



# 2018 Florida State Cross Country Invitational

Collegiate, High School & Middle School Races

Friday-Saturday, October 12-13

@Apalachee Regional Park

## FSU Invitational continues to bring best to ARP championship course

The FSU Invitational continues to evolve, thanks to the guidance and direction of Visit Tallahassee and Florida State University athletics.

The 2018 meet will be one of the premier combined, collegiate and high school events in the Southeast, with new dates but an unchanged race schedule. Set for Oct. 12 and 13, at the pristine Apalachee Regional Park course, the competition will begin with collegiate races Friday morning, with those races serving as a preview for the NCAA South Region Championships. Girls and boys middle school and high school junior varsity races will be contested in the early evening hours.

On Saturday (Oct. 13) the eight-race slate will begin with the Elite division races and follow with the Select, Varsity A and Varsity B races for both genders. High schools wishing to enter a B team may do so for an additional \$100 per gender, but those teams will not be placed in the same race as a school's A team.

This year we are expanding awards to include shirts for the top 20 finishers in both the junior varsity and middle school races, in addition

<i>Meet Schedule</i>		
<b>Thurs., Oct. 11</b>	<b>2-6 p.m.</b>	<b>Packet Pick-Up/Course Review</b>
<b>Friday, Oct. 12</b>	7:40 a.m.	University/College Men (8k)
	8:20 a.m.	University/College Women (5k)
	<b>11 a.m.-4 p.m.</b>	<b>Packet Pick-Up/Course Review</b>
	5:00 p.m.	Middle School Girls (3k)
	5:30 p.m.	Middle School Boys (3k)
	6:00 p.m.	High School Boys Junior Varsity
	6:30 p.m.	High School Girls Junior Varsity
<b>Sat., Oct. 13</b>	7:40 a.m.	Boys High High School Elite
	8:05 a.m.	Girls High School Elite
	8:35 a.m.	Boys High School Select
	9:00 a.m.	Girls High School Select
	9:30 a.m.	Boys High School Varsity A
	9:55 a.m.	Girls High School Varsity A
	10:25 a.m.	Boys High School Varsity B
	10:50 a.m.	Girls High School Varsity B
(all high school races are 5k)		

to trophies for the winning teams in those divisions.

Payment for all high school and middle school races will be routed through **Visit Tallahassee**, and all checks must be made out to **Board of County Commissioners, Leon County**.

High schools and middle schools can access a W-9 form via [fl.milesplit.com](http://fl.milesplit.com).

With the FHSAA State Cross Country Championships returning to Apalachee Regional Park, the high school meet will serve as a preview meet once again.



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## Race Details

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### University/College Races

There will be one section of each race, with no entry limitations. Schools may race as many athletes as they wish. The meet will be scored separately for University (Division I) and College (all other) divisions. Open/unattached competitors must register via email with David Beauchem at [dbeauchem@fsu.edu](mailto:dbeauchem@fsu.edu) by Monday, Oct. 8 at 5 p.m. **No race day entries will be accepted.**

### High School Races

**Elite & Select Divisions:** Participation will be limited to 25 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:** The junior varsity boys and girls races will be contested Friday evening. Teams planning to compete in the junior varsity races should email Chris Sumner at [LFC-Sumner3@aol.com](mailto:LFC-Sumner3@aol.com). Teams who may exceed their allotment of 20 chips per gender, but wish to have additional timed/scored runners compete in the junior varsity race may purchase additional chips in advance for \$5 per athlete.

### Middle School Races

Participation will be limited to 30 teams per gender, with an unlimited number of athletes per team.

### Individual High School Athletes

Individuals traveling without a team must represent their high school. No "unattached" high school runners will be allowed to race. Individual athletes can be accepted, with their coaches blessing, to run in a race apart from their team. **Qualification standards of sub 16:00/19:00 for Elite and sub 17:00/20:00 for Select will be strictly enforced.**

## Packet Pick-Up & Course Inspection

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### University/College Races

University and college teams can pick up packets and review the course on Thursday, Oct. 11 from 2-6 p.m. Course maps will be available at that time and can also be located on the cross country page at [Seminoles.com](http://Seminoles.com).

### Middle & High School Races

Packet pickup/course review will be on Friday, Oct. 12 from 11 a.m.-4 p.m.. Saturday packet pick-up begins at 6 a.m. The course will close before Friday's first race and **will remain closed during competitions.** The 1-mile warm-up trail will remain open.

## Awards

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### University/College Races

Trophies will be presented to the team champions in both the University and College divisions. Award shirts will be presented to the top 20 men and women, overall, in the chute at the conclusion of each race.

### High School & Middle School Races

**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. **(This is a change)**

**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. **(This is a change)**



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## Registration & Entry Fees

### University/College Races

- Register via DirectAthletics (directathletics.com)
- The entry fee is \$200 per school, per gender and \$20 for open/unattached runners
- Registration closes Sunday, October 7
- Additional payment information still to be determined

### High School & Middle School Races

- Register via Milesplit (fl.milesplit.com)
- The entry fee is \$100 per school/team, per gender and \$20 for individuals
- High schools may enter a B team, but they will not be seeded in the same race as the A team and will have to pay an additional \$100 entry fee, which will cover 20 chips
- There will be an additional \$5 fee (in advance) for junior varsity inclusion for timed/scored runners beyond the initial 20 chips assigned to each team
- Registration closes Sunday, October 7

### Payments

- Payment must be received by Tuesday, Oct. 2 (end of business day) for teams wishing to participate in the Elite or Select races.
- High Schools & Middle Schools make checks payable to:  
**Board of County Commissioners, Leon County**
- Checks made out to **Florida State or Florida State Track & Field Officials Association will not be accepted**

#### Mail checks to:

Visit Tallahassee  
106 E. Jefferson Street  
Tallahassee, FL 32301

- **No Late Entries Will Be Accepted!**
- **There will be no cash transactions at the course!**
- 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. 8

## Directions

### GPS Address for Apalachee Regional Park

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

#### 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 on Capital Circle NE
- Follow Capital Circle until you reach Apalachee Parkway (approximately 5.4 miles)
- Turn left on Apalachee Parkway/FL-20/US-27
- The course is located five miles east at Apalachee Regional Park, on the left and will be well-marked

#### From Points East

- Take US19/FL-GA Parkway off Interstate 10 at Exit 225
- Turn left on US-19 South (FL-GA Parkway)
- Proceed approximately 5 miles to US-27 North and turn right
- Proceed approximately 14.5 miles towards Tallahassee. Apalachee Regional Park is on the right and will be well-marked

## For Further Information

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

**High School Races:** Chris Sumner, High School Coordinator - LFCSumner3@aol.com - 850-567-6175

**Middle School Races & Visit Tallahassee:** Amanda Heidecker, Meet Director - Amanda.Heidecker@VisitTallahassee.com - 850-606-2317

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