



2015 Florida State Cross Country Invitational Pre-ACC & Pre-State Meet

Friday-Saturday, October 2-3
at Apalachee Regional Park

Meet Schedule

Thursday, Oct. 1 2:00 p.m.-6:00 p.m. **Packet Pick-Up/Course Review**

Friday, Oct. 2
7:40 a.m. University/College Men (8k)
8:20 a.m. University/College Women (5k)
1:00 p.m.-5:00 p.m. **Packet Pick-Up/Course Review**
6:20 p.m. Boys High School JV
6:50 p.m. Girls High School JV

Saturday, Oct. 3
7:40 a.m. Boys High High School Elite
8:05 a.m. Girls High School Elite
8:35 a.m. Boys High School Select
9:00 a.m. Girls High School Select
9:30 a.m. Boys High School Varsity A
9:55 a.m. Girls High School Varsity A
10:25 a.m. Boys High School Varsity B
10:50 a.m. Girls High School Varsity B
11:20 a.m. Open/Community Race

(all high school races and the open/community race are 5k)



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Race Details

University/College Races

There will be one section of each race, with no entry limitations. Schools may race as many athletes as they wish.. The meet will be scored separately for University (Division I) and College (all other) divisions. Open/unattached competitors must register via email to Patrick Murray at pmm13e@my.fsu.edu by Monday, Sept. 28 at 5 p.m. No race day entries will be accepted.

High School Races

Elite & Select Divisions: Participation will be limited to 25 teams per gender. Teams will be placed into divisions by the FSU XC Invitational High School Committee. Each team will be allowed to race only 10 chip-issued athletes.

Varsity A & B Divisions: Participation will be limited to 30 teams per gender. Teams will be placed into divisions by the FSU XC Invitational High School Committee. Each team will be allowed to race only 10 chip-issued athletes.

****Junior Varsity Division:** In a format change, the junior varsity boys and girls races will be contested Friday evening. Teams

planning to compete in the junior varsity races should email Chris Sumner at LFCSumner@aol.com. Teams who may exceed their allotment of 20 chips per gender, but wish to have additional timed/scored runners compete in the junior varsity race may purchase additional chips in advance for \$5 per athlete.

Individual High School Athletes

Individuals traveling without a team must represent their high school. No "unattached" high school runners will be allowed to race. Individual athletes can be accepted, with their coaches blessing, to run in a race apart from their team. Qualification standards of sub 16:00/19:00 for Elite and sub 17:00/20:00 for Select will be strictly enforced.

Community/Open Race

For the first time we will offer a "free" community/open 5k race, to be contested Saturday at 11:20 a.m. This non-scored event will include only a running clock and is open to all, including schools who may wish to run those who do not participate in the varsity or junior varsity races.

Packet Pick-Up & Course Inspection

University/College Races

University and college teams can pick up packets and review the course on Thursday, Oct. 1 from 2-6 p.m. Course maps will be available at that time and can also be found on the Seminoles.com website cross country page.

High School Races

High schools can pick up packets and review the course on Friday, Oct. 2 from 1-5 p.m.. Saturday packet pick-up will begin at 6:30 a.m. The course will close before the start of Friday's junior varsity races and will remain closed during competitions.

Awards

University/College Races

Trophies will be presented to the team champions in both the University and College divisions. Award shirts will be presented to the top 20 men and women, overall, in the chute at the conclusion of each race.

High School Races

Elite Division: Trophies will be presented to the champions and runner-ups. The top 10 finishers will receive plaques and award shirts will be presented to the top 20 boys and girls, overall, in

the chute at the conclusion of each race.

All Other Varsity Divisions: Trophies will be presented to the team champions. Award shirts will be presented to the top 10 boys and girls, overall, in the chute at the conclusion of each race.

Fastest by Class: Awards will be presented to the fastest freshman/sophomore/junior/senior - boys and girls - based on the results of the eight varsity races.



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Registration & Entry Fees

University/College Races

- Register via DirectAthletics (directathletics.com)
- The entry fee is \$200 per school, per gender and \$20 for open/unattached runners
- Registration closes Sunday, Sept. 27

High School Races

- Register via Milesplit (fl.milesplit.com)
- The entry fee is \$75 per school, per gender and \$20 for individuals
- An additional \$5 fee in advance for junior varsity inclusion as timed/scored runners beyond the initial 20 chips assigned to each team
- Registration closes Sunday, Sept. 27
- Payment must be received by Tuesday, Sept. 22 for teams wishing to participate in the Elite or Select races

Payments

- Make all checks payable to: Florida State University Track & Field Officials Association
- **Checks made out to Florida State will not be accepted**

Mail checks to:

Chris Sumner - Coordinator
1557 Sweet Plum Circle
Tallahassee, FL 32312

- **No Late Entries Will Be Accepted!**
- **There will be no cash transactions at the course!**
- Bibs will be assigned for all athletes on a team and coaches will not have to designate varsity and junior varsity runners
- Assignments for high school races will be posted on the Seminoles.com cross country page by 12 p.m. on Monday, Sept. 28

Directions

GPS Address

7550 Apalachee Parkway (US-27), Tallahassee, FL 32311-3448

From Points West

- Take Interstate 10 to Exit 203
- Take Exit 203 for FL-61 toward US-319/Thomasville/Tallahassee
- Merge onto Raymond Diehl Rd. (straight ahead)
- Turn right on Capital Circle NE
- Follow Capital Circle until you reach Apalachee Parkway (approximately 5.4 miles)
- Turn left on Apalachee Parkway/FL-20/US-27
- The course is local five miles east at Apalachee Regional Park, on the left side of the road and will be well-marked

From Points East

- Take US19/FL-GA Parkway off Interstate 10 at Exit 225
- Turn left on US-19 South (FL-GA Parkway)
- Proceed approximately 5 miles to US-27 North and turn right
- Proceed approximately 14.5 miles towards Tallahassee and Apalachee Regional Park will be on the right side of the road and will be well-marked

For Further Information

University/College Races: Patrick Murray, Meet Director - pmm13e@my.fsu.edu - 845-901-7756

High School Races: Chris Sumner, Coordinator - LFCSumner3@aol.com - 850-567-6175

Florida State Sports Information: Bob Thomas, Media Coordinator/General Info - bthomas2@fsu.edu - 850-694-1768