



**Panthers XC Invitational**  
**Friday, September 6<sup>th</sup>, 2019**

- Site: Bethpage Polo at the Park, Bethpage, NY
- Schedule: 3:30pm Women's 5k Race  
4:30pm Men's 8k Race  
5:45pm Awards
- Course: Course map available in the meet packet & on Direct Athletics
- Entry Fee: \$125 per team (5+ athletes) (\$250 for Men and Women)  
\$25 per individual (Unattached/club athletes)  
\$10 for Adelphi XC/Track Alumni  
Teams may pay the day of (cash or check) or, **if mailing a check ahead of time**, please make the check out to **Adelphi University** & mail to:  
**Katie Rees, XC/TF**  
**Center for Recreation and Sport**  
**1 South Avenue, Garden City, NY 11530**
- Entry Directions: All entries should be submitted through Direct Athletics.  
*Entries close on **Tuesday, September 3, 2019, at 12:00pm.***
- Timing/Results: Timing services will be provided by **Elite Feats**  
Results will be posted on TFRRS/Direct Athletics & EliteFeats.com
- Trainers: Athletic Training staff will be on duty at the finish area.
- Parking (spectators): \$8 Parking Fee (all spectator cars) - no charge for team vans/buses
- Awards: T-shirts to the top 15 collegiate athletes in each race  
Plaques to the top 2 men's and women's teams  
T-shirts to the top 3 Adelphi alumni/open athletes in each race
- Teams attending: 2018: Adelphi, AIC, Chestnut Hill, Goldey-Beacom, Georgian Court, Molloy, New Haven, New Rochelle (W), Nyack, Pace, Post U., Pratt, Queens, Sarah Lawrence, So Conn, SUNY Maritime, Univ of DC (W), UDelaware (W), Yeshiva (W), York
- Information: Katie Rees [krees@adelphi.edu](mailto:krees@adelphi.edu)

## TEAM RESULTS

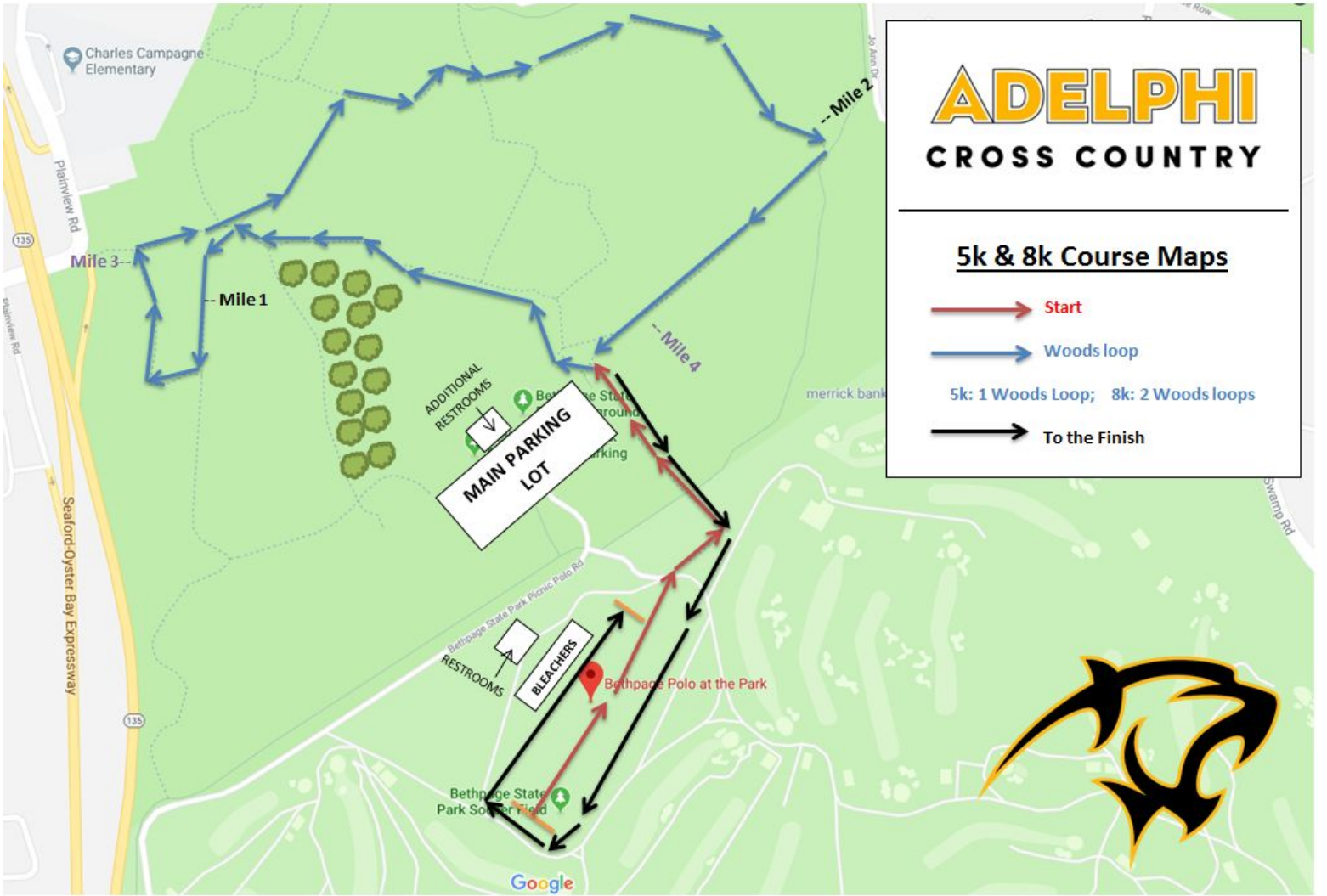
<b>YEAR</b>	<b>MEN'S TEAM CHAMPION</b>	<b>WOMEN'S TEAM CHAMPION</b>	<b>RESULTS</b>
<b>2018</b>	American International College (23 pts.)	University of Delaware (17 pts.)	<a href="https://www.tfrrs.org/results/xc/13431/Adelphi_Panthers_XC_Invitational">https://www.tfrrs.org/results/xc/13431/Adelphi_Panthers_XC_Invitational</a>
<b>2017</b> (Inaugural year)	American International College (31 pts.)	American International College (55 pts.)	<a href="https://www.tfrrs.org/results/xc/11294.html">https://www.tfrrs.org/results/xc/11294.html</a>

## COLLEGIATE MEET RECORDS

<b>College Men's 8k</b>	<b>College Men's 5k</b>	<b>College Women's 5k</b>
<b>Leakey Kipkosgei</b> <i>American International College</i> <b>24:43.1</b> (2018)	<b>Leakey Kipkosgei</b> <i>American International College</i> <b>15:25.5</b> (2017)	<b>Diana Dunn</b> <i>University of Delaware</i> <b>18:31.4</b> (2018)

## ADELPHI ALUMNI MEET RECORDS

<b>Adelphi Alumni Men's 8k</b>	<b>Adelphi Alumni Men's 5k</b>	<b>Adelphi Alumni Women's 5k</b>
<b>Branden Warders</b> <b>27:38.0</b> (2018)	<b>Ryan Healy</b> <b>17:08.1</b> (2017)	<b>Stephanie Filippazzo-Higgins</b> <b>21:44.8</b> (2017)



# ADELPHI

## CROSS COUNTRY

### 5k & 8k Course Maps

-  Start
-  Woods loop
- 5k: 1 Woods Loop; 8k: 2 Woods loops
-  To the Finish

