



2019 DIVISION I  
**CROSS COUNTRY  
CHAMPIONSHIPS**

TALLAHASSEE, FL • Florida State University, Host

**PARTICIPANT  
2019-20 MANUAL**

*Regionals*

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## Meet Personnel

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
<b>Meet Director</b>	Taylor Wheaton Assistant Director of Events <a href="mailto:twheaton@fsu.edu">twheaton@fsu.edu</a>	Work: (850)228-5549
<b>Sports Information Contact</b>	Bob Thomas Associate Director of T&F/XC <a href="mailto:Bthomas2@admin.fsu.edu">Bthomas2@admin.fsu.edu</a>	Work: (850) 694-1768
<b>Sports Medicine Contact</b>	Amanda Robinson Athletic Trainer <a href="mailto:alrobinson2@fsu.edu">alrobinson2@fsu.edu</a>	Work: (850)-644-6223



**2019-20 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY/TRACK & FIELD COMMITTEE**

<p><b>Trey Clark</b> Head Track and Field Coach Lamar University 211 Redbird Lane Beaumont, Texas 77710 Office: 409-880-8318 Email: <a href="mailto:trey.clark@lamar.edu">trey.clark@lamar.edu</a></p>	<p><b>Abbie Day</b> Assistant AD/Academic Services University of Maryland, Baltimore County 1000 Hilltop Circle Baltimore, Maryland 21250 Office: 410-455-1533 Email: <a href="mailto:anday@umbc.edu">anday@umbc.edu</a></p>	<p><b>Milan Donley, chair</b> Meet Management/Director of Kansas Relays University of Kansas 1651 Naismith Drive Lawrence, Kansas 66045 Office: 785-864-7971 Email: <a href="mailto:mdonley@ku.edu">mdonley@ku.edu</a></p>
<p><b>Elvis Forde</b> Head Coach Track &amp; Field and Cross Country Temple University 1800 North Broad Street Philadelphia, Pennsylvania 19121 Office: 267-721-4217 Email: <a href="mailto:elvis.forde@temple.edu">elvis.forde@temple.edu</a></p>	<p><b>Sean Harris</b> Assistant Director, Sports Management and Championships Pac-12 Conference 360 3<sup>rd</sup> Street, 3<sup>rd</sup> Floor San Francisco, California 94107 Office: 253-249-8705 Email: <a href="mailto:sharris@pac-12.org">sharris@pac-12.org</a></p>	<p><b>Amy Horst</b> Head Cross Country and Track Coach Loyola University Maryland 4501 North Charles Street Baltimore, Maryland 21210 Office: 410-617-2991 Email: <a href="mailto:alhorst@loyola.edu">alhorst@loyola.edu</a></p>
<p><b>Jennifer Lawlor</b> Senior Associate Athletic Director/ Senior Woman Administrator Monmouth University 400 Cedar Avenue West Long Branch, New Jersey 07764 Office: 732-571-3604 Email: <a href="mailto:jlawlor@monmouth.edu">jlawlor@monmouth.edu</a></p>	<p><b>Ervin Lewis</b> Senior Associate AD of Operations University of North Florida 1 UNF Drive Jacksonville, Florida 32224 Office: 904-620-1534 Email: <a href="mailto:e.lewis@unf.edu">e.lewis@unf.edu</a></p>	<p><b>Wendy McFarlane-Smith</b> Head Track and Field/Cross Country Coach University of Delaware 621 S. College Avenue, 134 Delaware Field House Newark, Delaware Office: 302-831-8738 Email: <a href="mailto:wendym@udel.edu">wendym@udel.edu</a></p>
<p><b>Sharlene Milwood-Lee</b> Head Track and Field/Cross Country Coach Farleigh Dickinson University 1000 River Road Teaneck, New Jersey 07502 Office: 201-692-2242 Email: <a href="mailto:sharlene_milwood-lee@fd.edu">sharlene_milwood-lee@fd.edu</a></p>	<p><b>TJ Shelton</b> Associate Director of Athletics The Ohio State University 2400 Olentangy River Rd. 10<sup>th</sup> Floor Columbus, Ohio 43210 Office: 614-247-4531 Email: <a href="mailto:shelton.143@osu.edu">shelton.143@osu.edu</a></p>	
<p><b>Secretary-Rules Editor</b> <b>Mark Kostek</b> Cell: <a href="tel:515-208-8300">515-208-8300</a> Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></p>	<p><b>NCAA</b> <b>Jeff Mlynski</b> Assistant Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Fax: 317-917-6237 Cell: 317-874-7154 Email: <a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></p>	

