

# 2008 UCF BLACK & GOLD CROSS COUNTRY INVITATIONAL

UCF Track and Soccer Complex  Orlando, FL



Your team is invited to compete in the 1<sup>st</sup> Annual UCF Knight Attack Cross- Country Challenge on *Saturday, September 13<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.

We hope your team can attend and we are looking forward to seeing you this year and *every year* afterwards. Meets will be held annually on the 1<sup>st</sup> or 2<sup>nd</sup> Friday or Saturday.

MEET DATE: **Saturday, September 13<sup>th</sup>, 2008**

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

SCHEDULE: 9:00 a.m. College/Open Men 8k  
10:00 a.m. College/Open Women 5k

*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 11<sup>th</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 Thursday, SEPTEMBER 11<sup>th</sup>, 2008@ 5pm.*

Make checks payable to: UNIVERSITY OF CENTRAL FLORIDA ATHLETICS ASSOCIATION

*Payment may be made at packet pick-up. NO REFUNDS!*

**AWARDS:** Team and individual awards will be presented to top 3 varsity teams.

**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.

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 11<sup>th</sup> at packet pick-up starting at 7:00 am. 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 Black & Gold Cross Country  
Invitational!!*