



# 2020 FSU Invitational/Pre-State Cross Country Meet Information

October 2-3 • Apalachee Regional Park • Tallahassee, Fla.

## High School, Middle & Elementary School Information

The meet is open to all NFHS-sanctioned high schools in good standing, all middle schools and middle school-aged clubs (grades 6-8) and elementary school-aged students (grades K-5). **Note:** *The FSU Invitational is not responsible for enforcing competition restrictions in place from specific states or schools.*

### Registration Information

- High school and middle school teams/clubs must register at [fl.milesplit.com](http://fl.milesplit.com)
- The entry fee is \$100 per team, per gender (\$200 maximum) and \$20 for individuals
- There is no entry fee for elementary schools, but registration is required
- Additional registration details are on second page of this document
- **High School and Middle School registration closes Sunday, Sept. 27 at 11:59 p.m.**
- High Schools & Middle Schools, make checks payable to:

**Board of County Commissioners, Leon County**

Mail checks to (new address):

Visit Tallahassee

315 South Calhoun St., Suite 540  
Tallahassee, FL 32301

- **Late Entries will not be accepted**
- **No cash registration fees will be accepted on site**
- **Note: Payment must be received by Tuesday, Sept. 29 (end of business day) for teams wishing to participate in the Elite or Select races**
- **There will be a one-time \$10 parking fee charge (cash only) for all vehicles**

## What's new in 2020...

### ARP will have a new look

Construction is underway at Apalachee Regional Park on permanent facilities, which will include a building to house operations and media, as well as restroom. The additions will also include a permanent stage and a fixed finish line arch.

### Welcoming Elementary Schools

For the first time, the FSU Invitational/Pre-State meet will include elementary



schoolers. A mixed (boys & girls) 2k race is scheduled for Friday at 4:30 p.m.

### Home to AAU Nationals >

ARP will host the AAU National Championship Cross Country meet on Dec. 5, 2020.

## Meet Schedule

### Friday, Oct. 2

7:40 am College Men (8k)  
8:20 am College Women (5k)

11 am-4 pm High School & Middle School  
Packet Pick-Up/Course Review\*

4:30 pm Elementary Mixed (2k)  
5:00 pm Middle School Boys (3k)  
5:25 pm Middle School Girls (3k)  
5:50 pm High School Boys JV (5k)  
6:20 pm High School Girls JV (5k)

\* - course will close promptly at 4 pm

### Saturday, Oct. 3

7:40 am Boys High School Elite  
8:05 am Girls High School Elite  
8:30 am Boys High School Select  
8:55 am Girls High School Select  
9:20 am Boys High School Varsity A  
9:50 am Girls High School Varsity A  
10:20 am Boys High School Varsity B  
10:50 am Girls High School Varsity B

## You're Qualified!

All athletes completing their respective races will qualify for the AAU National Championships on Dec. 5 at Apalachee Regional Park. The meet will also serve as a qualifier for the Florida Youth XC Championships and FLYRA Middle School State Championships.





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## Additional High School, Middle School & Elementary School Race Details

### Entry Fees

The \$100 entry fee (per team, per gender) for the high school and middle school entries entitles each to 20 chipped bibs. Teams will be placed into divisions by the FSU XC Invitational High School Committee. Each high school team will be allowed to race a maximum of 10 chip-issued athletes in the varsity races. The balance can be used for the junior varsity race.

- Bibs will be assigned for all athletes on a team and coaches will not have to designate varsity and junior varsity runners.
- Schools wishing to field a 'B' team in a varsity race must enter separately at a cost of \$100 per team, per gender and will receive 20 additional bibs. 'B' teams will be placed in races separate of their 'A' teams.

### High School Races

#### Race placement/assignments

Coaches requests for specific race placement - teams and individuals - should be directed to **Bob Thomas** [bthomas2@fsu.edu](mailto:bthomas2@fsu.edu). Rankings and season performances will be taken into consideration by the committee.

**Elite & Select Divisions:** Participation will be limited to 28-30 teams per gender and teams will be placed into divisions by the FSU XC Invitational High School Committee.

**Varsity A & B Divisions:** Every effort will be made to balance team entries in the two divisions by the committee.

**Junior Varsity Division:** Teams planning to compete in the Friday junior varsity races should email Bob Thomas [bthomas2@fsu.edu](mailto:bthomas2@fsu.edu) of their intentions for planning purposes. Those who may exceed their allotment of 20 chips per gender may purchase additional chips in advance for \$5 per athlete, which must be paid along with the entry fee.

#### Individual High School Athletes

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

### Middle School Races

Schools may race an unlimited number of athletes per team. **Note:** Races will serve as qualifiers for the Oct. 24 Florida Youth XC Championships and Oct. 30-31 FLYRA Middle School State Championships, in addition to the Dec. 5 AAU National Championships at Apalachee Regional Park. Runners

must complete their respective races to automatically qualify. Registration information for those events will be available on site.

### Elementary School Race

There is no entry fee for the combined gender, 2k elementary school race, but schools will be required to register. Each school must submit an Excel spread sheet with first name, last name and grade in separate columns and submit via email to Bob Thomas [bthomas2@fsu.edu](mailto:bthomas2@fsu.edu). **The deadline for entry is Wednesday, Sept. 23 at 5 p.m.**

### Timing

**Primetime Timing** - [pttiming.com](http://pttiming.com) - will provide live results, including splits and in-race scoring and determine official order of finish. *Printed meet results are available upon request on site.*

### Officiating

The **FSU Track & Field Officials Assoc., Inc.** will serve as the meet officials, and render all protest rulings and monitor all races.

### Race Assignments

Race assignments will be posted on the [Seminoles.com](http://Seminoles.com) [cross country](http://crosscountry) page by 7 p.m. on Tuesday, Sept. 29.

### Packet Pick-Up & Course Preview

Packet pickup/course review will be Friday, Oct. 2 from 11 a.m.- 4 p.m.. Saturday packet pick-up begins at 6 a.m. The course will close before the first race and **remain closed during competitions.** The 1-mile warm-up trail will remain open. Course maps will be posted and available upon request.

### Awards

**Elite Division:** Trophies will be presented to the top two teams on stage, where the top 10 individual finishers will receive plaques. Award shirts for the top 20 boys and girls will be handed out in the finish chute.

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

**Fastest by Class:** Awards will be presented, on stage, to the fastest in each grade (9-12 only) - boys and girls - based on all varsity race results.

**Junior Varsity & Middle School:** Trophies will be presented to the team champions. The top 20 boys and girls will receive award shirts on stage.

**Elementary School:** Each finisher will receive a commemorative gift and certificate of completion as an AAU National Championship qualifier.

## Directions & Contact Information

### GPS Address for Apalachee Regional Park

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

### For Further Information

**HS, MS & ES/Visit Tallahassee:** Amanda Heidecker, Meet Director - [Amanda.Heidecker@VisitTallahassee.com](mailto:Amanda.Heidecker@VisitTallahassee.com) - 850-606-2317

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

**High School Races Questions:** Bob Thomas - [bthomas2@fsu.edu](mailto:bthomas2@fsu.edu)

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