



# Idaho State XC Invitational

Pocatello, ID

- Date** Saturday, September 28th
- Location** Centennial Cross Country Course  
1783 Alvin Ricken Dr  
Pocatello, ID 83201
- Start Time** 9:00am - Men  
9:30am - Women  
10:15am - Alumni/Open Race (3k)
- Course** Two 2.8k laps (5.6k total distance) around the ISU Centennial XC Course. Surface is groomed dirt/woodchip surrounded by native grass and sagebrush landscape. Each loop features approximately 230 ft of elevation gain/loss
- Entries** Team and individual entries will be collected via [Runnercard.com](http://Runnercard.com). Unattached/open entries will be allowed. Entry deadline is September 26 at 11:59pm
- Entry Fee** No entry fee for teams/alumni. Open race is \$10 payable on race day
- Parking** We ask that all teams and spectators park at the RISE Complex which is approximately 200m south of the course pavilion (1825 Alvin Ricken Dr). Please don't park across the street from the pavilion in the Idaho State Veterans Home lot
- Results** Unofficial results will be live online and will be emailed to each institution's SID upon the completion of the event
- Inspection** The course will be available all day Friday for course inspection. Team packets can be picked up at the course Friday between 3:00-5:00pm or Saturday between 7:30-9:00am
- Pancakes** This year Perkins Restaurant will be providing a free pancake breakfast before the race! Everybody is welcome to attend
- Training** ISU Athletic Training will be on site
- Info** Please contact coach Nate Houle for more information  
[houlmath@isu.edu](mailto:houlmath@isu.edu)  
208-479-0675

# Course Map

