's 5k	8:00 am
College Women 5k	8:35 am
High School Boy's 5k	9:15 am
College Men 8k	9:45am
Awards Ceremony	10:30am

AWARDS

T-shirts will be presented to the top 15 individual finishers. Individual winners will receive a watch.

FURTHER INFORMATION

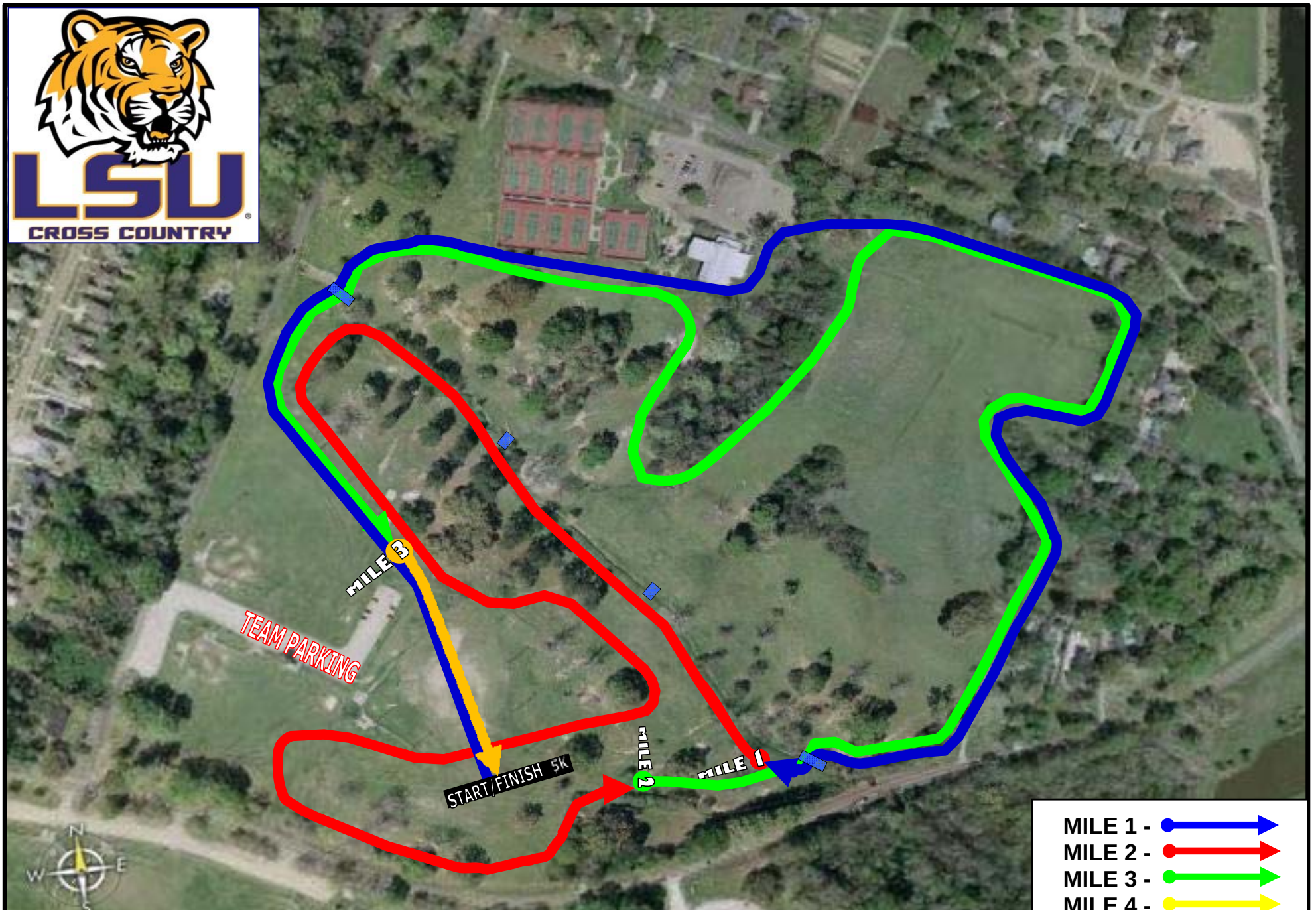
For further information, contact the LSU Track & Field Office at (225) 578-8627.