## **SCHEDULE OF EVENTS**

*(All Times are Eastern Standard Time)*

### **Thursday, November 14**

- 8:00 a.m. – 5:00 p.m. **Course inspection/practice.**  
Weather permitting.
- 4:00 p.m. – 5:00 p.m. **Packet pickup.**  
4<sup>th</sup> Floor Dunlap Champions Club at Doak Campbell Stadium
- 5:00 p.m. **Mandatory coaches' meeting.**  
4<sup>th</sup> Floor Dunlap Champions Club at Doak Campbell Stadium: (See Appendix D)

### **Friday, November 15**

- 6:30 a.m. **Course opens to competitors.**  
Please visit @FSUXC on twitter for 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 (30 minutes to start of women's race).
- 8:05 a.m. **National Anthem.**
- 8:10 a.m. Second gun fired (20 minutes to start of women's race).  
Final check-in at clerk's tent for women's competitors.  
Clerking procedure begins for men's race.
- 8:20 a.m. Third gun fired (10 minutes to start of women's race).  
8:30 a.m. **Women's 6K championship race.**
- 9:00 a.m. First gun fired (30 minutes to start of men's race).  
9:10 a.m. Second gun fired (20 minutes to start of men's race).  
Final check-in at clerk's tent for men's competitors.
- 9:20 a.m. Third gun fired (10 minutes to start of men's race).  
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.

### Area Hotels:

See Appendix A

## COURSE DIAGRAMS/INFORMATION

Men's and women's course maps and additional campus information:

[www.seminoles.com](http://www.seminoles.com)

## DRESSING ROOMS

Dressing rooms will not be provided on site for the regional championships.

## DRUG TESTING

Please see the 2019 NCAA Division I Cross Country Pre-Championship Manual for information.

**Note that if drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g. national record, world junior record, etc.), the cost associated with such a test will be the responsibility of the tested student-athlete's institution.**

## 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](http://DirectAthletics) prior to the regional cross country championships. Coaches will be allowed to submit a maximum of 12 student-athletes on the entry form, of which no more than seven must be declared to participate prior to competition. Only the 12 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 12 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, November 4. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 7.** The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 8. A late fine will be assessed in the amount of \$400 per team/per gender. **No entries will be received after this deadline.** 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](http://www.directathletics.com). If you experience technical difficulty using the online entry system, please contact DirectAthletics ([support@directathletics.com](mailto:support@directathletics.com); phone: 347-674-3002).

Entries will be posted at [Seminoles.com](http://Seminoles.com) by 5 p.m. local time on Monday, November 11.

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](http://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 “Login Trouble” link next to 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:*

1. Go to [www.directathletics.com/ncaa.html](http://www.directathletics.com/ncaa.html).
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.

**DECLARATIONS:** Onsite declarations will be held during packet pickup from 4:00 – 5:00 p.m., Thursday, November 14 at the 4<sup>th</sup> Floor Dunlap Champions Club at Doak Campbell Stadium. If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of chips and bibs), those additional 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, but 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.

**Please note that teams and/or individuals that check-in late and not in accordance with the times outlined in this manual will jeopardize participation in their race, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.**

**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 will be 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., lightning, 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. Information on delays and/or postponements will be available at @FSUXC on twitter. The host will provide all necessary information alerting coaches of different start times or delays in course inspection times due to any 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 AND TIMING/RESULTS**

The order of finish will be verified with Finish Lynx system. Two Lynx cameras will be placed on each of the finish line. A secondary video system will be used as a backup. Timing mats will be used on the course at select marks.

Runners should continue racing past both sets of mats at the finish line. 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. Volunteers will be there to help remove all timing chips from competitor shoes. All timing chips MUST be returned prior to exiting the finish area. Coaches and fans can wait for runners outside of the finish chute.

