



Panthers XC Invitational
Friday, September 1st, 2023

- Site: Bethpage Polo at the Park, Bethpage, NY
- Schedule: 2:30pm Women's 5k Race
3:30pm Men's 8k Race
4:45pm 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 will pay through Direct Athletics (credit card) at the time of entry.
These are ENTRY fees, and not participation fees.
- Entry Directions: All entries should be submitted through Direct Athletics.
*Entries close on **Tuesday, August 29th, 2023, 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 from 1pm-5pm.
- 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 women's and men's teams
T-shirts to the top 3 Adelphi alumni/open athletes in each race
- Teams attended in 2022 (17 teams): Adelphi, Bridgeport, East Stroudsburg, Farmingdale, Georgian Court, Goldey- Beacom, John Jay, Kean, Molloy, Montclair State, Nassau CC, Pace, Pratt, Queens College, STAC, St. Joseph's (LI), Suffolk CC, USMMA
- Information: Katie Rees krees@adelphi.edu

TEAM RESULTS

YEAR	MEN'S TEAM CHAMPION	WOMEN'S TEAM CHAMPION	RESULTS
2022	East Stroudsburg (27 pts.)	Adelphi (52 pts.)	https://www.tfrrs.org/results/xc/19311/Adelphi_Panthers_XC_invitational_5th_Annual
2021	Kutztown University (53 pts.)	Southern Connecticut State University (53 pts.)	https://www.tfrrs.org/results/xc/17783/Adelphi_Panthers_XC_invitational
2020	None	None	Meet canceled due to COVID-19
2019	Southern Connecticut State University (19 pts.)	Adelphi University (28 pts.)	https://www.tfrrs.org/results/xc/15014/Adelphi_Panthers_XC_Invitational
2018	American International College (23 pts.)	University of Delaware (17 pts.)	https://www.tfrrs.org/results/xc/13431/Adelphi_Panthers_XC_Invitational
2017 (Inaugural year)	American International College (31 pts.)	American International College (55 pts.)	https://www.tfrrs.org/results/xc/11294.html

COLLEGIATE MEET RECORDS

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

ADELPHI ALUMNI MEET RECORDS

Adelphi Alumni Men's 8k	Adelphi Alumni Men's 5k	Adelphi Alumni Women's 5k
Branden Warders 27:38.0 (2018)	Ryan Healy 17:08.1 (2017)	Cecilia Winthrop 20:16.1 (2022)

