



UNIVERSITY OF WASHINGTON

SUNDODGER CROSS COUNTRY INVITATIONAL

September 18th, 2010
Lincoln Park – Seattle, Washington

To: Men's and Women's Cross Country Coaches

From: Jason Drake, Meet Director

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****Please call or email if you plan to attend****

Subject: 18th Annual Sundodger Cross Country Invitational

Location: Lincoln Park, Seattle, Washington.

Take West Seattle Fwy exit off of I-5 North or South. Head into West Seattle. Take a right onto Fauntleroy Way and follow signs to Vashon Ferry Terminal. Lincoln Park is on West side of Fauntleroy Way.

Time: (times subject to change)	9:00 am	Women's 6000m Open Race
	9:40 am	Men's 8000m Open Race
	10:25 am	Women's 6000m Invitational Race
	11:00 am	Men's 8000m Invitational Race
	12:00 pm	High School Girls 5000m Varsity
	12:30 pm	High School Boys 5000m Varsity
	1:00 pm	High School Girls 5000m Junior Varsity
	1:30 pm	High School Boys 5000m Junior Varsity

Meet Records:

- 8k:** Paul Limpf, Eastern Washington Univ. – 23:33 (2008)
- 6k:** Kendra Schaaf, University of Washington – 19:49.12 (2009)
- 5k High School Boys:** Trevor Thompson, Lindbergh 15:22.76 (2009)
- 5k High School Girls:** Devin McMahon, Redmond 18:12.73 (2009)

Course: Start and finish on grass playing field. Is a mixture of grass, dirt, light gravel, and bark chips. Can wear spikes or flats. Located in West Seattle, 10-15 minutes from downtown, Lincoln Park is bordered on the east by Fauntleroy Way and on the west by Puget Sound.

Course maps:

http://www.gohuskies.com/auto_pdf/p_hotos/s_chools/wash/sports/c-xc/auto_pdf/09SundodgerMaps

Entries: Register at **www.directathletics.com** by **12:00 pm (noon) Tues., Sept. 14th, 2009**. College teams may enter up to 9 competitors. Invitational race is for Division I teams only. High school teams may enter up to 8 competitors in varsity race, and unlimited entries in the junior varsity race. To request a coach's account with Direct Athletics, visit the website and follow the instructions (**SEE PAGE THREE OF THIS PACKET FOR ENTRY PROCESS DETAILS**).

Entry Fee:**College**

\$200.00 per men's team and \$200.00 per women's team.

\$400.00 for teams entering both races. \$25.00 per individual.

High School

\$50.00 per boys's team and \$50.00 per girl's team.

\$100.00 for teams entering both races.

Make Checks Payable to: **UNIVERSITY OF WASHINGTON**

Packets will be available Friday afternoon from 3pm until 5pm and Saturday morning at the course starting at 7:30 am.

Awards:

Will be given to the top 10 finishers in each race and trophies to the top men's and women's teams.

Results:

Results will be available at the conclusion of the meet. Results will also be available on the University of Washington website www.gohuskies.com.

Facilities:

Parks department restrooms and portable toilets are available at race site. No shower facilities will be available.

Parking:

Please follow the following parking policies. Parking during this event is the biggest issue for the surrounding community and Seattle Parks Department.

Parking is available for vans and cars in the lots identified on the course map. There are also a limited number of spaces on the street. **Buses may not park along the street, in city bus lanes, or in the park lots.** Buses may drop off (and pick up) at the north entrance to the Lincoln Park and then drive to the south lot (see course map) to park. Please do not double park or block traffic to drop off athletes.

DIRECT ATHLETICS ENTRY PROCESS

****Entry Info:** On www.directathletics.com, a password will be provided to teams. Make sure to enter on or before 12:00pm Tuesday, September 14th, 2010.

Step 1: Set up an Account with Direct Athletics.

1. You must have a Direct Athletics account to enter your team. An existing account will suffice if you have one.
2. If you do not already have a Direct Athletics account for your team, you must request an account by emailing support@directathletics.com.
3. You will receive your account information by email within 24 hours. This email will include a username and password to access your secure account, along with detailed instructions on how to submit your entries online.

IMPORTANT NOTE: DO NOT WAIT UNTIL THE DEADLINE TO SET UP THIS ACCOUNT! THE PROCESS WILL TAKE A DAY TO COMPLETE!

Step 2: Enter Your Athletes Electronically on the Internet.

1. Go to www.directathletics.com.
2. Use the directions, password, and username acquired above to make your entries at this site. You will also be able to create a password for yourself so that you can make changes later as you wish.
3. There is no scratch/add procedure. You may go in and make changes as often as you wish up to the entry deadline, but after this time all entries are final.
4. Entry Deadline is the Tuesday before the meet. You may make changes as often as you wish until the entry deadline.
5. No Faxed or Phoned entries will be accepted.

Step 3: Check Your Entries

1. A final list of those accepted to the meet will be posted to the cross country page at GoHuskies.com after 5 p.m. on Thurs., Sept. 16th. No new entries will be accepted at this time, but every effort will be made to fix any errors made in regards to entries submitted prior to the entry deadline.