



UNIVERSITY OF WASHINGTON SUNDODGER CROSS COUNTRY INVITATIONAL

September 17, 2016
Lincoln Park – Seattle, Washington

Meet Director: **Megan Morgan, Meet Director**
Phone: (206) 221-4047; Fax: (206) 685-1677; Email: mmorgan7@uw.edu

*****Please call or email to confirm your entry *****

Location: Lincoln Park (8011 Fauntleroy Way, Seattle, WA 98136)

Directions to Course:

Take West Seattle Fwy exit off of I-5 North or South. As you 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.

TENTATIVE Race Day Schedule (Subject to Change):

9:00 am	Women's 6000m Open Race
9:40 am	Men's 8000m Open Race
10:25 am	High School Girls 5000m Varsity
11:00 am	Women's 6000m Invitational Race
11:35 am	Men's 8000m Invitational Race
12:20 pm	High School Boys 5000m Varsity
12:50 pm	High School Girls 5000m Junior Varsity
1:30 pm	High School Boys 5000m Junior Varsity

Meet Records:

8k: Paul Limpf, Eastern Washington Univ. – 23:33.1 (2008)
6k: Kendra Schaaf, University of Washington – 19:49.1 (2009)
5k High School Boys: Nathan Weitz, Shadle Park 14:33.7 (2011)
5k High School Girls: Amy-Eloise Neale 16:31.1 (2012)

Course Description:

Start and finish on grass playing field. The course is a mixture of grass, dirt, light gravel, and bark chips. Competitors may wear spikes or flats.

Parking:

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 park near Chief Sealth High School (see map). Please do not double park or block traffic to drop off athletes.

Collegiate Entry Procedure:

COLLEGE TEAMS will register at www.directathletics.com by **12:00 p.m., on MONDAY, September 12, 2016**. Teams are asked to limit entries to 12 per gender.

The INVITATIONAL RACE is for Division I teams ONLY. NO EXCEPTIONS. All other teams (collegiate or club) will be assigned to the OPEN RACE.

Entry Fee: **College -**
 Team: \$300.00 per gender
 Individual: \$35.00 per entry (less than five athletes)

Please Note: College Students (WITH STUDENT ID) will be charged \$5 at packet pick up. These athletes SHOULD NOT ENTER ONLINE, and will be entered separately by meet management. Those eligible for this discount should contact Megan Morgan (mmorgan7@uw.edu) to discuss potential entry.

NOTE - ONLINE PAYMENT on DirectAthletics is REQUIRED for both teams and individuals. If you are unable to process your payment online, please contact Megan Morgan (mmorgan7W@uw.edu) to discuss alternate payment options.

High School Entry Procedure:

HIGH SCHOOL TEAMS will register at www.athletic.net, by **12:00 p.m., on MONDAY, September 12, 2016**. Teams may enter up to 8 competitors in the varsity race, and unlimited entries in the junior varsity race. Teams DO NOT need to designate varsity/junior varsity when entering online.

Entry Fee: **High School -**
 Team: \$100.00 per gender; \$150.00 for schools entering both boys' and girls' teams;
 Individual: \$15 per individual (less than five athletes)

Individual athletes MUST represent their HS team, and be entered on athletic.net, by their HS coach. Entries from UNATTACHED individuals will NOT be accepted. **

Payment Procedure/Packet Pick Up:

Make Checks Payable to: **UNIVERSITY OF WASHINGTON**, and checks should be brought to packet pick-up, or sent to:

Megan Morgan
University of Washington Track & Field
Graves Annex, Box 354080
Seattle, WA 98195-4080

Awards:

The top 10 (ten) finishers in each division will receive awards, as well as the winning team in each race.

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.

Restrooms Facilities:

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



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Sundodger FAQs

Q: There is no option to designate varsity or junior varsity on athletic.net, where do I enter my JV team?

A: *All athletes (varsity and junior varsity) should be entered on athletic.net. It is the responsibility of the coach to send their designated eight (8) varsity athletes to the line for the varsity race. All athletes must be entered online in order to race!*

Q: My school district will not cut our check until the competition is over. Can we still compete?

A: *Yes! If you are experiencing issues/delays with payment, please contact Megan Morgan (mmorgan7@uw.edu) so we know when to expect your entry check.*

Q: Is there a suggested time for course preview?

A: *Lincoln Park is a public park within the Seattle Parks system. The park is open to the public on Friday, but will not be line/marked until Saturday morning.*

Q: Where do I pick up my timing chips?