Utilizing chip technology, unofficial results will be posted and available in real time both onsite and online. However, note that results from chip technology are not official results. Results will not become official until the timing company has completed all necessary video review and the official protest window has closed.

## **PACKET PICK UP**

Packets will be available Thursday, November 14, from 4:00 – 5:00 p.m. at 4<sup>th</sup> Floor Dunlap Champions Club at Doak Campbell Stadium: (See Appendix D)

Course maps and descriptions will also be available and host representatives will be there to answer any questions about the course.

## **MANDATORY COACHES' MEETING**

Coaches are required to attend the mandatory coaches' meeting on Thursday, November 14 at 5:00 p.m. at 4<sup>th</sup> Floor Dunlap Champions Club at Doak Campbell Stadium: (See Appendix D).

**Failure to attend the mandatory coaches' meeting will result in a minimum of a \$200 fine/gender/institution.**

## **MERCHANDISE**

Merchandise will be available at the course for purchase from 9:00a.m. – 1:00p.m. Thursday and on Friday from 7:00 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 8:00a.m. – 5:00p.m. 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 visit @FSUXC on twitter 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 \$100 protest fee (cash only) for each protest. The \$100 fee is refundable only if the protest is overturned.

## **RESULTS PICKUP/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 Seminole.com and NCAA.com.
- At the meet - members of the media may pick up results after each race at the media building.
- Contact Bob Thomas at [bthomas2@admin.fsu.edu](mailto:bthomas2@admin.fsu.edu) for more information.

## **SPORTS MEDICINE**

The training room is located in the Moore Center at Doak Campbell Stadium. The training room is equipped with standard sports medicine equipment. There will also 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 Amanda Robinson at (850)-644-6223 or by email at [alrobinson2@fsu.edu](mailto:alrobinson2@fsu.edu).

<b>Trainers at course:</b>	Thursday, November 14	8:00 a.m. – 5:00 p.m.
	Friday, November 15	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 or in the finish chute unless their student-athlete becomes injured or ill. An ambulance will be onsite for both races.

## TENTS

Teams that would like to utilize tents will have the option to do so through In Tents Events. This company will install a "Tent City" 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 \$135 per 10x10 tent and teams are responsible for ordering and setting up payment for their tent rentals by 5:00 p.m. Eastern Time on Friday, November 8<sup>th</sup>. Call In Tents Events at (850) 309-7626 or Kristen Stuart at [kristen@myintentsevents.com](mailto:kristen@myintentsevents.com) to reserve your tent.

## TRANSPORTATION/PARKING

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

### Directions to Course.

The Apalachee Regional Park course is located at 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.

Team parking will be available in the lower lot.

## 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; they must be identical; (2)

pants may be of any length, but must have identical color; and (3) visible undergarments, including arm and leg-warmers, 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-warmers, wristbands, visors and hats) 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

ALL LISTINGS ARE TALLAHASSEE ADDRESSES.  
RATES SUBJECT TO CHANGE.

