2016 DIVISION I CROSS COUNTRY CHAMPIONSHIPS
TALLAHASSEE, FL • Florida State University, Host

PARTICIPANT
2016-17 MANUAL
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# Meet Personnel

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<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td><strong>Meet Director</strong></td>
<td>Ryan Zornes</td>
<td>WORK: (850) 228-7589</td>
</tr>
<tr>
<td></td>
<td>Assistant Director of Facilities <a href="mailto:rzornes@fsu.edu">rzornes@fsu.edu</a></td>
<td>FAX: (850) 645-3278</td>
</tr>
<tr>
<td><strong>Sports Information Contact</strong></td>
<td>Bob Thomas</td>
<td>WORK: (850) 694-1768</td>
</tr>
<tr>
<td></td>
<td>Associate Director of Track/XC <a href="mailto:Bthomas2@admin.fsu.edu">Bthomas2@admin.fsu.edu</a></td>
<td></td>
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<tr>
<td><strong>Sports Medicine Director</strong></td>
<td>Eunice Hernandez</td>
<td>WORK: (850) 694-2086</td>
</tr>
<tr>
<td></td>
<td>Athletic Trainer e <a href="mailto:hernandez@admin.fsu.edu">hernandez@admin.fsu.edu</a></td>
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</tr>
<tr>
<td>Name</td>
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</tr>
<tr>
<td>Trey Clark</td>
<td>Head Track and Field Coach</td>
<td>Lamar University</td>
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<tr>
<td>Andy Eggerth</td>
<td>Director of Track and Field/Cross Country</td>
<td>Kennesaw State University</td>
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<tr>
<td>Herman Frazier</td>
<td>Deputy Athletics Director/Chief of Staff</td>
<td>Syracuse University</td>
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<tr>
<td>Nicole Harvey</td>
<td>Assistant Commissioner/Compliance</td>
<td>Western Athletic Conference</td>
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<tr>
<td>Angie Lansing, Chair</td>
<td>Senior Woman Administrator</td>
<td>Indiana State University</td>
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<tr>
<td>Julie Levesque</td>
<td>Senior Woman Administrator</td>
<td>University of Texas at El Paso</td>
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<tr>
<td>Wendy McFarlane</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>University of Delaware</td>
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<tr>
<td>Sharlene Milwood-Lee</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>Farleigh Dickinson University</td>
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<tr>
<td>Ben Paxton</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Winthrop University</td>
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<tr>
<td>Shondell Reed</td>
<td>Senior Associate Athletics Director</td>
<td>University of Washington</td>
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<tr>
<td>Dave Smith</td>
<td>Director of Track and Field/Cross Country</td>
<td>Oklahoma State University</td>
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<tr>
<td>Matt Utesch</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Lehigh University</td>
</tr>
<tr>
<td>2016-17 DIVISION I MEN’S AND WOMEN’S CROSS COUNTRY/TRACK &amp; FIELD COMMITTEE</td>
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**2016-17 DIVISION I MEN’S AND WOMEN’S CROSS COUNTRY/TRACK & FIELD COMMITTEE**

