



USATF 2016 Master's 5KM XC Championships *Weekend Schedule*

Saturday, November 5

- 2:00pm-5:00pm- **Course Pre-View** – [Apalachee Regional Park](#) (Shuttles will run from Downtown hotels to the course and back to hotels.)
- 2:00-8:00pm – **Packet pick up** - at the [DoubleTree By Hilton Tallahassee](#)
 - 5:45pm-6:55pm – Guest Speaker
 - 6:00-7:00pm – **Technical Meeting** Chair; Bill Quinlisk, Masters XC Chair; Amanda Heidecker, Race Director; Brian Hickey, Tech Director; Leigh Davis, Park Liason; .

Sunday, November 6, Race Day Schedule at [Apalachee Regional Park](#)

(Note that ALL athletes must wear the red day pass wristband the entire day for entry into race, food areas and post-race ceremony.)

[Link to Course Maps page](#)

- Link to **Printable Map** from DownTown Hotels to Apalachee Regional Park
- 6:00AM Shuttles start to course from DownTown Hotels to Apalachee Regional Park (*Shuttles will run every 30 mins to and from DownTown Hotels until 3:00PM)
- 6:45am-1:00pm: Packet Pickup at Operational Trailer
- 8:00am USATF Masters 5 km Cross Country Championships All Women 40+
- 9:00am USATF Masters 5 km Cross Country Championships All Men 40+
- 10:00am Open and Community Trailahassee 5k
- 10:30am USATF Championship Awards Ceremony and Post-Race Bash (on site)
- (There will be beer and food for sale onsite)