



2017 Florida State Cross Country Invitational

Collegiate, High School & Middle School Races

Friday-Saturday, October 6-7
at Apalachee Regional Park

FSU Invitational brings best to ARP championship course

The FSU Invitational continues to evolve and thanks to the guidance and direction of Visit Tallahassee, the 2017 meet will be the biggest ever, barring unforeseen circumstances. The schedule remains unchanged from last year's planned slate, with two Friday, Oct. 6 middle school followed by the junior varsity boys and girls races.

The Saturday (Oct. 7) schedule remains the same, with an eight-race slate. High schools wishing to enter a varsity B team may do so for an additional \$100 per gender. B teams will not be placed in the same race as a school's A team.

The expanded awards include shirts for top 10 junior varsity and middle school race finishers, as well as winning team trophies in both of those divisions as well.

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.

Meet Schedule

Thursday, Oct. 5	2-6 p.m.	Packet Pick-Up/Course Review
Friday, Oct. 6	7:40 a.m.	University/College Men (8k)
	8:20 a.m.	University/College Women (5k)
	11 a.m.-4 p.m.	Packet Pick-Up/Course Review
Saturday, Oct. 7	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
	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)

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

Florida State University has been

awarded the 2021 NCAA Division I Cross Country Championships, as well as the 2018 and 2020 NCAA South Region Championships, making the ARP one of the nation's destination courses.



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Race Details

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 by Monday, Oct. 2 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 30 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. 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

University/College Races

University and college teams can pick up packets and review the course on Thursday, Oct. 5 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.

Middle & High School Races

Packet pickup and course review will be on Friday, Oct. 6 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

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 Races

Elite Division: Trophies will be presented to the champions and runner-ups. The top 10 finishers will receive plaques and award shirts will be presented to the top 20 boys and girls, overall, in

the chute at the conclusion of each race.

All Other Divisions (including junior varsity & middle school):

Trophies will be presented to the team champions. Award shirts will be presented to the top 10 boys and girls, overall, in the chute at the conclusion of each race.

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.



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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 1

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 1

Payments

- Payment must be received by Tuesday, Sept. 26 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
- Assignments for high school races will be posted on the Semi-oles.com cross country page by 12 p.m. on Monday, Oct. 2

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