

# 2008 UCF KNIGHT ATTACK CROSS COUNTRY CHALLENGE

UCF Track & Soccer Complex  Orlando, FL



Your team is invited to compete in the 1<sup>st</sup> Annual UCF Knight Attack Cross- Country Challenge on *Friday, September 5<sup>th</sup>, 2008*. We have an on-campus course that goes through the UCF nature walk trails. Our course is made up of dirt trails and mowed grass. We have 5k and 8k courses, all with a common start and finish. Maps will be available on arrival and on the UCF Track & Field website.

MEET DATE: Friday, September 5<sup>th</sup>, 2008

LOCATION: University of Central Florida campus and nature trail - Orlando, FL

SCHEDULE: 4:30 p.m. College/Open Women 5k  
5:00 p.m. College/Open Men 8k

*We may begin ahead of schedule if races run quickly!! All runners who do not finish their race within 30 minutes will be pulled from the course prior to the start of the next race.*

COURSE: Nature dirt trails, mowed grass. Flat with terrain changes - spikes recommended

## ENTRY

LIMITATIONS: Unlimited, Push 7; score 5 (you must enter 5 for a full team)

ENTRIES: Entries must be submitted online through Direct Athletics. No fax or phone entries will be accepted, except unattached entries for individuals. Entries will be handled online through [www.directathletics.com](http://www.directathletics.com). Contact [support@directathletics.com](mailto:support@directathletics.com) to request a username and password if you do not have one or do not remember it.

## UNATTACHED

ENTRIES: NO HIGH SCHOOL ATHLETES WILL BE ALLOWED TO RUN IN COLLEGE RACES!! Please fax all unattached entries with the following information (name, email address, phone number and event PR) to: Tyangela Sanders at 407.823.0756 no later than September 3<sup>rd</sup> @ 5PM. *Late entries WILL NOT be accepted!!!*

ENTRY FEES: Colleges \$100 maximum per team (may enter as A & B team but only pay for 1 team)  
\*\$20 - individual/unattached

*ENTRY DEADLINE IS Wednesday, SEPTEMBER 3<sup>RD</sup>, 2008@ 5pm.*

Make checks payable to: UNIVERSITY OF CENTRAL FLORIDA ATHLETICS ASSOCIATION  
*Payment may be made at packet pick-up. NO REFUNDS!*

AWARDS: To top 7 in college and varsity races.

**DIVISION &**

**CLASSIFICATION:** According to FHSAA regulations, high school athletes cannot participate in any event that is contested outside of the FHSAA Cross Country season which begins on September 15, 2008.  
**No high schools athletes are allowed to run in the college races.**

All intercollegiate athletes from all universities, colleges, junior colleges must be in good standing in their association.

**INSPECTION/**

**WARM-UP:** The course will be open for warm-ups 2 hours prior to the start of the first race. Course maps will be available September 5<sup>th</sup> at packet pick-up starting at 2:30pm. They will also be available on-line at [www.ucf.edu/athletics](http://www.ucf.edu/athletics).

**PARKING:** Team and spectator parking will be in lot E8 located along Orion Blvd.

**LOCKER ROOM** No dressing rooms or locker rooms will be available. Portable toilets will be available.

**SHOWERS:**

**CONTACT:** ***Please contact us IMMEDIATELY IF YOU PLAN TO ATTEND.***

Coach Tyangela Sanders - UCF Cross Country - 4000 Central Florida Blvd. Orlando, FL 32816

[tysanders@athletics.ucf.edu](mailto:tysanders@athletics.ucf.edu)

407-823-0487 office #

407.823.0756 fax #

**T-shirts and concessions will be available for purchase at the meet site!**

***We hope to see you at the Friday Knight Attack!!!***