### HOTELS/MOTELS/INNS

#### **ALOFT TALLAHASSEE DOWNTOWN**

200 N. Monroe St. 32301 • (850) 513-0313 • AloftTallahassee.com \$\$-\$\$\$\$

#### **TRU BY HILTON TALLAHASSEE**

2814 Apalachee Pkwy Tallahassee, FL 32301 • (850) 792-5400 • tru3.hilton.com \$\$-\$\$\$\$

#### **COURTYARD BY MARRIOTT CAPITAL**

1018 Apalachee Pkwy. 32301 • (850) 222-8822 • CourtyardTallahassee.com \$\$-\$\$\$\$

#### **DOUBLETREE BY HILTON TALLAHASSEE**

101 S. Adams St. 32301 • (850) 224-5000 • Tallahassee.Doubletree.com \$\$-\$\$\$\$

#### **FOUR POINTS BY SHERATON TALLAHASSEE DOWNTOWN**

316 W. Tennessee St. 32301 • (850) 422-0071 • FourPointsTallahasseeDowntown.com \$\$-\$\$\$\$

#### **GOVERNORS INN**

209 S. Adams St. 32301 • (850) 681-6855 • TheGovinn.org \$\$\$-\$\$\$\$

#### **HAMPTON INN & SUITES TALLAHASSEE CAPITAL UNIVERSITIES**

824 Railroad Ave 32310 • (850) 224-1766 • TallahasseeCenter.net \$\$-\$\$\$

#### **HOME 2 SUITES**

210 S. Magnolia Drive, • (850) 402-8900 • (1-800-HILTONS) • Home2Suites.Hilton.com \$\$-\$\$\$\$

#### **HOTEL DUVAL, AUTOGRAPH COLLECTION**

415 N. Monroe St. 32301 • (850) 224-6000 • HotelDuval.com \$\$\$-\$\$\$\$

#### **RESIDENCE INN UNIVERSITIES AT THE CAPITOL**

600 W. Gaines St. 32304 • (850) 329-9080 • Marriott.com/TLHDT \$\$\$-\$\$\$\$

#### **TALLAHASSEE CENTER CONDOMINIUMS**

215 W. College Ave. 32301 • (850) 224-1766 • TallahasseeCenter.net \$\$\$

#### **COURTYARD BY MARRIOTT NORTH**

1972 Raymond Diehl Rd. 32308 • (850) 422-0600 • Marriott.com/TLHCY \$\$-\$\$\$\$

#### **EXTENDED STAY AMERICA - TALLAHASSEE**

1950 Raymond Diehl Rd. • (850) 383-1700 •  
ExtendedStayAmerica.com/hotels/fl/tallahassee/killlearn \$\$\$

