



Columbia College presents:

2023 Akiah McMillan Invitational

Hosted by Par Tee Golf Center
September 30th, 2023

Objective: To remember and honor the life of Columbia College Track & Field Indoor 300 meter school record holder, Akiah McMillan, who left us too soon on December 30th, 2021.

Date: September 30th, 2023 Times: Men's 8K @ 8:15am, Women's 6K @ 9am (men run first this year)

Location: Par Tee Golf Center, located just off of Interstate 77. The physical address is 3209 Charleston Hwy in West Columbia, SC 29172. **THE RACE IS NOT ON THE COLUMBIA COLLEGE CAMPUS.** Parking space is very limited, we encourage carpooling.

Course: The course consists of multiple laps of a single 2-kilometer loop. Women will run 3 loops, the Men will run 4 loops. The course is very flat and very fast. The loop is very spectator friendly with few obstructions to hinder viewing. The terrain is 95% grass and 5% packed dirt.

Timing: Race results and timing will be managed by Strictly Running. Visit www.StrictlyRunning.com

Teams: College teams will have unlimited entries. Top 5 runners will score with 7 holding places. Runners finishing on a college team with less than 5 finishers in a gender will not be scored but are still eligible for individual awards.

Awards: The top scoring college team from each gender will receive a 1st place trophy/plaque. The top 10 runners of each gender (college and unattached runners combined) will receive t-shirts as awards.

Entry: College teams are \$200 per gender. Unattached runners are \$40. Please enter online via DirectAthletics.com. Registration deadline is October 4th at 11pm. **There will be no entry accepted on the day of the meet.**

Camps: We encourage teams to bring a pop-up tent or cover of some sort. The meet is on a wide open golf range with few shady spots. Please supply your team with ample water, gatorade, snacks, etc. There will be no food vendors on site.

Medical: We will have a Columbia College athletic trainer on site, but we still encourage teams to travel with their own ATs. Please bring your own athletic tape and supplies, Columbia College will not supply.

Contact Info: Head XC Coach Justin Bishop, Email: JBishop@ColumbiaSC.edu or text/call 803-550-0677