



**Stanford Cross Country Invitational  
Saturday, September 26, 2009  
Stanford University Golf Course**



**Entries must be completed online at [EZMeets.com](http://EZMeets.com) by  
September 20 @ 12:00 Noon (Pacific Time)**

**IMPORTANT: Due to changes to the Stanford Golf course, races have  
been adjusted. Please see the tentative schedule of events.**

**Schedule of Events**

10:50AM      Men      8000 Meter Race

11:30AM      Women      6000 Meter Race



Dear Coach,

We are pleased to invite you to the 36<sup>th</sup> edition of the Stanford University Cross Country Invitational on Saturday, September 26, 2009. This meet will take place on the Stanford Golf Course. Please check the schedule carefully for race times.

Tentative Schedule of Events

9:00AM	Varsity Boys	5K	Divisions 5
9:25AM	Varsity Girls	5K	Divisions 5
9:50AM	Varsity Boys	5K	Division 4
10:15AM	Varsity Girls	5K	Division 4
<b>10:50AM</b>	<b>College Race</b>	<b>8K</b>	<b>Men's</b>
<b>11:30AM</b>	<b>College Race</b>	<b>6K</b>	<b>Women's</b>
12:10PM	Varsity Boys	5K	Division 3
12:40PM	Varsity Girls	5K	Divisions 3
1:10PM	Varsity Boys	5K	Division 2
1:40PM	Varsity Girls	5K	Division 2
2:10PM	Varsity Boys	5K	Division 1
2:40PM	Varsity Girls	5K	Division 1
3:10PM	Varsity Boys	5K	Seeded
3:40PM	Varsity Girls	5K	Seeded

We are limiting each college race to approximately 280 athletes, so please enter early! We hope that the schools who traditionally support our meet will continue to compete and offer feedback so we can improve future meets. Stanford will enter a strong women's and men's team.

Please e-mail our meet director Mary Jo Alexander if you have any questions or concerns regarding the Cross Country invitational at [StanfordXInvite@gmail.com](mailto:StanfordXInvite@gmail.com).

Please remember that since we're limiting the race sizes to a safe a manageable number. Enter early so you'll have a spot on the starting line.

Sincerely,

*Edrick Floreal*

Edrick Floreal  
The Franklin P. Johnson Director of Track and Field



## Stanford Cross Country Invitational Meet Information

### How To Enter on EZMeets.com

- Please go to [www.EZMeets.com](http://www.EZMeets.com) and request a password between August 4<sup>th</sup> and September 18<sup>th</sup> by 10:00AM, Pacific Time.
- We will e-mail you a password within 24 hours.
- Once you receive your password, please return to [www.EZMeets.com](http://www.EZMeets.com) and enter your athletes.
- You must use your password and select your team to enter each race.
- You may change your entries as often as you like until the ENTRY DEADLINE on September 20<sup>th</sup> at NOON Pacific Time.
- We will NOT accept entries via telephone, fax or e-mail.
- All entries must be done through [www.EZMeets.com](http://www.EZMeets.com) by the published deadlines.
- For each race, after you add or change entries, print your browser's entry web page. This is your only official receipt.
- On meet day, bring the most recent copies of your official receipts to packet pick-up. This receipt must be dated AFTER your LAST entry before the deadline. We'll use your receipt to help resolve entry errors.
- Visit [www.gostanford.com](http://www.gostanford.com) for entry confirmation and updated information on September 23<sup>rd</sup> by 6:00PM Pacific Time.

### Password Request Information – [www.EZMeets.com](http://www.EZMeets.com)

#### You need an entry password to enter your athletes:

- Go to [www.EZMeets.com](http://www.EZMeets.com) to request a password.
- Please answer all questions, especially phone numbers, in the password request form.
- An incomplete request form will delay your password being issued.
- Collegiate coaches must provide requested athletic director information.
- If your college has completely independent men's and women's programs, please type your team name as follows: **School Name-Gender. Examples: Stanford-M, Princeton-W, Harvard-M**
- Unattached/Open/Club Athletes should put the coach's name in the "Athletic Director" box and enter the coach's email address in the "Athletic Director's E-Mail Address" box.
- Coaches or agents who want their individual athlete's club recognized must request a password for each affiliation. Only one affiliation will be assigned per password. Requesting a password for a unique team name is acceptable (i.e.

Impala Racing). Broad affiliation team names for shoe sponsors, such as Nike, Asics, Brooks, Reebok...will NOT be issued a password.

- When requesting a shoe sponsor club affiliation password enter: **Club Name-Last Name.First Initial. An Example: Nike-Vidal.D**
- Each unattached athlete must request a password.
- **UNATTACHED is NOT a “Team Name.”** Please do NOT use “Unattached” as a team name. When entering unattached athletes, enter: **UNA-Last Name.First Initial. An example: UNA-Vidal.D**
- **ALL UNATTACHED/OPEN/CLUB athletes must be a USATF member. If you DO NOT have a USATF membership you will not be allowed to run. Please visit [www.usatf.org](http://www.usatf.org) for membership.**
- Each unattached athlete must request a password.

### **College Teams – Entry Fees**

- Incomplete Teams: Entry fees for a total of 1-4 athletes per gender: \$20.00 per athlete.
- Complete Teams: Entry fees for a total of 5-7 athletes per gender: \$80.00.
- Entry fees for each 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> team athlete per gender: \$20.00 per athlete. You may enter no more than 10 athletes per gender. After the entry deadline, meet management will arbitrarily scratch back to 10 entries per team per gender. Teams with more than 10 runners at the starting line will be disqualified.
- Meet management will NOT accept any late entries.
- ONLY complete teams (1<sup>st</sup> through 5<sup>th</sup>, 6 or 7 finishers) will be scored.