**HAMPTON INN & SUITES I-10/THOMASVILLE RD.**

3388 Lonnbladh Rd. 32308 • (850) 574-4900 •  
Tallahasseei10ThomasvilleRdSuites.HamptonInn.com \$\$-\$\$\$

**HILTON GARDEN INN TALLAHASSEE**

3333 Thomasville Rd. 32308 • (850) 385-3553 • Tallahassee.hgi.com \$\$-\$\$\$\$

**HOLIDAY INN EXPRESS TALLAHASSEE EAST**

1653 Raymond Diehl Rd. 32308 • (850) 386-7500 • IHG.com/HolidayInnExpress \$\$-\$\$\$\$

**QUALITY INN & SUITES**

6737 Mahan Dr. 32308 • (850) 656-2938 • ChoiceHotels.com \$\$-\$\$\$\$

**RESIDENCE INN BY MARRIOTT**

1880 Raymond Diehl Rd. 32308 • (850) 422-0093 • Marriott.com/Residence-inn/Travel.mi \$\$-\$\$\$\$

**STAYBRIDGE SUITES**

1600 Summit Lake Dr. 32317 • (850) 219-7000 • Staybridge.com/Tallahassee \$\$\$

**TOWNEPLACE SUITES BY MARRIOTT**

1876 Capital Circle NE 32308 • (850) 219-0122 • TownePlaceSuites.com/tlhts \$\$-\$\$\$\$

**BAYMONT INN & SUITES TALLAHASSEE**

3210 N. Monroe St. 32303 • (850) 562-4300 • BaymontInns.com/Hotel/26415 \$\$-\$\$\$\$

**BEST WESTERN PLUS TALLAHASSEE NORTH**

2727 Graves Rd. 32303 • (850) 562-7200 • BestWestern.com \$\$

**CANDLEWOOD SUITES TALLAHASSEE**

2815 Lakeshore Dr. W. 32312 • (850) 597-7000 • CandlewoodSuites.com/TallahasseeFL \$\$-\$\$\$\$

**COUNTRY INN & SUITES NORTHWEST TALLAHASSEE**

3096 N. Monroe St. 32303 • (850) 701-2850 • CISTallahassee.com \$\$-\$\$\$\$

**FAIRFIELD INN TALLAHASSEE NORTH/I-10**

3219 N. Monroe St. 32303 • (850) 562-8766 • Marriott.com/TLHFI \$\$-\$\$\$\$

**HOLIDAY INN HOTEL & SUITES TALLAHASSEE NORTH**

2725 Graves Rd. 32303 • (850) 536-2000 • Holiday-Inn.com/Tallahasseei10 \$\$-\$\$\$\$

**HOWARD JOHNSON EXPRESS INN – TALLAHASSEE**

2726 N. Monroe St. 32303 • (850) 386-5000 • HOJO.com/Hotel/09896 \$\$-\$\$\$