| Trey Clark            | Head Track and Field Coach                                              | Lamar University                    | 211 Redbird Lane Beaumont, Texas 77710                                                     | 409-880-8318     | trey.clark@lamar.edu |
| Andy Eggerth          | Director of Track and Field/Cross Country                              | Kennesaw State University           | 590 Cobb Avenue – Mailbox 0201 Kennesaw, GA 30144                                             | 470-578-2801     | aeggerth@kennesaw.edu |
| Herman Frazier        | Deputy Athletics Director/Chief of Staff                               | Syracuse University                 | 1301 East Colvin Street Syracuse, New York 13244-5020                                       | 315-443-2561     | hrfrazie@syr.edu   |
| Nicole Harvey         | Assistant Commissioner/Compliance                                       | Western Athletic Conference         | 9250 East Costilla Avenue #300 Englewood, Colorado 80112                                     | 303-962-4211     | nharvey@wac.org   |
| Angie Lansing, Chair  | Senior Woman Administrator                                              | Indiana State University            | 401 North 4th Street, Arena 104B Terre Haute, Indiana 47809                                  | 812-237-4091     | angie.lansing@indstate.edu |
| Julie Levesque        | Senior Woman Administrator                                              | University of Texas at El Paso      | 500 West University Avenue El Paso, Texas 79968                                             | 915-747-7698     | jmlevesque@utep.edu |
| Wendy McFarlane        | Head Track and Field/Cross Country Coach                                | University of Delaware              | 621 S. College Avenue,134 Delaware Field House Newark, Delaware                                | 302-831-8738     | wendym@udel.edu   |
| Sharlene Milwood-Lee  | Head Track and Field/Cross Country Coach                                | Farleigh Dickinson University       | 1000 River Road Teaneck, New Jersey 07502                                                    | 201-692-2242     | sharlene_milwood-lee@fdu.edu |
| Ben Paxton            | Head Men’s and Women’s Track Coach                                      | Winthrop University                 | 1162 Eden Terrace Rock Hill, South Carolina 29733                                            | 803-323-2129     | paxtonb@winthrop.edu |
| Shondell Reed         | Senior Associate Athletics Director                                     | University of Washington            | Box 354070, Graves Building Seattle, Washington 98195                                       | 206-543-4621     | sdoed3@u.washington.edu |
| Dave Smith            | Director of Track and Field/Cross Country                              | Oklahoma State University           | Stillwater, Oklahoma 74078 405-744-2108                                                     | smidavm@okstate.edu |
| Matt Utesch           | Head Men’s and Women’s Track Coach                                      | Lehigh University                  | 641 Taylor Street Bethlehem, PA 18015                                                        | 610-758-5188     | mau4@lehigh.edu |
| Secretary-Rules Editor| Mark Kostek                                                             |                                      | Cell: 515-208-8300                                                                          |                 |
| NCAA                 | Jeff Mlynski                                                             | Assistant Director Championships and Alliances | P.O. Box 6222 Indianapolis, Indiana 46206 | 317-917-6503 317-917-6237 317-874-7154 | jmlynski@ncaa.org |
| NCAA                 | Anjellica Rospond                                                       | Coordinator                         | Championships and Alliance | P.O. Box 6222 Indianapolis, Indiana 46206 | 317-917-6075 317/917-6237 | arospnd@ncaa.org |
SCHEDULE OF EVENTS
(All Times are Eastern Standard Time)

Thursday, November 10

8:00 a.m. – 5:00 p.m. Course inspection/practice.
Weather permitting.

4:00 p.m. – 5:00 p.m. Packet pickup.
Moore Center at Doak Campbell Stadium

5:00 p.m. Mandatory coaches’ meeting.
Moore Center at Doak Campbell Stadium: (See Appendix D)

Friday, November 11

6:30 a.m. Course opens to competitors.
Please visit @FSUXC for frost warning or severe weather updates
on race day if needed.

7:10 a.m. Clerking procedure begins for women’s race.
8:00 a.m. First gun fired (indicating 30 minutes to start).

8:05 a.m. National Anthem.

8:10 a.m. Second gun fired (20 minutes to start).
Clerking procedure begins for men’s race.

8:20 a.m. Third gun fired (10 minutes to start).
8:30 a.m. Women’s 6K championship race.

9:00 a.m. First gun fired (30 minutes to start).
9:10 a.m. Second gun fired (20 minutes to start).
9:20 a.m. Third gun fired (10 minutes to start).
9:30 a.m. Men’s 10K championship race.

Immediately following second race, recognition of top runners and teams.
ACCOMODATIONS
The following is a list of area hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Headquarter Hotel: Home2Suites, 210 S. Magnolia Dr., Tallahassee, FL 32301

Other Hotels in the Area:
See Appendix A

COURSE DIAGRAMS/INFORMATION
Maps, campus information and race preview are available at the following link:
http://www.seminoles.com/ViewArticle.dbml?DB_OEM_ID=32900&ATCLID=211204796

Men’s and women’s course map:
See Appendix B and C

DRESSING ROOMS
Dressing rooms are not provided on site for the regional championship.

DRUG TESTING
Please see the 2016 NCAA Division I Cross Country Pre-Championship Manual for information.

ENTRY PROCEDURES
In order to be eligible for participation in the regional and national meets, institutions must submit an NCAA official online entry roster form through DirectAthletics prior to the regional cross country meet. Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form, of which no more than seven must be declared to participate prior to competition. Only the 15 student-athletes listed on the entry form may compete in the regional and/or national championship meets. Coaches will not be able to change the 15 student-athletes on the entry form should the team qualify for the national championship meet.

The entry form will be available beginning at 8 a.m. Eastern time, Monday, October 31. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 3. The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 4. A late fine will be assessed in the amount of $400 per team/per gender. No entries will be received after this deadline. Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the committee and NCAA championship manager. Each institution should print a copy of its entry forms to take to the regional and national sites.

