



# 2021 FSU Cross Country Invitational & Pre-State Cross Country Meet Information

October 15 - 16 | Apalachee Regional Park | Tallahassee, FL



**In light of 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.**

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-age students (grades K-5). **Note:** The Pre-State meet is not responsible for enforcing competition restrictions in place from specific states or schools.

## New This Year

**ARP will have a new look** Construction is complete at Apalachee Regional Park on permanent facilities, which includes a building to house operations and media, as well as restrooms. The additions also include a permanent stage and a fixed finish line arch.

**Elementary and middle school races** will be combined into an Open Junior (3k) scheduled for Friday at 5:00 pm for Boys and 5:25 for Girls. More information on the second page.

**Entrance Fee** there will now be a \$5 fee for all spectators and fans (5 and under are free) for Saturday races. Please check back closer to date to purchase tickets.



## Registration Information

- All teams/clubs (high school, middle, and elementary) must register at [fl.milesplit.com](http://fl.milesplit.com).
- The entry fee is \$100 per team, per gender and \$20 for individuals.
- Register closes Monday, October 11 at 11:59 pm.
- **No cash registration fees accepted on site.**
- Payment must be received by Tuesday, Oct. 12 (end of business day)

## Course Location:

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

## Meet Schedule

### Friday, Oct. 15

#### NCAA Pre-National Races

- 8:00 am College Men's 8k Garnet
- 8:30 am College Women's 5k Garnet
- 9:00 am College Men's 8k Gold
- 9:30 am College Women's 5k Gold
- 10:00 am College Men's 8k Open
- 10:30 am College Women's 5k Open

#### FSU Invitational Pre-State

- 12 pm - 4:00 pm Course Preview
- 12 pm - 6:00 pm Packet Pick-up

- 5:00 pm Open Junior Boys (3k)
- 5:25 pm Open Junior Girls (3k)
- 5:50 pm High School Boys JV (5k)
- 6:20 pm High School Girls JV (5k)

**\*Course will close promptly at 4:00 pm\***

### Saturday, Oct. 16

- 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

## Mail checks to:

Board of County Commissioners, Leon County  
315 S. Calhoun St., Suite 540  
Tallahassee, FL 32301



Visit  
**Tallahassee**  
**SPORTS**

VisitTallahasseeSports.com

# 2021 FSU Cross Country Invitational & Pre-State Cross Country Meet Information

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

### Entry Fees

The \$100 entry fee (per team, per gender) for the high school and open junior 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 races.

- 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 the varsity races must enter them separately at a cost of \$100 per team, per gender and will receive 20 additional chipped bibs. 'B' teams will be placed in races separate of their 'A' teams.

### High School Races

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

**Junior Varsity Division:** Teams planning to compete in the Friday junior varsity races should email Bob Thomas [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com) 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 high school runners are prohibited. Individual athletes, 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.**

### Open Junior Races:

Schools may race an unlimited number of athletes per team. This race is open to Middle and Elementary schools. Both boys and girls will run a 3k race. The entry fee is \$100 per team per gender and \$20 per individual.

### Contact Information

**HS, MS & ES/Visit Tallahassee:** Joe Piotrowski - [Joseph.Piotrowski@VisitTallahassee.com](mailto:Joseph.Piotrowski@VisitTallahassee.com) - (850) 606-2313

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

**High School Race Coordinator:** Bob Thomas - [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com)

**Registration/Hotel Questions:** Katie Gardocki - [Katie.Gardocki@VisitTallahassee.com](mailto:Katie.Gardocki@VisitTallahassee.com) - (850) 606-2318

### 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 protests rulings and monitor all races.

### Race Assignments

Race assignments will be posted on [fl.milesplit.com](http://fl.milesplit.com).

### Packet Pick-Up & Course Preview

Packet pickup/course preview will be Friday, Oct. 15 from 12:00 p.m. to 6:00 p.m.. Saturday packet pick-up will begin 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 are available [here](#).

### 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 the 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:** Trophies will be presented to the team champions. The top 20 boys and girls will receive award shirts on stage.

**Open Junior:** Each finisher will receive a commemorative gift (included in packet).

### Entrance Fee

There will be a \$10 entrance fee for all spectators and fans that want to attend the FSU Pre-Nationals event on Friday morning, October 15th. A \$5 entrance fee will be required for the High School Pre-State Saturday morning, October 16th.

