



2019 FSU Invitational Cross Country Meet Information

October 11-12 • Apalachee Regional Park • Tallahassee, Fla.

Collegiate Meet Information

Open to all universities and colleges, regardless of division. There will be one race per gender - men's 8k and women's 5k - with combined scoring per rule change. Schools are allowed unlimited entries. Open/unattached competitors must register via email with David Beauchem at dbeauchem@fsu.edu by Monday, Oct. 6 at 5 p.m. Race day entries will not be accepted.

Registration Information

- Register via DirectAthletics (directathletics.com)
- The entry fee is \$250 per school/club, per gender, and \$20 for open/unattached runners; \$10 with valid college ID
- Team registration closes Sunday, October 6 at 11:59 p.m.
- **Make checks payable to:**
Florida State Track & Field Officials Association
- **Payment is required at packet pick-up**

Packet Pick-Up & Course Review

Thursday, Oct. 9 from 2-6 p.m. Course maps will be available and can also be found on the cross country page at Seminoles.com.

Awards

Trophies presented to the team champions and award shirts will be distributed to the top 20 finishers in the chute.

Timing

Primetime Timing - pttiming.com - will provide live results, including splits. Copies of results available upon request.

High School & Middle School Meet Information

The meet is open to all NFHS-sanctioned high schools in good standing and all middle schools and middle school-aged clubs (grades 6-8). See schedule at bottom of this page.

Note: The FSU Invitational is not responsible for competition restrictions in place from specific states or schools!

Registration Information

- Register via Milesplit (fl.milesplit.com)
- The entry fee is \$100 per school/team, per gender and \$20 for individuals.
- Registration closes Sunday, Oct. 6 at 11:59 p.m.
- **High Schools & Middle Schools make checks payable to:**
Board of County Commissioners, Leon County

Mail checks to:

Visit Tallahassee
106 E. Jefferson Street
Tallahassee, FL 32301

Checks made out to **Florida State or Florida State Track & Field Officials Association will not be accepted**

- **No Late Entries Will Be Accepted and there will be no cash transactions at the course!**
- **Note: Payment must be received by Tuesday, Oct. 1 (end of business day) for teams wishing to participate in the Elite or Select races.**

Next page for more information

Meet Schedule

Thursday, Oct. 10

2-6 p.m.

College Packet Pick-Up/Course Review

Friday, Oct. 11

7:40 a.m.

College Men (8k)

8:20 a.m.

College Women (5k)

11 a.m.-4 p.m.

HS & MS Packet Pick-Up/Course Review

5:00 p.m.

Middle School Girls (3k)

5:30 p.m.

Middle School Boys (3k)

6:00 p.m.

High School Girls Junior Varsity

6:30 p.m.

High School Boys Junior Varsity

Saturday, Oct. 12

7:40 a.m.

Girls High School Elite

8:05 a.m.

Boys High School Elite

8:35 a.m.

Girls High School Select

9:00 a.m.

Boys High School Select

9:30 a.m.

Girls High School Varsity A

9:55 a.m.

Boys High School Varsity A

10:25 a.m.

Girls High School Varsity B

10:50 a.m.

Boys High School Varsity B

(all high school races are 5k)



2019 FSU Cross Country Invitational

Additional High School & Middle School Race Details

High School Races

Elite & Select Divisions: Participation will be limited to 25-28 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 32 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: Teams planning to compete in the Friday junior varsity races should email Chris Sumner at LFC-Sumner3@aol.com. Those who may exceed their allotment of 20 chips per gender may purchase additional chips in advance for \$5 per athlete.

- Bibs will be assigned for all athletes on a team and coaches will not have to designate varsity and junior varsity runners
- Race assignments will be posted on the Seminoles.com cross country page by 5 p.m. on Monday, Oct. 7

Individual High School Athletes

Individuals must represent their high school. Unattached high school runners are prohibited. Individual athletes, with their coaches approval, to run in a race apart from their team. Qualification standards of sub 16:00-boys/19:00-girls for Elite and sub 17:00/20:00 for Select will be strictly enforced.

Timing

Primetime Timing - pttiming.com - will provide live results, including splits. Copies of results available upon request.

Middle School Races

Participation will be limited to 30 teams per gender, with an unlimited number of athletes per team. **Note:** Races will serve as qualifiers for the Oct. 19 Florida Youth XC Championships and Oct. 25-26 FLYRA Middle School State Championships.



Packet Pick-Up & Course Preview

Packet pickup/course review will be Friday, Oct. 11 from 11 a.m. - 4 p.m.. Saturday packet pick-up begins at 6 a.m. The course will close before the first and remain closed during competitions. The 1-mile warm-up trail will remain open.

Awards

Elite Division: Trophies will be presented to the team champions and runner-ups on stage. The top 10 individual finishers will receive plaques. Award shirts will be presented to the top 20 boys and girls, overall, in the chute at the conclusion of each Elite Division race only.

All Other High School Varsity Divisions: Trophies will be presented to the team champions and award shirts will be presented to the top 10 boys and girls, overall, on stage.

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 on stage.

Junior Varsity & Middle School Awards: Trophies will be presented to the boys and girls team champions. Award shirts will be distributed to the top 20 boys and girls on stage.

Directions & Contact Information

GPS Address for Apalachee Regional Park

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

For Further Information

HS & MS/Visit Tallahassee: Amanda Heidecker, Meet Director - Amanda.Heidecker@VisitTallahassee.com - 850-606-2317

University/College Races: David Beauchem, College Meet Coordinator - dbeauchem@fsu.edu - 850-228-1916

High School Races Questions: Chris Sumner, High School Coordinator - LFCsumner3@aol.com - 850-567-6175

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