The online entry roster form can be accessed through DirectAthletics at www.directathletics.com. If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com; phone: 347-674-3002).
Entries will be posted at 
(http://www.seminoles.com/ViewArticle.dbml?DB_OEM_ID=32900&ATCLID=211204796) by 5 p.m. local time on Monday, November 7.

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. No further entry is required for the national meet.

Please follow instructions below to complete your entries for the regional/national championship.

*Please note: If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DirectAthletics meets. If you know you have an account but have forgotten your username/password, you can click the “I forgot my password” link in the login box.*

**STEP 1—Creating a DirectAthletics Account**
If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:


2. On the right side (in the New Account Creation box), select your division.

3. Select your team, choosing only the genders for which you are submitting entries. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like “bears” or “adam” or “track” are likely to be taken.

4. Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men’s and women’s account, it will usually default to men first.

5. Follow Step 2 below to enter your roster.

**STEP 2—Setting Up Your Online Roster**
Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:

1. On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your DirectAthletics account!”

2. Select the number of student-athletes you wish to enter. You can always add more later.
3. Enter your student-athletes’ first names, last names and school years and click “Submit”. Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)

4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

**STEP 3—Submitting Your Roster/Entries**

*Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.*

1. Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the NCAA Division I Championships.

2. Check off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the “Add New Entry” box.

3. When you have completed your entries, click “Submit”. You MUST click “Submit” to submit your entries.

4. You will see your current, submitted entries on the “View Entries” page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.

5. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link next to the meet in the HOME tab.

*Please note if you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.*

**REMINDER:** It is the coach’s responsibility to inform the cross country/track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

**DECLARATION:** Coaches are to bring with them to packet pick-up a type written list of the seven student-athletes that they wish to declare for the Regional Championship. These seven student-athletes must be among the 15 student-athletes that have been submitted on the online entry form for the Regional Championship. Chips for this meet are in the bibs themselves and will be distributed at packet pick-up. Chips do not need to be returned at the conclusion of each race. If an institution declares more than seven student-athletes (i.e. takes an eighth or ninth, etc. set of
chips and bibs), those chips and bibs must be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of the race.

**FINAL DECLARATION AND CHECK-IN:** Student-athletes must check-in with the clerks at the assigned clerking location up to 80 minutes prior to the start of their race. Teams are encouraged to check-in as soon as possible, and not later than 20 minutes prior to their race. Check-in will NOT be allowed at the start line and all teams must report and check-in at the assigned clerking location. When teams check-in at the clerking location, they will be required to show that they have their hip numbers, chips on their spikes/bib, bibs on their jersey, and that their uniforms meet the NCAA logo requirements.

**SQUAD SIZE:** Teams are limited to a maximum of seven competitors. A team running more than seven will be disqualified and the action will be considered misconduct. Institutions entering five to seven runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

**EVACUATION/SEVERE WEATHER PLAN**

**Lightning Policy.** Following NCAA protocol, we will be using WeatherSentry online lightning detection and weather monitoring system. Once lightning enters the 30-mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within an eight-mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

**Shelter Locations.** In the event of inclement weather, fans and participants will be asked to return to their vehicles as there are no shelters available at the course.

**Severe Weather Policy for NCAA Cross Country Regional Championships**

For the safety of all spectators, student-athletes, officials and coaches the following will be used in case of severe weather (e.g., cold temperatures and/or heavy snow):

1. The meet director and NCAA cross country/track and field committee will monitor the weather during the week and morning of the championships.

2. A central information location and/or phone number for information on delays and/or postponement has been established. This number and/or twitter handle is (850) 645-GAME and @FSUXC and will be placed in the information with the coaches’ packets and on the meet website. The host will leave a message at that (850) 645-GAME and @FSUXC alerting coaches of different start times or a delay in course inspection times due to inclement weather.

3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. The games committee at the
regional will make their recommendation to the NCAA with the NCAA approving the final plan.

4. If the race has already begun and would have to be suspended in the middle of the competition, the cross country/track and field committee would recommend the following:

**Men’s 10,000 meter** - If competition is suspended before the 3,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

**Women’s 6,000 meter** - If competition is suspended before the 2,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.

5. If necessary, competition may be postponed until Saturday, per NCAA policy, with similar if not the same start times. This information must be communicated with all involved institutions.

**Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The games committee reserves the right to make changes to the above policies and schedules as they see fit.**

**FINISH LINE PROCEDURES**

The order of finish will be verified with FinishLynx system. Two Lynx cameras will be placed on the finish line. A head on point of view camera that ties into FinishLynx will be used as well to enable a “video review”. Timing mats will be used on the course at select marks.

