

# Valparaiso University Cross Country

## 34<sup>th</sup> Annual Winrow-Valparaiso Open



Open to any 4-year university/college and junior colleges. Schools are allowed an unlimited number of entries. Unattached athletes should reach out to Coach Walker.

**Date:** September 1<sup>st</sup>, 2023

**Location:** Sunset Hill Farm.  
775 Meridian Rd. Valparaiso, IN 46383

### **Starting Time:**

- Women's 5k: 5:00 PM Central Time.
- Men's 6k: 5:45 PM Central Time.

### **Entry Fee:**

- \$300 per gender, per team (\$600 total for men's and women's team)
- \$25.00 for unattached athletes.

### **Entry Process and Forms:**

- Entries and payment can be made on [Directathleics.com](https://Directathleics.com).
- Entries are due by Tuesday, August 29<sup>th</sup> at 6 PM.

### **Scoring:**

- Both men's and women's races will be scored per NCAA Division I rules on sport sponsorship.

### **Questions:**

For all questions contact Director of Cross Country / Track and Field Vincent Walker at [vincent.walker1@valpo.edu](mailto:vincent.walker1@valpo.edu) or 815-830-0074.