



42nd Annual St. Norbert College TOM BARRY INVITATIONAL Cross Country Meet

The meet is named in memory of Tom Barry, who was a 1977 graduate of St. Norbert College. Tom participated in cross country and track and field at St. Norbert College.

In October, 1990, he collapsed and died of a heart attack after completing a 12K road race. Tom, 35, was the Men's cross country coach at St. Norbert College and taught second grade at St. Bernard grade school in Green Bay.

Date: SATURDAY, SEPTEMBER 3rd, 2016

Times: 11:00 a.m. – Women 5K
11:45 a.m. – Men 4 MILES

Place: COLBURN PARK, GREEN BAY, WI
Directions to Colburn Park are enclosed

Course: 5K- two mile loop plus reverse of the first mile
4 MILE- two mile loop repeated
(course descriptions are included below)**The course is the same as last year**

Entries: UNLIMITED. Please follow the instructions below for entries:

1. Log on to your team's TFRRS website and make sure your team roster is updated
2. Click on the excel logo button on the top right to download your roster to CSV/Excel
3. Open the file and delete anyone from your roster who will not be competing in the race
4. Save the file to your desktop, E-mail that file to don.augustine@snc.edu,

Entry deadline is Tuesday August 30th, 2016.

Entry Fee: \$100 for men's teams and \$100 for women's teams
or \$20 for individual/unattached entries.

Scoring: Top seven finishers from each school will make up the team for scoring purposes (5 scorers and 2 pushers). If fewer than five finish, the "ghost" runner scoring system will be used.

Collegiate Awards: Team: 1st and 2nd place trophies (men and women)
Individual plaques to 1st male and 1st female finisher
T-shirts awarded to top 20 male and female finishers

Race Results: Results will be printed shortly after the conclusion of the meet. They will also be posted at www.snc.edu/athletics and at <http://www.superiortiming.com/>

Showers: UNAVAILABLE THIS YEAR AS THE INDOOR COMPLEX IS UNDER RENOVATION AND WE HAVE A HOME FOOTBALL GAME

Parking: Parking will be reserved for teams at the swimming pool parking lot off of Fisk Street. There are three other parking lots, as well as street parking.

Course Records: Women: 17:40.4 – Jenny Scherer, St. Norbert College (2010)
Men: 20:29.00- Jeff Pentek, St. Norbert Alumni (2008)



**42nd Annual St. Norbert College
TOM BARRY INVITATIONAL
Cross Country Meet**

**COLBURN PARK
WOMEN'S 5000 METERS
COURSE DESCRIPTION**

Start & Finish:

The start is in the middle section of the park on the North end of the soccer fields and heads to the South. Generally, whenever you are running North you are running downhill and whenever you are running South you are running uphill. The finish, heading North, is next to the start area.

First Mile:(The same as the men's first mile)

The first 400 meters are straight with the first 300 meters being uphill. The first turn is a left turn at 400m, then a right around the baseball diamond. At 600m there is a slight downhill followed by a slight uphill to 765m. Just before the pump station there is a sharp downhill for about 10 strides, then right for 150m and then a left for 150m. At 1075m you take a right turn and go uphill for about 25 strides. The course levels until an uphill behind the swimming pool. Then there is a gradual downhill for the remainder of the first mile.

Second Mile:(The same as the women's second mile)

Two right turns take you around the baseball diamonds(the second being the 2K mark). At 2165m another right takes you on a cinder path behind the start area. Then a left at 2300m for a gradual uphill toward the tennis courts(420m). Left at tennis courts, left before the basketball court, and another left at the end of the woods. Then a gradual downhill along the west end of the soccer field to the 2 mile(350m).

Third Mile:(same as first mile)

Right turn around soccer field and head to the woods to run the reversal of the course. Two lefts around the baseball diamonds; Gradual uphill to swimming pool;left past swimming pool for a slight downhill; then a gradual uphill along park property line. A left along the top of the hill(630m to finish). Left before basketball court, left at then end of the woods with a gradual downhill to finish(265m).

Footing:

The footing varies- mostly grass, some dirt paths, and some woodchips. Men cross six blacktop paths.

COLBURN PARK MEN'S FOUR MILE COURSE DESCRIPTION

Start & Finish:

The start is in the middle section of the park on the North end of the soccer fields and heads to the South. Generally, whenever you are running North you are running downhill and whenever you are running South you are running uphill. The finish, heading North, is next to the start area.

First Mile:(The same as the women's first mile)

The first 400 meters are straight with the first 300 meters being uphill. The first turn is a left turn at 400m, then a right around the baseball diamond. At 600m there is a slight downhill followed by a slight uphill to 765m. Just before the pump station there is a sharp downhill for about 10 strides, then right for 150m and then a left for 150m. At 1075m you take a right turn and go uphill for about 25 strides. The course levels until an uphill behind the swimming pool. Then there is a gradual downhill for the remainder of the first mile.

Second Mile:(The same as the women's second mile)

Two right turns take you around the baseball diamonds(the second being the 2K mark). At 2165m another right takes you on a cinder path behind the start area. Then a left at 2300m for a gradual uphill toward the tennis courts(420m). Left at tennis courts, left before the basketball court, and another left at the end of the woods. Then a gradual downhill along the west end of the soccer field to the 2 mile(350m).

Third Mile:(same as first mile)

Right turn around soccer field and head back up the hill, similar to the start. REPEAT COURSE. (Women's course goes straight to the woods to run the reversal of the course.)

Fourth Mile:(same as second mile)

Footing:

The footing varies- mostly grass, some dirt paths, and some woodchips. Men cross six blacktop paths.

DIRECTIONS TO COLBURN PARK

Traveling North on Highway 43:

Exit at Highway 172 until you reach Highway 41. Go north on Highway 41(toward Marinette). Once you are on Highway 41 follow the directions below...

Directions: From Highway 41:

Take the Lombardi Ave. exit and head east toward Lambeau Field. Take Lombardi to Ridge Rd., and turn left (north) on Ridge. Continue on Ridge to Ninth St. and turn left (west) on Ninth. Continue to Fisk St. and turn right (north) on Fisk to Colburn Park parking lot.

DIRECTIONS TO ST. NORBERT CAMPUS FROM COLBURN PARK

Exit swimming pool parking lot and take a left onto Fisk Street. Go one block and take a left turn on to Ninth Street.

Go two blocks and take a right onto Ridge Road.

Continue on Ridge Road to the first stoplight(Lombardi Avenue). Take a right on to Lombardi Avenue.

Continue on Lombardi to Highway 41.

Go South on Highway 41(turn left).

Exit at the DePere Main street exit(Highway G).

Take a left at top of ramp on to Main Street.

Continue on Main Street under the railroad overpass and the street becomes one way and becomes Reid Street.

Stay in the Right hand lane.

Turn right on Third Street for two blocks.

Schuldes Sports Center is on your left.

**Travel Time from Colburn to St. Norbert is approximately 10 minutes.