Runners should continue racing past both sets of mats at the finish line. Athletes are asked NOT to look at their watches until they clear the mats completely. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Coaches and fans must wait for runners outside of the finish area. Runners are not required to return their chips after the completion of the race.

**PACKET PICK UP**

Packets will be available Thursday, November 10, from **4:00 p.m. – 5:00 p.m.** at The Moore Center on campus.

Course maps and descriptions will also be available and host representatives will be there to answer any questions on the course. Coaches with outstanding fines will not receive their packets until the fine is paid.
MANDATORY COACHES’ MEETING
Coaches are required to attend the mandatory coaches’ meeting on Thursday, November 10 at 5:00 p.m. at the Moore Center at Doack Campbell Stadium. Failure to attend the mandatory coaches’ meeting will result in a $200 fine/gender/institution.

See Appendix D.

MERCHANDISE
Merchandise will be available at the course for purchase from 9:00 a.m. – 1:00 p.m. Thursday and on Friday from 7 a.m. through the conclusion of the second race.

PRACTICE SCHEDULE
Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 8:00 a.m. – 5:00 pm. The course will be open at 6:30 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

**Please call (850) 645_GAME or visit @FSUXC on race and practice days before leaving for the course for frost warning or severe weather updates if necessary.

PROTESTS
A protest area will be located near the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The head referee’s ruling and explanation will be posted along with the results of the race. There will be no jury of appeals and the referee’s decision will be final. There will be two 15-minute protest periods, one following each of the races (women and men). Each of the protest windows will begin when the results of the race have been posted at the protest tent. There is a $50 protest fee (cash only) for each protest. The $50 fee is refundable only if the protest is overturned.

RESULTS/SPORTS INFORMATION
Results.
• Each coach will receive one copy of the official results. Coaches can pick up a hard copy at the results building. Results will also be posted at Seminoles.com and NCAA.com.
• At the meet - members of the media may pick up results after each race at the media room in the results building.
• Contact Bob Thomas at bthomas2@admin.fsu.edu for more information.

SPORTS MEDICINE
There will be a training area set up at the course during practice on Thursday and competition on Friday. If you have any special needs, please contact Eunice Hernandez at (850) 694-2086 or by email at eherandez@fsu.edu.
Trainers on course:  
Thursday, November 10  
Friday, November 11  

8:00 a.m. – 5:00 p.m.  
Beginning at 6:30 a.m.  

Student-athletes must present a prescription or letter of treatment from the institution’s certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions’ medical staff. Competing institution’s trainers will not be allowed on the course unless their athlete becomes injured or ill. An ambulance will be onsite for all races.

**TENTS**

Teams that would like to utilize tents will have the option to do so through In Tents Events. A “tent city” will be installed by this company and security into this area will be provided which restricts access to credentialed student-athletes and coaches only. This “tent city” will be adjacent to the course, finish area, and the warm-up area. Each men’s team and each women’s team may order up to 1 tent per team. Tent rental is $107 per 10x10 tent and teams are responsible for ordering and setting up payment for their tent rentals by 5:00 PM Eastern Time on Tuesday, November 1st. Call In Tents Events at (850) 309-7626 to reserve your tent.

**TRANSPORTATION/PARKING**

All transportation needs will be the responsibility of the participating team.

**Directions to Course.**

The course is located at the Apalachee Regional Park; 7550 Apalachee Parkway, Tallahassee, FL 32311. Directions should be adjusted depending on your hotel location. The nearest major intersection to the Apalachee Regional Park is the intersection of Apalachee Parkway and Capital Circle SE. The following are directions from that intersection to the cross country course at the Apalachee Regional Park.

1. From the intersection of Apalachee Parkway and Capital Circle SE, drive east on Apalachee Parkway. (drive for 4.4 miles)
2. As you approach the entrance to the park, you will see Capitol Heights Baptist Church on the left-hand side of the road. Directly past the church you will see two youth football fields. Turn left onto the road that is after these two football fields. You will see a sign that says “Leon County Apalachee Regional Park”
3. Take the first left into the parking areas and follow the signs for the cross country course. On practice day on Thursday, teams will be allowed to drive all the way to the lower field to park for practice.
4. On race day on Friday, teams with their parking passes will be directed to team parking areas and spectators will be directed to separate parking areas. Parking passes will be included in team packets at the coaches meeting.

