



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

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

**In light of the COVID-19 pandemic, race schedules and administration are subject to change as we follow state, local and meet management guidelines to assure the safety of all. Consequently, the following changes to the initial meet information have been made:**

- There will be no Junior Varsity, Middle School or Elementary School races
- All High School and Open races will be contested Saturday, Oct. 3
- High School and Club teams will be restricted to 8 entries per team, per gender
- There will be no course preview on Friday

## General Information

The meet is open to all NFHS-sanctioned high schools in good standing. High school-aged clubs and individuals not representing their schools may compete only in designated Open races. **Note:** The FSU Invitational is not responsible for enforcing competition restrictions in place from specific states or schools.

## Registration Information

High 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

Additional registration details are on second page of this document

**High School registration closes Sunday, Sept. 27 at 11:59 p.m.** High Schools/club teams can make checks payable to or pay via credit card by the link below:

Board of County Commissioners, Leon County

**Mail checks to (new address):**

Visit Tallahassee

315 South Calhoun St., Suite 540

Tallahassee, FL 32301

Checks will not be deposited until the event takes place. 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 races.**

## Entry Fees

The \$100 entry fee (per team, per gender) for the high school and club team entries entitles each to 8 chipped bibs. Teams will be placed into divisions by the FSU XC Invitational High School Committee. Each high school /club team will be allowed to race a maximum of 8 athletes in their respective races.

## Race Schedule

### Saturday, Oct. 3

7:15 am	Boys High School Elite
7:40 am	Girls High School Elite
8:05 am	Boys Open/ Club
8:30 am	Girls Open/ Club
8:55 am	Boys Select
9:20 am	Girls Select
9:45 am	Boys Varsity A
10:10 am	Girls Varsity A
10:35 am	Boys Varsity B
11:00 am	Girls Varsity B

## ***High School Races***

### **Race placement/assignments**

Direct requests for specific race placement - teams and individuals - to **Bob Thomas** [robertb.thomas614@gmail.com](mailto:robertb.thomas614@gmail.com). Rankings and season performances will be taken into consideration by the committee.

**Elite & Select Divisions:** Participation will be limited to **16-18** teams/start boxes per gender and teams will be placed into divisions by the FSU XC Invitational High School Committee.

**Open Division:** Will be limited Club teams (16-18 teams) and individuals, and unattached individuals only.

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

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

### **Individual High School Athletes**

Individuals must represent their high school. 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.**

**Unattached/club runners are prohibited from competing in high school races and will be placed in the Open race.**

**Primetime Timing** - [pttiming.com](http://pttiming.com) - will provide live results, including splits and in-race scoring and determine official order of finish. No printed meet results are available on site.

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

### **Packet Pick-Up & Course Preview**

**\*No course preview on Friday, October 2<sup>nd</sup>.\***

Drive thru-packet pickup will be Friday, Oct. 2 from 11 a.m.- 4 p.m. in the spectator parking lot. A map and additional information will be sent out later. 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.

### **Awards: ALL AWARDS WILL BE MAILED**

**Elite Division:** Trophies will be presented to the team champions. The top 10 individual finishers will receive plaques. Award shirts for the top 20 boys and girls will be mailed.

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

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

## **Directions & Contact Information**

GPS Address for Apalachee Regional Park  
7550 Apalachee Parkway (US-27), Tallahassee, FL 32311-3448

### **For Further Information**

**Visit Tallahassee:** Amanda Heidecker, Meet Director - [Amanda.Heidecker@VisitTallahassee.com](mailto:Amanda.Heidecker@VisitTallahassee.com) - 850-728-4291

**High School Race Questions:** Bob Thomas - [robertb.thomas614@gmail.com](mailto:robertb.thomas614@gmail.com) - 850-694-1768