



# 2016 Florida State Cross Country Invitational

NCAA Region Preview, HS Pre-State & Middle School AAU

Friday-Saturday, October 7-8  
at Apalachee Regional Park

## Important Changes for 2016 FSU Invite

The FSU Invitational continues to evolve and thanks to the guidance and direction of Visit-Tallahassee, the 2016 meet will be the biggest ever. Among the many changes for 2016, we have added two middle school races to the Friday schedule (Oct. 7), which will be followed by the junior varsity boys and girls races.

The Saturday (Oct. 8) schedule remains largely the same, with an eight-race slate. For those high schools with large enough squads, we are offering the option of registering a B team at the same cost as a single team. B teams will not be seeded in the same race as a school's A team.

We have also expanded the awards to 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 now 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 the link at this [fl.milesplit.com](http://fl.milesplit.com/meets/227305/info#.VOZr7uT08fs) page address: <http://fl.milesplit.com/meets/227305/info#.VOZr7uT08fs>

## Meet Schedule

|                                |                             |                                     |
|--------------------------------|-----------------------------|-------------------------------------|
| <b>Thursday, Oct. 6</b>        | <b>2-6 p.m.</b>             | <b>Packet Pick-Up/Course Review</b> |
| <b>Friday, Oct. 7</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> |
| <b>Saturday, Oct. 8</b>        | 5:00 p.m.                   | Middle School AAU Girls (3k)        |
|                                | 5:30 p.m.                   | Middle School AAU 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 Florida State once again serving as host of the NCAA South Region Cross Country Championships, the Friday (Oct. 7) college/university races will serve as a course preview.

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