Driving directions to the coaches meeting and packet pickup on campus can be located in Appendix D.
UNIFORMS

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships. Uniforms for all cross country team members must meet the following criteria: (1) school-issued; if they are singlets, they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments must be of an identical solid color. Uniforms must be clean and of a material and design so as not to be objectionable. Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors’ numbers to be placed above the waist (front and back) and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

Logos. An institution’s official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, arm sleeves, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer’s or distributor’s normal trademark, not to exceed 2.25 square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram). In addition, an institution’s official uniform cannot bear a design element similar to the manufacturer’s that is in addition to another logo or that is contrary to the size restriction. A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2.25 square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete’s institution. These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes prerace or post race activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.
APPENDIX A - HOTELS

Holiday Inn Hotel & Suites Tallahassee, (850) 536-2000, 2725 Graves Road, Tallahassee, FL
Hampton Inn & Suites, (850) 574-4900, 3388 Londbladh Road, Tallahassee, FL
aloft Tallahassee Downtown, (850) 513-0313, 200 North Monroe Street, Tallahassee, FL
Doubletree Hotel Tallahassee, (850) 224-5000, 101 South Adams Street, Tallahassee, FL
Staybridge Suites Tallahassee, (850) 219-7000, 1600 Summit Lake Drive, Tallahassee, FL
Four Points by Sheraton Tallahassee Downtown, (800) 368-7764, 316 West Tennessee Street, Tallahassee, FL
Red Roof Inn Tallahassee, (850) 385-7884, 2903 Hospitality Street, Tallahassee, FL
Best Western Pride Inn & Suites, (850)656-6312, 2016 Apalachee Pkwy, Tallahassee, FL
Cabot Lodge - Thomasville Road, (850)386-7500, 1653 Raymond Diehl Rd., Tallahassee, FL
Candlewood Suites, (850) 597-7000, 2815 Lakeshore Drive West, Tallahassee, FL
Comfort Suites, (850) 224-3200, 1026 Apalachee Pkwy., Tallahassee, FL
Days Inn South, (850) 877-6121, 3100 Apalachee Pkwy, Tallahassee, FL
Fairfield Inn & Suites by Marriott Tallahassee Central, (850) 274-9491, 2997 Appalachee Pkwy, Tallahassee, FL
Four Points By Sheraton Tallahassee North, (850) 671-2020, 1978 Village Green Way, Tallahassee, FL
Governors Inn, PH: (850) 681-6855, 209 S. Adams St, Tallahassee, FL
Guest House Inn, (850) 386-8880, 2735 N Monroe Street, Tallahassee, FL
Hampton Inn Tallahassee Central, (850)309-1300, 2979 Apalachee Pkwy, Tallahassee, FL
Hilton Garden Inn Tallahassee, (850)385-3553, 3333 Thomasville Rd., Tallahassee, FL
Hilton Garden Inn Tallahassee Central, (850) 893-8300, 1330 S. Blairstone Rd, Tallahassee, FL
Holiday Inn Tallahassee Capitol East, (850) 201-2028, 1355 Apalachee Parkway, Tallahassee, FL
Homewood Suites by Hilton, (850) 402-9400, 2987 Apalachee Pkwy., Tallahassee, FL
Howard Johnson Express Inn, (850) 386-5000, 2726 N Monroe St, Tallahassee, FL
APPENDIX – B MEN’S 10K COURSE MAP
APPENDIX C – WOMEN’S 6K COURSE MAP
APPENDIX D – DRIVING DIRECTIONS FROM COURSE TO COACHES MEETING & PACKET PICKUP

START: APALACHEE REGIONAL PARK (7550 Apalachee Parkway, Tallahassee, FL 32311)

1. From the Apalachee Regional Park, turn right onto Apalachee Parkway/US-27 and head west toward Tallahassee (drive 8.0 miles)
2. When the road comes to a “T” at Monroe Street (State of Florida Capitol Building), turn left onto Monroe Street (drive 0.2 miles)
3. At the second light, turn right onto Gaines Street (drive 1.3 miles)
4. As you near FSU’s Doak Campbell Stadium, Gaines Street will curve slightly to the right around the stadium. At the traffic signal, turn right onto Champions Way/Hendry Street.
5. The road will “T” at the stadium. Turn left and follow the road ¼ of the way around the stadium to the Moore Athletic Center. Look for the large bronze statue of Bobby Bowden in front and enter in through the doors directly behind the statue.

FINISH: MOORE ATHLETIC CENTER at Doak Campbell Stadium (403 Stadium Drive West, Tallahassee, FL 32306)