BATON ROUGE CITY MAP

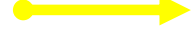


WOMEN'S COURSE - 5K

9/14/2009

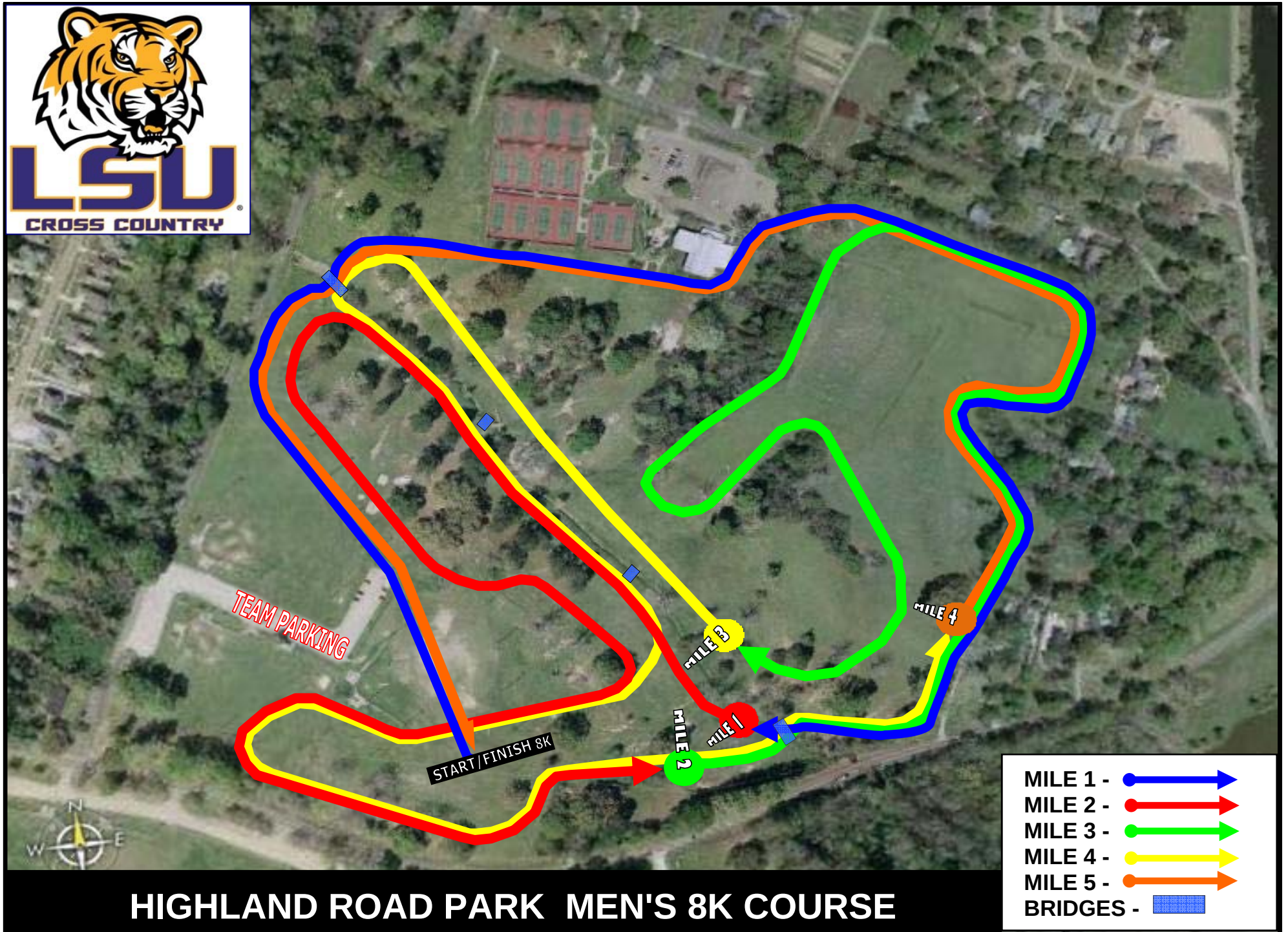


HIGHLAND ROAD PARK WOMEN'S 5K COURSE

- MILE 1 - 
- MILE 2 - 
- MILE 3 - 
- MILE 4 - 
- BRIDGES - 

MEN'S COURSE - 8K

9/14/2009



HIGHLAND ROAD PARK MEN'S 8K COURSE