

Indiana University Hoosiers

Cross Country Track & Field

Assembly Hall, 1001 East 17th Street
Bloomington, Indiana 47408
812-855-8583

SAM BELL INVITATIONAL AT INDIANA UNIVERSITY BLOOMINGTON, INDIANA

October 17, 2009

- Put the sanity back into pre-nationals weekend.
- Race on one of the best cross country courses in America. Beautiful rolling terrain that provides a challenging but very fair competition opportunity. **Home of the 2009 NCAA Division I Great Lakes Regional Cross Country Championships.** Site of the 1974, 1982, 1992, and 1999 NCAA Division I Cross Country Championships.
- Don't worry about being late season "race sharp" in order to get "at large points" running on a fast flat course. We're looking for a good competitive race. If the points are there so be it (and we are looking for good representation from across all regions) but we want to train, race, go home and prepare for the championship season in the best way possible for our team.
- 55 minutes from the Indianapolis International Airport.
- The first 10 division one teams to commit will have their entry fee waived. (Those that choose to come back in the future will continue to have free entry status.) Entry fee - \$300 per gender.
- Unlimited entries
- Women: 6000 meters, 11:00a.m.
- Men: 8000 meters, 11:45 a.m.
- Awards for the 1st place team as well as top 15 individuals
- This is our homecoming weekend, so check on accommodations. Possibilities may be near Indianapolis (45 minutes), Martinsville (25 minutes), Bedford (25 minutes), and Nashville, Indiana (30 minutes).
- If interested, please contact

Jay Arther, Director of Operations for Cross Country

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