### **Unattached/Open/Club Athletes – Entry Fees**

- Entry fees are \$20.00 per athlete.
- Meet management will NOT accept any late entries.

### **Policy for Selecting University Teams/Unattached/Open and Club Athletes**

The races will consist of the top ranked collegiate teams as determined by the respective NCAA Cross Country Coaches polls and meet management. Meet management will limit the field size in each race to approximately 280 athletes. We reserve the right to control the number of teams selected based upon the quality and parity of the teams entered in the meet. This policy will allow for an even field of competition without overloading the course.

**Please note:** Due to the limit of field size, a **maximum of 10 runners** per team per gender will be allowed to enter and compete. Make sure you meet the deadlines.

**Unattached/Open and Club Athletes:** Due to the limit of field size of approximately 280 athletes, priority will be given to collegiate teams. Therefore, if the field is filled with collegiate teams, you will not be accepted into the meet. All unattached collegiate athletes will be treated as open/club athletes. We will NOT accept late open/club division entries.

## **ENTRY CHANGES**

### **Before Entry Deadline:**

- Before the entry deadline, update entries via [www.EZMeets.com](http://www.EZMeets.com).
- Whatever information is entered on [www.EZMeets.com](http://www.EZMeets.com) will appear on the entry list and results. Changes or corrections in spelling and/or year in school are the coach's responsibility.

### **After Entry Deadline:**

- **Name in database change – spelling correction – change the year in school:** there will be a **\$5.00** charge for each change or correction, payable at Packet Pickup.
- The form must be turned in one hour before the scheduled race involved.
- **Note:** No additional BIB runners may be added. You must use only the BIB numbers that are in your packet.

## **Packet Pick-Up**

Team Packets will be available beginning at 7:30AM on race day at the Stanford Golf Course, located before the entrance into the #2 fairway. The packets will include meet information, final instructions, competition numbers, etc.

## **No Access to the Course**

**THE COURSE WILL NOT BE OPEN FRIDAY, SEPTEMBER 25<sup>TH</sup> FOR A COURSE JOG. TEAMS WILL BE DISQUALIFIED FOR ANY VIOLATION OF THIS POLICY. FURTHERMORE, THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00AM ON SATURDAY, SEPTEMBER 26, 2009.**

No one will be permitted on the course prior to 8:00AM, Saturday, September 26<sup>th</sup>. Please explain this policy to ALL of your athletes, coaches, parents, and supporters.

Please stay away from the stable and barn areas. Coaches please instruct your athletes to **NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, BIKES OR PETS WILL BE ALLOWED ANYWHERE.**

## **Scoring and Awards**

1. Meet management will use Bob Rush Finish Systems for our computerized team scores.
2. Hip Numbers must be worn. This allows for FinishLynx operator more than one perspective when reading numbers.
3. There will be NO quick score cards.
4. Results should be available within 30 minutes after each race.
5. Shirts will be awarded to the top team once results are declared official.

6. A sweatshirt will be awarded to the top individual and 2<sup>nd</sup> through 10<sup>th</sup> place individuals will receive a t-shirt.

### **Additional Information**

1. Trainers: Stanford Athletic Trainers will have a training area that will be open two hours before the start of the first race (8:50AM)
2. Showers: There are no dressing or shower facilities at the Stanford golf course. Meet management encourages all teams to make use of the facilities available at their hotel.
3. Parking: Please refer to the enclosed map for directions to the course and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
4. Admission: Spectators may purchase admission tickets for \$6.00 on the day of the meet only at the course.
5. Questions: For any information concerning the Stanford Cross Country Invitational please contact Mary Jo Alexander @ [Stanfordxininvite@gmail.com](mailto:Stanfordxininvite@gmail.com).

### **Coaches: Please Remember:**

1. The course will be closed until 8:00AM on Saturday morning and NOT be open on Friday. Teams will be disqualified for violation of this policy.
2. Entries must be completed online by September 20<sup>th</sup> at 12:00 NOON Pacific Time.
3. Visit [www.gostanford.com](http://www.gostanford.com) for entry confirmation and updated information on September 23<sup>rd</sup> by 6:00PM Pacific Time.

### **2010 Track & Field and Cross Country Dates+-**

#### **Stanford Track & Field Invitational Friday March 26 & Saturday March 27, 2010**

The 38<sup>th</sup> Annual Stanford Track and Field Invitational co-hosted by Palo Alto High School will be on Friday, March 26<sup>th</sup> and Saturday, March 27<sup>th</sup>, 2010. Our beautiful nine lane track, dual direction runways, and multiple throwing circles produce great results. The schedule is thoughtfully constructed to provide the best opportunity for performance. Be a part of the action!

#### **Payton Jordan Cardinal Invitational Saturday, May 1, 2010**

The Payton Jordan Cardinal Invitational has developed into one of the premier Track and Field meets of the outdoor season. Hundreds of elite college and international athletes compete under the lights before a packed Cobb Track and Angell Field stadium. Annually, this exciting meet produces some of the top performances in the NCAA, the USA, and the World.

**Stanford Cross Country Invitational**  
**Saturday, September 25, 2010**

The 37<sup>th</sup> edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 25, 2010. Once again, the serene Stanford Golf Course will serve as the setting for 14 exciting races of high school and college competition. With rolling hills and more than 300 oak trees, the course is both challenging and picturesque. At the conclusion of the day, nearly 4000 runners will have completed the home course of the Cardinal men's and women's cross country teams, making the Stanford Cross Country Invitational one of the largest cross country events in the United States.