

2011  
FSU Cross Country Invitational  
Friday & Saturday, September 23<sup>rd</sup>-24<sup>th</sup>



**Meet Schedule**

<b>Sept. 23 (Friday):</b>	6:20 PM	University/Open Division – Women’s 5k
	6:45 PM	University/Open Division – Men’s 8k
	7:15 PM	Awards Ceremony
<b>Sept. 24 (Saturday):</b>	7:45 AM	High School Invitational Division – Boys 5k
	8:10 AM	High School Invitational Division – Girls 5k
	8:40 AM	High School Open Division – Boys 5k
	9:05 AM	High School Open Division – Girls 5k
	9:35 AM	JV Boys 5k
	10:00 AM	JV Girls 5k
	10:35 AM	Awards Ceremony

**Race Details**

***High School Races:***

Invitational Division: Participation will be limited to 20 teams per gender. Teams will be placed into this division at the FSU XC Invite high school committee. Each team will be allowed to race **10 athletes only**.

\*\* Division assignments will be posted by 12 Noon on Tuesday Sept. 20 on our cross-country website at [www.seminoles.com](http://www.seminoles.com)

Open Division: All teams not placed into the invitational division will race in the open division. Each team will be allowed to race **TEN ATHLETES**. Teams competing in the invitational division may not place a “B” team in the open division. **All athletes outside their top 10 must compete in the JV division.** Individuals who are traveling without a

team may race in this section, but **must represent their high school. No “unattached” high school runner will be allowed to race.**

**JV Division:** JV race will use time chips as well. There is no charge for JV race; however a school's entry is limited to 20 total runners per gender.

For questions concerning high school races, please contact Chris Sumner at [lfcsunner3@aol.com](mailto:lfcsunner3@aol.com)

### ***University/Open Races:***

There will be one section of each race, with no entry limitations. Schools may race as many athletes as they want. Open/Unattached competitors are allowed to race but need to **register by email to the meet director at [sjo10c@fsu.edu](mailto:sjo10c@fsu.edu) by Monday Sept 19<sup>th</sup>**. No race day entries will be accepted.

### **Registration:**

Registration for this event will occur through Direct Athletics ([www.directathletics.com](http://www.directathletics.com)), and the entry deadline is 8:00pm, Wednesday, September 14<sup>th</sup>, 2011. All high school coaches must enter all of their athletes online (**20 athletes per gender only**). Coaches may decide what races athletes will run on race day.

\*\* Please note that individual high school athletes must register through Direct Athletics.

### **NO LATE ENTRIES WILL BE ACCPETED UNDER ANY CIRCUMSTANCES**

A list of invitational/open team assignments for the high school races will be posted on [www.seminoles.com](http://www.seminoles.com) cross-country page by **Noon Tuesday Sept. 20<sup>th</sup>, 2011**

### **Entry Fees:**

#### ***High School Division:***

The entry fee for high school teams will be \$60 per varsity team per gender.

#### ***Collegiate/Open Division:***

The entry fee for college teams will be \$100 per varsity team per gender and \$10 per open/unattached competitor. Men's and Women's teams count separately.

### **Chip Timing Procedure**

Taken from entries, each school will receive up to 20 timing chips per team (per gender). Schools do not have to declare which runner is competing in which race. Simply make sure that all runners are wearing appropriate race chips and you can make that decision right up until race time. Chips need to be returned immediately after races. **Schools will be charged \$10 for each unreturned chip.**

Please make checks payable to the **Florida State Track & Field Officials Association.**

**Checks made out to Florida State will NOT BE ACCEPTED.**

*Checks can be mailed to:*

Shannon O'Brien  
Meet Director  
1107 Sprit Way  
Tallahassee, FL 32306

**Awards:**

***High School Division:***

Invitational Race:    1) Trophies for each team champions and runner-ups.  
                                 2) Plaques for the top 10 finishers, the top FR/SO/JR/SR in each  
                                 race, and the winning team's head coach.  
                                 3) T-Shirts for the top 20 finishers.

Open Race:

- 1) Trophies for team champions.
- 2) T-Shirts for the top 10 finishers.

***Collegiate Division:***

- 1) Trophies for team champions.
- 2) T-Shirts for the top 20 finishers.

**Packet Pick Up and Course Inspection:**

**In order to receive a packet, entry fee must be paid in full.** This can be done by mail (encouraged) or at packet pickup. Both cash and checks made out to Florida State Track & Field Officials Association will be accepted at packet pickup.

Teams can pick up packets at the course from 3:00pm to 6:00pm on Friday afternoon, and on Saturday morning. Course maps will be available at these times. Maps are also available on the cross-country page at [www.seminoles.com](http://www.seminoles.com).

The course will be available for teams to preview on Thursday evening from 3:00pm to 7:00pm and on Friday from 1:00pm to 6:00pm.

The course will be closed for warm-ups shortly before the start of the Friday evening races, and during active racing on Saturday morning. **There will be no warming up on the course during competitions.**

## **Directions:**

### **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 at Capital Circle NE.
- Follow Capital Circle until you reach Apalachee Parkway. (about 5.4 miles)
- Turn left at Apalachee Pkwy/FL-20/US-27.
- The course is located five miles east on Apalachee Parkway on the left side of the road behind a series of football fields and will be signposted.

### **From Points East:**

- Take the US – 19/ FL-GA Parkway. (Exit 225 of I-10)
- Turn LEFT onto US-19 South (FL-GA PKWY)
- Go 5 miles to US-27 N
- Turn Right onto US-27 N and drive 14.5 miles towards Tallahassee
- Arrive at 7550 Apalachee Pky, Tallahassee, FL 32311-3448

## **Parking on Race Day**

On Saturday race day, the entrance to the Regional **Park will only be a point of access until 10:00am.**

All vehicles entering the park must **remain in the park until 10:30 am.** After 10:30, vehicles may begin exiting the park.

## **For Further Information Please Contact:**

Shannon O'Brien Meet Director, [sjo10c@fsu.edu](mailto:sjo10c@fsu.edu)  
Chris Sumner High School Meet Director, [lfcsumner3@aol.com](mailto:lfcsumner3@aol.com)

**Link to register for the meet:**

**[http://www.directathletics.com/dispatcher.cgi?session\\_id=439980DAJ92412&script\\_name=dispatcher.cgi&action=view\\_meet&meet\\_hnd=3189&module=registration](http://www.directathletics.com/dispatcher.cgi?session_id=439980DAJ92412&script_name=dispatcher.cgi&action=view_meet&meet_hnd=3189&module=registration)**