

Golden Ram Invitational

Saturday, October 10th, 2026

ENTRIES All entries will be done via DirectAthletics.

- ***Entry Deadline is Wednesday, October 7th, 2026 at 8:00 PM.***

ENTRY FEE \$250 per team (5+ athletes) or \$30 per entry. **Payment must be made via Direct Athletics**

COURSE

- The race is being held in a new location! The course will run through The Plantation Field
- 347 Green Valley Rd, Coatesville, PA 19320
- Both the Men's and Women's race will be a 5K.

RACE DAY INFORMATION

- Men's 5K Start Time: 9:00 AM
- Women's 5K Start Time: 9:30 AM
- Packets can be picked up at the timing tent in the Start/Finish area.

AWARDS

- Top two teams will receive awards.
- Top 10 individuals in each race will receive T-Shirts.

CONTACTS

Colin Leak	Head Coach	cleak@wcupa.edu	610-764-5875
Jess Leak	Meet Director	trackandfield@wcupa.edu	610-322-9368
Rebecca Novak	Athletic Training	rnovak@wcupa.edu	

PARKING There are specified locations for bus drop off, team van parking, and bus parking. This will be sent out prior to the event.

ATHLETIC TRAINING

West Chester University Sports Medicine Department will be providing day-of athletic training services at all WCU Cross Country home events. A Sports Medicine tent will be set up near the meet check-in tent. The tent will have a certified athletic trainer, water, ice, treatment table, AED, and first aid supplies.

If your team may need any taping, please email Rebecca Novak at rnovak@wcupa.edu prior to the event with a list of taping needs. Athletes can report to the Sports Medicine tent for taping throughout the day as they may need, and should **come prepared with the appropriate taping supplies.**

If you have any further questions, please contact Rebecca Novak via email at rnovak@wcupa.edu or call at 610-436-3329.