



**Stanford Cross Country Invitational
Saturday, September 27, 2008
Stanford University Golf Course**



**Entries must be completed online at EZMeets.com by
September 21 @ 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 35th edition of the Stanford University Cross Country Invitational to be held on Saturday, September 27, 2008. This meet will take place on the Stanford Golf Course. Please check the schedule carefully for race times.

For the 2008 Stanford Cross Country Invitational, we a new format:

Men's 8000 meter scored race
Women's 6000 meter scored race

In order to accommodate this schedule we will be limiting each field to approximately 280 athletes, so please enter early! We hope that the schools who traditionally support our meet will continue to attend and offer feedback for the future. The Stanford program will enter both a strong women's and men's teams in each race.

We encourage you to write our meet director Mary Jo Alexander if you have any questions or concerns regarding the cross country invitational at StanfordXInvite@gmail.com.

Please remember that we will cap the field sizes to a safe and manageable number, so be sure to respond early so that we can save a spot on the starting line for you.

Thank you.

Sincerely,

Edrick Floreal

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The Franklin P. Johnson Director of Track and Field



Stanford Cross Country Invitational Important Meet Information

How To Enter on EZMeets.com

- Please go to EZMeets.com and request a password between August 4th and September 20th by 10:00AM, Pacific Time.
- You will receive a password within 24 hours.
- Once you receive your password, please return to EZMeets.com and enter your athletes.
- You must use your password and select your team to enter each race.
- You may make changes as frequently as you like until the DEADLINE on September 21st at NOON Pacific Time.
- Please note we will NOT accept entries via telephone, fax or e-mail.
- All entries must be done through EZMeets.com by the published deadlines.
- Make sure you ALWAYS print a receipt after each EZMeets session.
- Please bring a copy of your receipt to packet pick-up, the day of the meet – this will be your proof if there is a mistake in entries. This receipt must be dated AFTER your LAST entry before the deadline.
- Visit www.gostanford.com for entry confirmation and updated information on September 24th by 6:00PM Pacific Time.

Password Request Information – EZMeets.com

- Go to EZMeets.com to request a password.
- Please make sure to answer all questions in the password request page as indicated (especially phone numbers).
- An incomplete request form will delay your password being issued.
- Collegiate coaches must provide athletic director information requested.
- Collegiate coaches, who are responsible for only ONE gender, please type your team name as follows: **School Name-Gender. Examples: Stanford-M, Princeton-W, Harvard-M**
- Unattached/Open/Club Athletes should put their coaches name in the “Athletic Director” Box and provide their coaches email address in the “Athletic Director’s E-Mail Address” Box.
- Coaches or agents wanting their individual athlete’s club recognized must request a password for each affiliation. 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 it should be listed as **Club Name-Last Name.First Initial. An Example: Nike-Mack.K**
- **UNATTACHED is NOT a “Team Name.”** Please do NOT use this as a team name. When entering unattached athletes, the affiliation should be listed as **UNA-Last Name.First Initial. An example: UNA-Vidal.D**
- **ALL UNATTACHED/OPEN/CLUB athletes must have a USATF membership. If you DO NOT have a membership you will not be allowed to run. Please visit www.usatf.org for membership.**
- Each unattached athlete must request a password.

College Teams – Entry Fees

- Entry fees for 1-4 athletes: \$20.00 per athlete per gender.
- Entry fees for 5-7 athletes: \$80.00 per team per gender.
- Entry fees for every athlete over 7 (maximum of 10 runners): \$20.00 per individual per gender.
- Meet management will NOT accept any late entries.
- ONLY the top 7 runners will be allowed to score per team.

Unattached/Open/Club Athletes – Entry Fees

- Entry fees are \$20.00 per athlete.
- Meet management will NOT accept any late entries in the UNATTACHED/OPEN/CLUB division.

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 intends to 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 compete. Make sure you meet the deadlines. College coaches, you will be charged only for the athletes that you compete!

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.

NAME CHANGES

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 the registration table.

Note: The name and school year are put in by the coach during the registration process. Meet management does not make any changes. Whatever information is entered in the database will appear on the results. Any changes or corrections in spelling and/or year in school are the coach's responsibility. No additional BIB runners may be added. You must use only the BIB numbers that are in your packet.

No Access to the Course

THE COURSE WILL NOT BE OPEN FRIDAY, SEPTEMBER 26TH 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, SEPTMEBER 27, 2008.

No one will be permitted on the course prior to 8:00AM, Saturday, September 27th. 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 Lynx Camera 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 2nd through 10th 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 \$5.00 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 @ Stanfordxinvite@gmail.com.

Coaches Remember the Following:

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 21st at 12:00 NOON Pacific Time.
3. Visit www.gostanford.com for entry confirmation and updated information on September 24th by 6:00PM Pacific Time.

Future Dates for Cross Country 2008

NCAA Cross Country Regionals Saturday, November 15, 2008

The NCAA Regionals return to the Farm after a successful meet in 2005. This meet will serve as the qualifying round for the NCAA Championships in Terre Haute, In, November 15, 2008. All the top cross country teams in the Western United States will be competing for the opportunity to advance to the NCAA Championships.

Future Date for Track & Field 2009 and Cross Country 2009

Stanford Track & Field Invitational Friday March 27 & Saturday March 28, 2009

The 37th Annual Stanford Track and Field Invitational co-hosted by Palo Alto High School will be on Friday, March 27th and Saturday, March 28th, 2009. 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!

Stanford Cross Country Invitational Saturday, September 26, 2009

The 36th edition of the Stanford Cross Country Invitational co-hosted by Palo Alto High School will be on September 26, 2009. 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.