

2010 FSU Cross Country Invitational



Friday & Saturday, October 8-9, 2010

Apalachee Regional Park, Tallahassee, FL

Meet Schedule:

Oct 8 (Friday):	6:20 PM	University/Open Division - Women's 5k
	6:45 PM	University/Open Division - Men's 8k
	7:15 PM	Awards Ceremony
Oct 9 (Saturday):	7:40 AM	High School Invitational Division - Boys 5k
	8:05 AM	High School Invitational Division - Girls 5k
	8:35 AM	High School Open Division - Boys 5k
	9:00 AM	High School Open Division - Girls 5k
	9:30 AM	JV Boys 5k/Community Race
	9:55 AM	JV Girls 5k/Community Race
	10:30 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 discretion of meet management. Each team will be allowed to race **seven athletes only**.

Open Division: All teams not placed into the invitational division will race in the open division. Each team will be allowed to race **seven athletes only**. Teams competing in the invitational division may not place a "B" team in the open division: **all athletes outside their top seven 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 runners will be allowed to race.**

JV Division/Community Race: There are no entry limitations for the JV division. Schools may race as many athletes as they want. Results for the JV division will not be recorded. There will be a running clock during this race, and coaches are responsible for recording their athletes' times. Community races, open to the public, will be run simultaneously. **All runners in the community races must be registered to participate.**

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 also allowed to race.

Registration:

Registration for this event will occur through DirectAthletics (www.directathletics.com), and the **entry deadline is 8:00 PM, Wednesday, September 29th, 2010.** All high school coaches must enter their **varsity seven athletes only** online, and include their year in school (FR/SO/JR/SR). All high school athletes competing in the JV division, **and members of the public who wish to participate in the community race** must be registered at the course on race day.

Please note: Individual high school athletes must register through DirectAthletics.

NO LATE ENTRIES WILL BE ACCEPTED UNDER ANY CIRCUMSTANCES.

A list of invitational/open team assignments for the high school races will be posted on the www.seminoles.com cross-country page by **8:00 PM on Monday, October 4th, 2010.**

Entry Fees:

High School Division:

The Entry Fee for high school teams will be \$60 per varsity team **per gender** and \$3 per individual in the JV division. Boys and girls teams count separately.

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.

Community Members:

The entry fee for those who wish to participate in the community race will be \$8 per individual.

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

CHECKS MADE OUT TO FLORIDA STATE UNIVERSITY WILL NOT BE ACCEPTED.

Checks can be mailed to: Steve Mucchetti
Meet Director
1107 Spirit Way
Tallahassee, FL 32306

Awards:

High School Division:

- Invitational Race:
- 1) Trophies for 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 the **Florida State University Track & Field Officials Association** will be accepted at packet pickup.

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

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

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.**

Chip Timing:

The FSU Invitational will be using timing chips from Half-Mile Timing. Athletes in all races other than the high school JV divisions will be required to wear these chips, and return them immediately following their race. **Schools will be charged \$10 per lost/unreturned chip.**

Directions:

From Points West:

- Take Interstate 10 to Exit 203.
- Take exit 203 (US-319/Thomasville/Tallahassee).
- Go straight across US-319 onto Raymond Diehl Rd.
- Turn right at Capital Circle NE.
- Follow Capital Circle until you reach Apalachee Parkway.
- Turn left at Apalachee Pkwy/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 Interstate 10 to Exit 225.
- Go left onto US-19, take US-19S to US-27/98.
- Turn right at Apalachee Pkwy/US-27.
- The course is located on the right side of Apalachee Parkway behind a series of football fields and will be signposted on race day.

Parking

On Saturday, October 9, the entrance to the Regional Park **will only be a point of access until 10:00 AM.**

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

Contact Information:

Steve Mucchetti
Meet Director
sgm09d@fsu.edu
(850) 645 8874

Hotel Information:



OFFICIAL MEET HOTEL:

The eco-friendly, people-friendly Cabot Lodge welcomes you into the inviting lodge atmosphere of warmth and quality. Located just off I-10, Cabot Lodge saves you time and gas by putting you right where you want to be, within easy access to Tallahassee's State Capitol and Florida State University.

A feast of fresh and inviting amenities awaits you. Begin each morning with a delicious breakfast. Enjoy everything from waffles and sausage biscuits, to hot & cold cereals, pastries, fresh fruit, yogurt, and, of course, gourmet coffee, tea and juice. You can also check your morning e-mail with complimentary Wi-Fi and the day's headlines in your free morning papers.

FOR TEAMS/SUPPORTERS STAYING OVERNIGHT FOR THE FSU CROSS COUNTRY INVITATIONAL, THE CABOT LODGE WILL OFFER A GROUP RATE OF \$79 A NIGHT.

Cabot Lodge Thomasville Road

1653 Raymond Diehl Road

Tallahassee, FL 32308

PH: (850) 386-7500

TOLL FREE: (800) 255-6343

<http://cabotlodgethomasvilleroad.com>