

# 2023 FSU Invitational & Pre-State Cross Country Meet

September 29-30 | Apalachee Regional Park | Tallahassee, Fla.



Apalachee Regional Park has been the host site of the FSU Invitational since 2009. The 2023 event will mark the 12th consecutive year it has been designated as the Pre-State meet.

While the bulk of the field is comprised of Florida high school teams, the meet is NFHS-sanctioned and therefore open to all of its member high schools in good standing, as well as all middle schools and middle school-aged clubs (grades 6-8). Neither Visit Tallahassee, nor Florida State University is responsible for enforcing competition restrictions in place from specific states or school.

## Registration information

All teams - high schools, middle schools and middle school-aged clubs - must register through Direct Athletics at the links below:

**High School:** <https://www.directathletics.com/meets/xc/21409.html>

**Middle School:** <https://www.directathletics.com/meets/xc/21410.html>

- Teams can set up an account at no charge.
- Middle school clubs must register under the name of the affiliated school and email Bob Thomas [btrackguy@outlook.com](mailto:btrackguy@outlook.com) with your club name, which will be reflected in the results.
- **All high school payments must be made electronically through Direct Athletics' secure system. All forms of credit and debit cards are accepted. This decision was made, with the endorsement of FHSAA officials, to streamline the process and avoid costly no-shows.**
- Middle schools and middle school-aged clubs will pay on site at packet pick-up. See details under Middle School section below.
- Registration for all races closes Monday, Sept. 25 at 11:59 p.m.

## Entry fees

### High Schools

\$150 per team, per gender

\$25 per individual

- Each team registered with [Direct Athletics](#) will receive 20 chipped bibs. A maximum of 10 athletes may compete in the varsity races, and the balance can be used for the junior varsity races.

## Race Schedule

### Friday, Sept. 29

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

### Saturday, Sept. 30

- 7:40 am Girls High School Elite
  - 8:05 am Boys High School Elite
  - 8:30 am Girls High School Select
  - 8:55 am Boys High School Select
  - 9:20 am Girls High School Varsity A
  - 9:50 am Boys High School Varsity A
  - 10:20 am Girls High School Varsity B
  - 10:50 am Boys High School Varsity B
- (All high school races are 5k)*

## Packet pick-up/preview

- The Apalachee Regional Park course will be closed to high school and middle school athletes until Friday, Sept. 29 at 12 noon to accommodate the FSU Invitational college meet;
- Packet pick-up will be held from 12 p.m.-6 p.m. on Friday, Sept. 29 and reopen Saturday, Sept. 30 at 6 a.m.;
- The course is open for preview and warm-ups from 12-4:30 p.m. on Friday, Sept. 30. The course will be closed prior to Saturday's races, but the 1-mile warm-up trail will remain open.



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[VisitTallahasseeSports.com](http://VisitTallahasseeSports.com)

## Contacts

**Bob Thomas, High School Coordinator**

[btrackguy@outlook.com](mailto:btrackguy@outlook.com)

**Taylor Wheaton, Meet Director**

[WheatonT@leoncountyfl.gov](mailto:WheatonT@leoncountyfl.gov)

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- Bibs will be assigned for all registered athletes on a team, but coaches will not have to designate which athletes will race in either the varsity or junior varsity races.
- Coaches should register a maximum of 20 athletes upon initial entry and have until Monday, Sept. 25 at 11:59 p.m. to finalize their entries.
- Schools wishing to field a 'B' team in the varsity races must enter them separately at a cost of \$150 per team, per gender and will receive 20 additional chipped bibs. 'B' teams will be placed in separate races from a school's 'A' team.
- Individual athletes must be registered through and represent their high schools. Unattached high school runners are prohibited.
- Individual athletes, with their coaches approval, may run in a race apart from their team. They will be accepted to the Elite and Select races with the following verifiable standards. No exceptions:  
Elite Boys - sub-16:00      Elite Girls - sub-19:00  
Select Boys - sub-17:00      Select Girls - sub-20:00
- Coaches who wish to have their qualified runners based on the above standards entered in the Elite or Select races - separate of their competing teams - must email high school coordinator Bob Thomas at [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com) by Monday, Sept. 25 at 11:59 p.m.
- Participation will be limited to 32 teams in the Elite & Select divisions. Teams will be placed into divisions by the FSU Invitational/Pre-State high school committee, with the objective being to create competitively balanced divisions.
- Race assignments will be emailed to all coaches by Wednesday, Sept. 27 and published across multiple website and social media channels.
- Box assignments will be available at packet pick-up.

### Middle Schools/Clubs

\$100 per school/club (unlimited)

\$5 per individual

- All middle schools/clubs must create a team account with [DirectAthletics](#), which comes at no charge. The \$100 fee covers both boys and girls.
- Entries are unlimited, but coaches should only build their rosters with those who will compete, mindful when registering that the chipped bibs come at an expense.
- Individual athletes should be entered through their school-affiliated clubs.
- Payment will be accepted at packet pick-up for middle schools only. Checks should be made to: **Board of County Commissioners, Leon County.**

### Awards

- Trophies presented to the top 2 teams in each **Elite** race, and to the champions only in all other divisions, including junior varsity and middle school.
- Award shirts will be presented to the top 20 finishers in all **Elite, Junior Varsity** and **Middle School** races. Top 10 finishers in all other races 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 varsity races.

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7:40 am	Girls High School Elite
8:05 am	Boys High School Elite
8:30 am	Girls High School Select
8:55 am	Boys High School Select
9:20 am	Girls High School Varsity A
9:50 am	Boys High School Varsity A
10:20 am	Girls High School Varsity B
10:50 am	Boys High School Varsity B

(All high school races are 5k)



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### Timing

**Primetime Timing** - [pttiming.com](http://pttiming.com) - will provide live results, including splits and in-race scoring, while also determining official order of finish.

### Officiating

**TLH Track & Field Officials Association, Inc.** will serve as meet officials and render all protest rulings and monitor all races.

### Apalachee Regional Park

The course is located at:  
7550 Apalachee Parkway (US-27)  
Tallahassee, FL 32311-3448

For more information on the meet, lodging, restaurants and things to do in Tallahassee go to [Visit Tallahassee](#).