**LA QUINTA INN TALLAHASSEE NORTH**

2905 N. Monroe St. 32303 • (850) 385-7172 • LaQuintaTallahasseeNorth.com \$\$

**MICROTEL INN & SUITES**

3216 N. Monroe St. 32303 • (850) 562-3800 • MicrotelInn.com/Tallahassee \$\$

**QUALITY INN NORTH MONROE**

3090 N. Monroe St. 32303 • (850) 562-2378 • QualityInnTallahassee.com \$\$

**RED ROOF INN**

2930 Hospitality St. 32303 • (850) 385-7884 • RedRoof.com \$-\$\$\$

**REGENCY INN**

2735 N. Monroe St. 32303 • (850) 385-2038 \$-\$\$\$

**RODEWAY INN**

2702 N. Monroe St., 32303 • (850) 386-8818 \$-\$\$

**SLEEP INN**

1695 Capital Circle NW 32303 • (850) 575-5885 • SleepInnTallahassee.com \$\$-\$\$\$

**SUBURBAN EXTENDED STAY HOTEL**

522 Silver Slipper Ln. 32303 • (850) 386-2121 • SuburbanTal.com \$\$-\$\$\$

**TRAVELODGE INN & SUITES TALLAHASSEE NORTH**

2801 N. Monroe St. 32303 • (850) 386-8286 • Travelodge.com/Tallahassee \$\$-\$\$\$

**BAYMONT INN & SUITES TALLAHASSEE CENTRAL**

2850 Apalachee Pkwy. 32301 • (850) 878-5099 • BaymontInns.com \$-\$\$\$

**BEST WESTERN PRIDE INN & SUITES**

2016 Apalachee Pkwy. 32301 • (850) 656-6312 • BestWestern.com \$-\$\$\$

**DAYS INN TALLAHASSEE GOVERNMENT CENTER**

3100 Apalachee Pkwy. 32301 • (850) 877-6121 • WyndhamHotels.com/Days-Inn \$-\$\$\$

**FAIRFIELD INN & SUITES TALLAHASSEE CENTRAL**

2997 Apalachee Pkwy. 32301 • (850) 210-1210 • Marriott.com/TLHEC \$\$-\$\$\$

**HAMPTON INN TALLAHASSEE CENTRAL**

2979 Apalachee Pkwy. 32301 • (850) 309-1300 • HamptonInn.com \$\$-\$\$\$

**HILTON GARDEN INN TALLAHASSEE CENTRAL**

1330 S. Blairstone Rd. 32301 • (850) 893-8300 • TallahasseeCentral.Stayhgi.com \$\$-\$\$\$

