



USATF 2019 Cross Country Championships *Weekend Schedule*

Friday, February 1

- 12:00pm-5:00pm- **Course Pre-View** – [Apalachee Regional Park](#)
- 12:00pm-8:00pm – **Packet pick up** - at the [DoubleTree By Hilton Tallahassee](#) (**Salons**)
- 2:00pm – **Adams Park– Press Conference (Elite Athletes)**
- 7:00-8:00pm –**Admas Park - Technical Meeting** Thom Hunt, XC Chair; Bill Quinlisk, Masters XC Chair; Amanda Heidecker, Race Director; Joseph Piotrowski, Technical Director; JJ Meadows, Head USATF Official- Jim Williams, Cody Branch; Prime Time Timing (Adams Park).

Saturday, February 2, Race Day Schedule at [Apalachee Regional Park](#)

- [Link to Course Maps page](#)
- Link to **Printable Map** from Downtown Hotels to Apalachee Regional Park
- 6:45am-11:00am: Packet Pickup
- 8:30am- Community 5 km
- 9:15am Masters Women 6 km
- 10:15am – Masters Men 8 km 60+
- 11:00am – Junior Women 6 km
- 11:40am – Junior Men 8 km
- 12:20pm – Senior Women 10 km
- 1:10pm – Senior Men 10 km

Award Ceremony

- Award ceremonies will be held on the Apalachee Regional Park awards stage, within close proximity to the finish area. Awards will begin after the mandatory protest period ends for each race. Please stay tuned for announcements on race day
- 45th Annual Tallahassee Marathon Expo @ Doubletree from 11AM-5PM – **Grand Ballroom**. For more information (<http://www.tallahasseemarathon.com/>)