A: *Timing chips and race numbers will be distributed at packet pick up at the Meet Director's Tent (beginning at 7:30 a.m., on race day). Your packet will include specific instructions on properly tying chips to athletes' shoes. Athletes will be **REQUIRED** to return their chips before they exit the finish chute post race. Chips for scratched athletes should be returned to packet pick up. Coaches who do not return all chips assigned to their team will be charged a penalty fee.*

Q: Will there be t-shirts/merchandise for sale?

A: *Yes! We will be selling Sundodger and UW Cross Country t-shirts during the length of competition. Cash and personal checks will be accepted.*

Q: My team/athlete earned an award, when is the awards ceremony?

A: *Unfortunately, due to the length and logistics of the meet, we are unable to host an awards ceremony. The top 10 finishers in each race will receive their award as they cross the finish line. A representative from each winning team should pick up their awards in the Meet Director's Tent – adjacent to the finish line.*

LINCOLN PARK

Women's 6k

Start: A - B - C

1st Loop: D - E - F - B - G

2nd Loop: C - D - E - F - B - G

Finish: C - D - E - F - B - A - G - Finish

Men's 8k

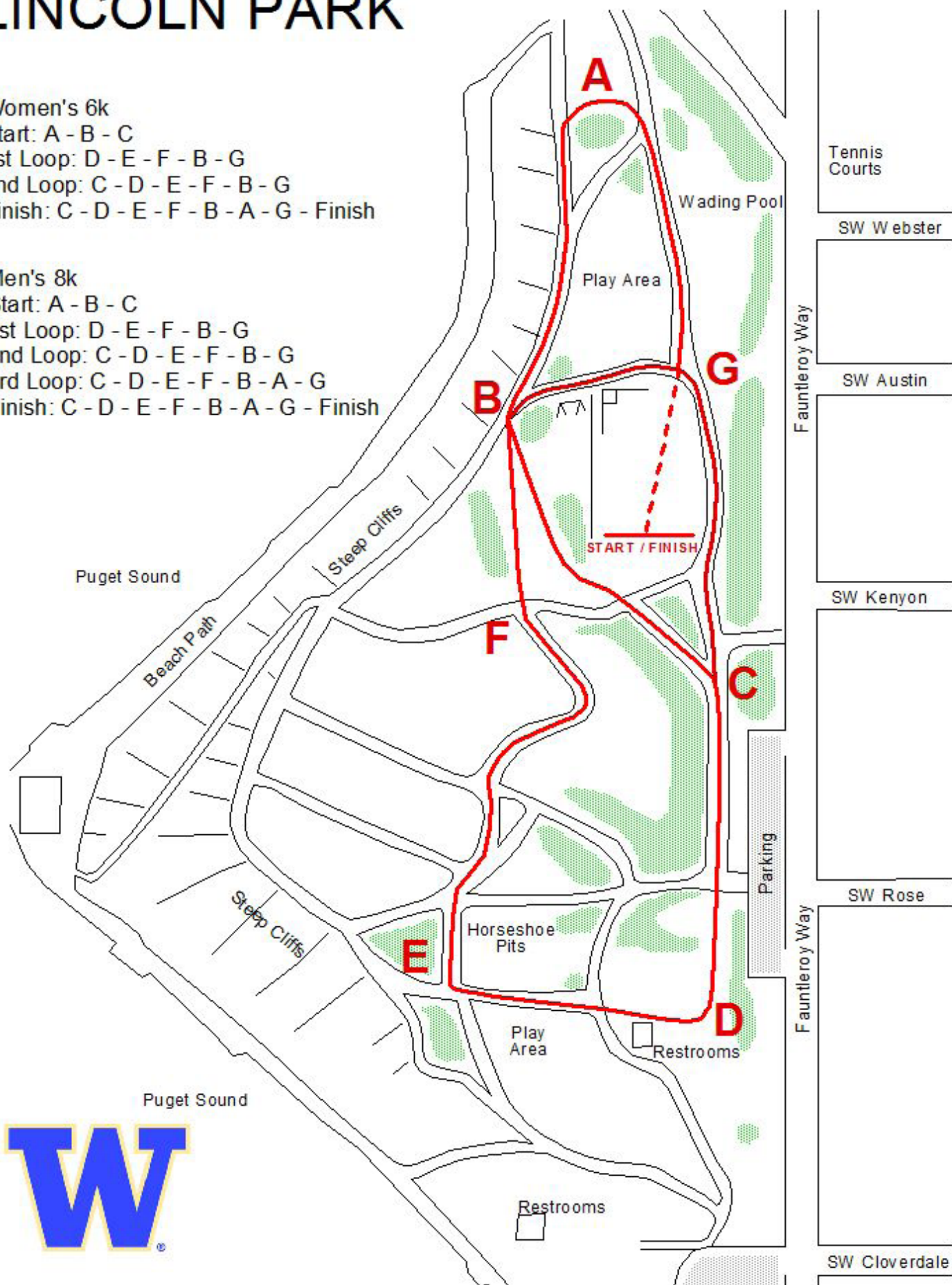
Start: A - B - C

1st Loop: D - E - F - B - G

2nd Loop: C - D - E - F - B - G

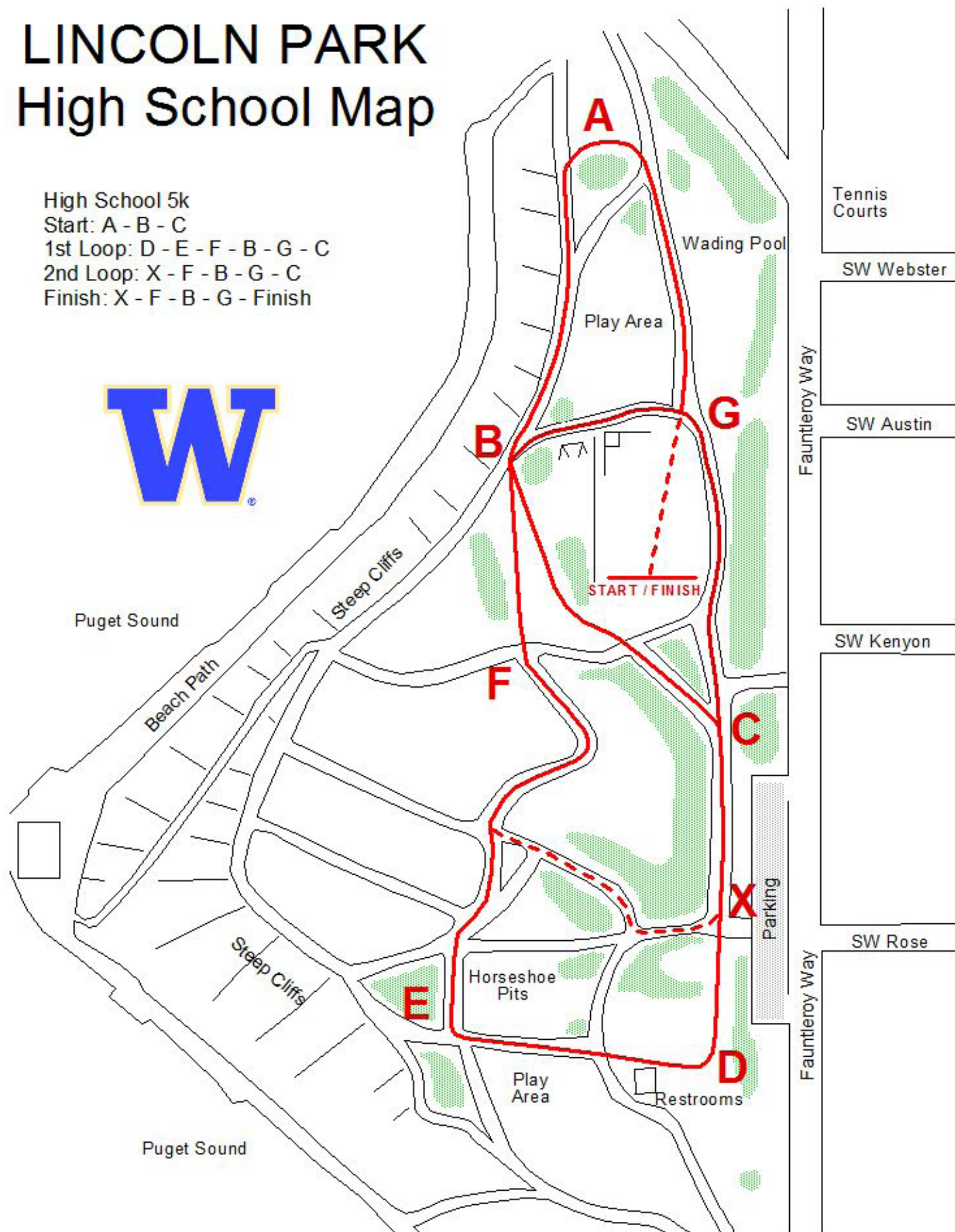
3rd Loop: C - D - E - F - B - A - G

Finish: C - D - E - F - B - A - G - Finish



LINCOLN PARK High School Map

High School 5k
Start: A - B - C
1st Loop: D - E - F - B - G - C
2nd Loop: X - F - B - G - C
Finish: X - F - B - G - Finish





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