**HOMWOOD SUITES BY HILTON**

2987 Apalachee Pkwy. 32301 • (850) 402-9400 • Tallahassee.HomewoodSuites.com \$\$-\$\$\$

**QUALITY INN & SUITES CAPITOL DISTRICT**

2020 Apalachee Pkwy. 32301 • (850) 877-4437 • QualityinnandSuitesTLH.com \$\$-\$\$\$

**WYNDHAM GARDEN TALLAHASSEE CAPITOL**

1355 Apalachee Pkwy. 32301 • (850) 877-3171 • Wyndham.com/Tallahassee \$\$-\$\$\$\$

**SPRINGHILL SUITES BY MARRIOTT**

1300 Executive Center Dr. 32301 • (850) 325-1103 • Marriott.com/tlhse \$\$-\$\$\$\$

**WOODSPRING SUITES TALLAHASSEE EAST**

3530 Apalachee Pkwy. 32311 • (850) 325-6473 • WoodSpring.com \$\$\$\$

**DAYS INN UNIVERSITY CENTER**

1350 W. Tennessee St. 32304 • (850) 222-3219 • DaysInn.com \$-\$\$\$\$

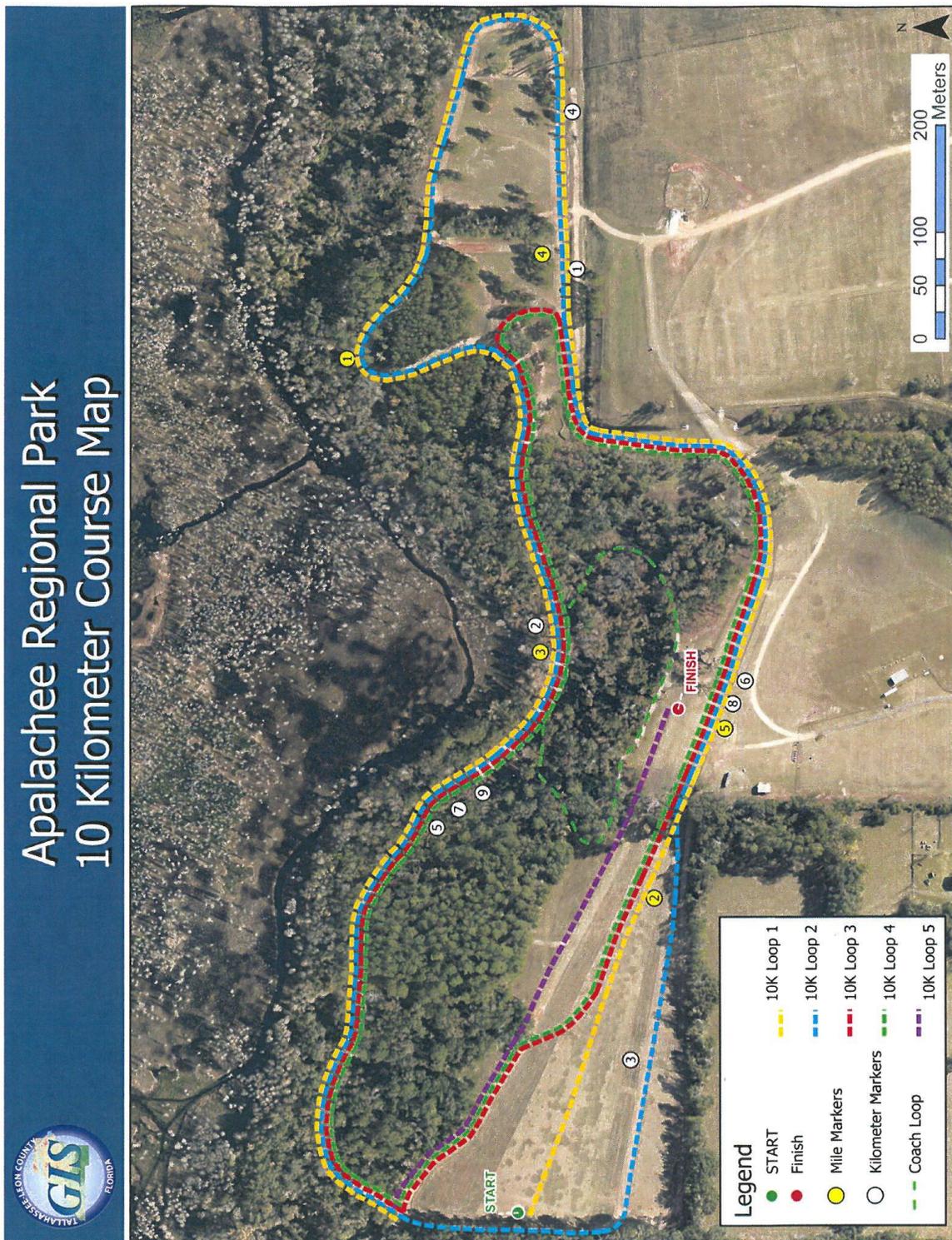
**UNIVERSITY INN & SUITES**

691 W. Tennessee St. 32304 • (850) 224-8161 • UniversityInnTallahassee.com \$-\$\$\$\$

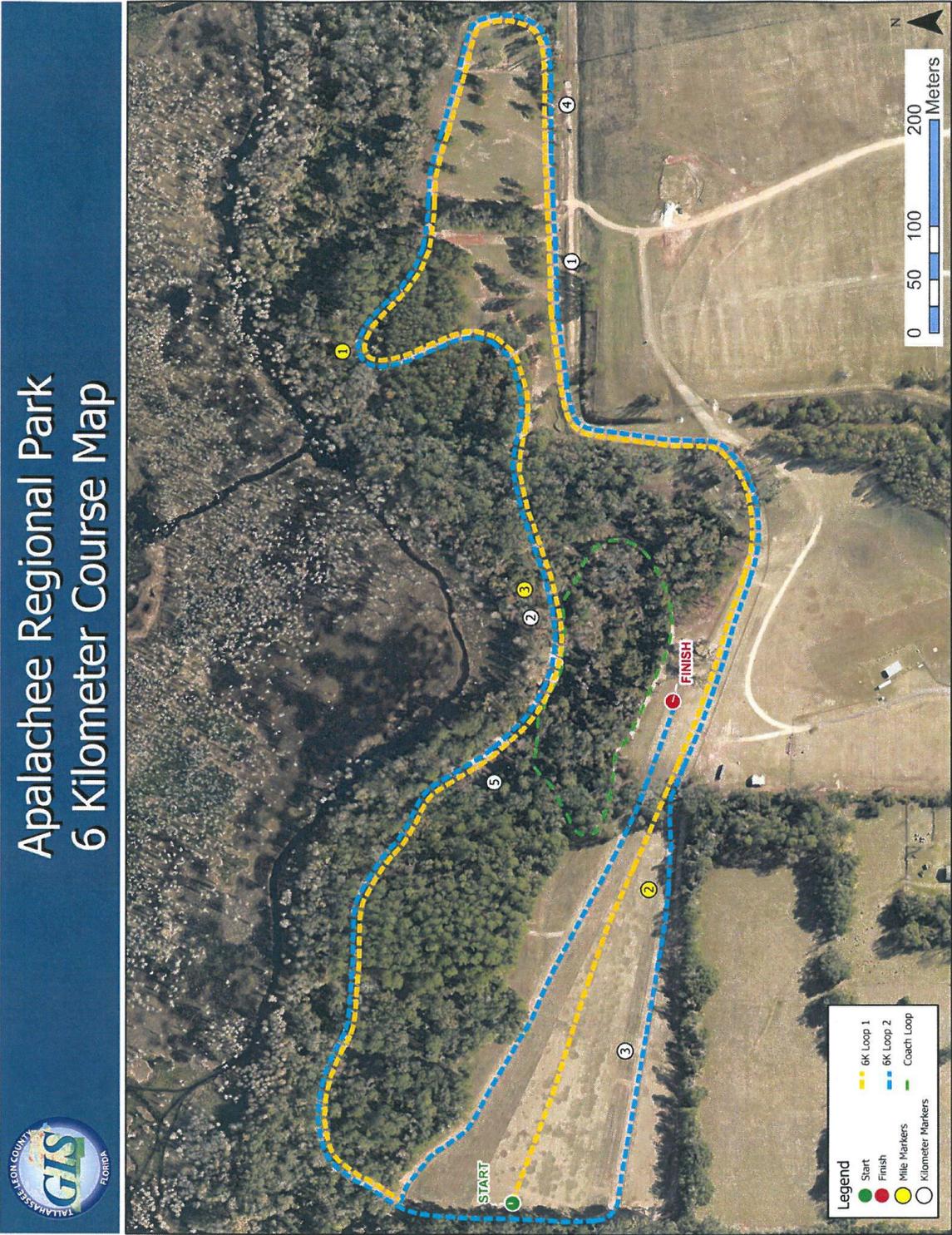
**WOODSPRING SUITES TALLAHASSEE WEST**

5344 W. Tennessee St. 32304 • (850) 580-4024 • WoodSpring.com \$\$\$\$

APPENDIX – B MEN’S 10K COURSE MAP



WOMEN'S 6K COURSE MAP



**APPENDIX C – DRIVING DIRECTIONS FROM COURSE TO PACKET PICKUP & COACHES MEETING**

**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  $\frac{1}{4}$  of the way around the stadium to the University Center B. Look for the large bronze “Unconquered” statue of Osceola and Renegade (Horse and Rider) in front and enter the East elevator directly behind the statue.
6. Take the elevator to the fourth floor and enter through the double doors.

**FINISH:** 4th Floor Dunlap Champions Club at Doak Campbell Stadium (403 Stadium Drive West, University Center B, Tallahassee, FL 32306)