

**Meet Information: FSU Invitational  
October 2-3**

Course Apalachee Regional Park, Tallahassee, FL

Hotel Hampton Inn, 165 Spooner Road, Quincy, FL 32351, 850.627.7555

Itinerary

**Friday:** (we will get dinner when we can before or after racing)

7:00 AM Leave from Grace Church parking lot (lunch stop on the way, wear running clothes on bus)

1:30 PM Arrive at the course, jog and view the course

3:00 PM Check into hotel

6:20 PM **Boys High School JV** (Hanagriff, W Ridley, Barringer, Gomez, Hubbard, Hopf, Rubinchik, Fite, Power, Torphy)

6:50 PM Girls High School JV

10:00 PM Lights out

**Saturday:** (won't know race assignments until Friday due to our late entry)

\*Top 10 will race varsity: Israel, Tesfamariam, Smith, Manzoor, Cook, Bullock, Nebiker, Vitovic, T Ridley, Ingalls

7:40 AM Boys High School Elite

8:05 AM Girls High School Elite

8:30 AM Boys High School Select

9:00 AM Girls High School Select

9:30 AM Boys High School Varsity A

9:55 AM Girls High School Varsity A

10:25 AM Boys High School Varsity B

10:50 AM Girls High School Varsity B

**11:20 AM Open Race** (includes all of our boys not running in the JV or varsity races)

1:00 PM Depart for home (with dinner stop)

6:30 PM Arrive back at Grace Church parking lot – (parents, please be on time for pick-up!)

Remember to pack...

- Racing shoes and spikes
- Uniforms (Asics black/white for JV races, Nike cardinal/white for varsity)
- Money for meals (dinner on Friday, Saturday) and meet shirt (optional)
- Snacks for the bus rides

Directions to the course:

GPS Address: 7550 Apalachee Parkway (US-27), Tallahassee, FL 32311-3448

Course Map: [http://cache.milesplit.com/venue\\_files/9745/full/apalachee-5k-map](http://cache.milesplit.com/venue_files/9745/full/apalachee-5k-map)

For more information on the meet, visit:

[http://fl.milesplit.com/meets/208750-fsu-invitational-pre-state#.Vg3k1\\_IVgSU](http://fl.milesplit.com/meets/208750-fsu-invitational-pre-state#.Vg3k1_IVgSU)

Questions? Contact Coach Dehnke – [ben\\_dehnke@gwinnett.k12.ga.us](mailto:ben_dehnke@gwinnett.k12.ga.us), 404.358.6071 (text or call)