



2025 Ed Holloway XC Classic

DATE: Friday, October 17, 2025

LOCATION: Holloway Park: 2402 Holloway Park Dr. Lakeland, FL 33812

SCHEDULE: 6:00 PM University/College/Unatt - Men's race (8k)
6:45 PM University/College/Unatt - Women's race (6k)

COURSE: Home of the 2025 Sunshine State XC and 2025 NCAA DII South Region Championships, the course is comprised of winding dirt and grass trails with a few rolling hills.

PARKING: Please enter the park from the Highway 98 entrance. **\$10 for spectators and fans.**

FACILITIES: There are no shower/locker facilities available at the park. Portable toilets will be provided.

PACKET PICK-UP/PAYMENT: 3:45 pm-4:45 pm the day of the race and will be located near the finish. **All** payments must be submitted through DirectAthletics.

ENTRY INFORMATION: Must be submitted through DirectAthletics. **ENTRY DEADLINE IS Wednesday, October 15, 2024 at 11:59 p.m.**

Unattached Entries must register for the meet on Direct Athletics under a personal account they create prior to October 15, 2024 at 11:59 p.m. Unattached entries must also email mlevassiur@flsouthern.edu by October 15, 2024 at 11:59 p.m. Please include name, gender, and year of graduation from FSC (if you are an alumnus).

High school entries: Due to NCAA rules, HS athletes are NOT permitted in the university races.

ENTRY FEE: Pay through Direct Athletics.

- **University/college single gender - \$300.00** for single gender team of 5 or more.
- **University/college - \$600.00** for men's and women's team combined.
- **College Club single gender - \$200** for single gender team of 5 or more.
- **College Club - \$400** for men's and women's team combined.
- **Individuals - \$50.00** for each runner. ****Attached fees are non-refundable on teams with less than 5 entered runners.**

TIMING COMPANY: Elite Timing

AWARDS: Awards will be given to:

- Individual Women – Top 15
 - Individual Men – Top 15
 - Top Women’s Teams
 - Top Men’s Teams
- *Only NCAA & Club Entrants eligible for awards

FOR MORE INFORMATION: Matt Levassiur – Head Men’s Cross Country Coach | Florida Southern College | mlevassiur@flsouthern.edu (email) | 719.406.8536 (cell)

TIMELINE

4:00-5:30p	Packet Pick-up (Finish Line)
5:45p	National Anthem/Race Announcements
5:50p	All men to the Start Line
6:00p	Men's Race Start
6:35p	All women to the Start Line
6:45p	Women Race Start
7:30p	Team and Individual Awards

APPENDIX A – COURSE MAPS



Men’s Race 5k + 3k



Women’s Race 3k x 2

APPENDIX B – EMERGENCY ACTION PLAN/LIGHTNING POLICY

EMERGENCY ACTION PLAN

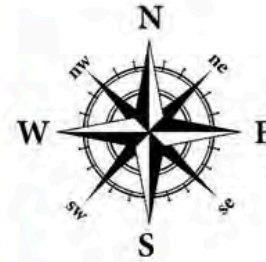
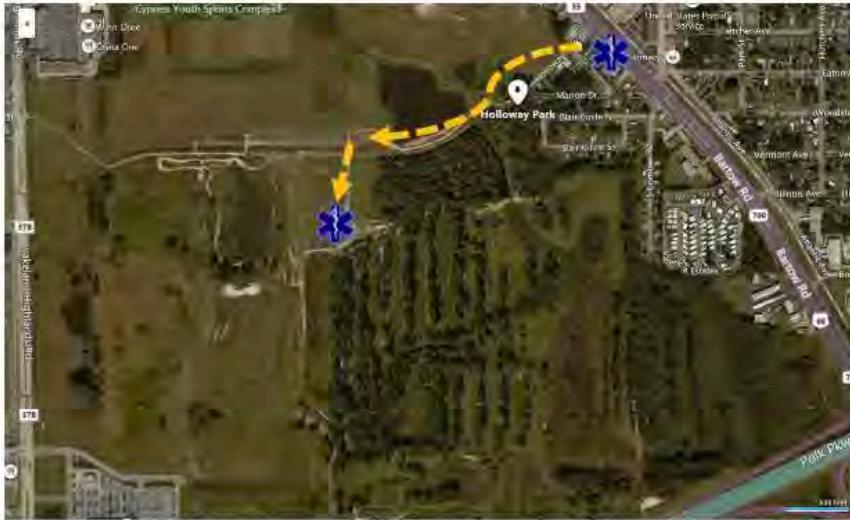
Holloway Park

(Sunshine State Conference Cross Country Championship)


Address: 2402 Holloway Park Drive Lakeland, FL 33803

Venue Directions (from the North): From Southeast corner of South Ingraham Ave. and US 98/Bartow Road turn right onto US 98/ Bartow Road heading towards Bartow; At 2.8 miles turn right onto Holloway Park Drive; Follow the road through and EMS will be signaled to injured or ill student athlete/spectator.

Venue Directions (from the South): From FL Highway 570 West/ Polk Parkway traveling Southwest take exit 10, onto US 98/ Bartow Road. Heading North on US 98/Bartow Road at .8 miles turn left onto Holloway Park Drive. Follow the road through and EMS will be signaled to injured or ill student athlete/spectator.



Map Key:

 = EMS Entry

 = EMS Route

Emergency Personnel: Available during the SSC Championship Practice & Meet

- Athletic Trainers (Practice & Meet)
- Coaches
- Event Staff
- Emergency Medical Services

Emergency Communication: There are no land line phones at Holloway Park; primary forms of communication will be the following:

- ✓ Cellular phone
- ✓ Radio

Emergency Equipment: The following emergency equipment will be available during the SSC Championship Practice & Meet:

- AED
- Crutches
- Vacuum Splint System
- Supplemental Oxygen
- Airway Management (OPA, NPA)
- Ice Water Immersion Tub
- Rectal Thermistor
- Tarp for remote heat ice water immersion
- Spine board (Meet only via EMS)

Roles of First Responders:

1. Immediate care of the injured or ill
2. Activation of emergency medical services (EMS).
 - a. 911 call (provide name, address, telephone number, number of individuals injured, condition of injured, first aid treatment rendered, specific direction; other information as requested).
3. Emergency equipment retrieval
4. Direct EMS to scene
 - a. Open appropriate gates
 - b. Designate individuals to flag down EMS and direct to scene; Send people to flag EMS off Bartow Road
 - c. Scene control: limit scene to first aid providers and move bystanders away from area

Lightning Policy:

Florida Southern College Athletic Training Services uses Perry Weather®. Nova Southeastern University Athletic Training Staff will partner with and defer to Florida Southern College’s lightning system at Holloway Park:

Lightning Distances:	Actions:
Warning Strikes within 8 Miles	Evacuate to lightning safe shelters/vehicles
Advisory Range 8-15 Miles	Warn Coaches, Staff, Officials, Game Ops Personnel
15+ miles/ All Clear	Full Go on outdoor activities

+ “Return to Play Clock” is 30 minutes from the last strike that is within 8 miles. “Return to Play Clock” resets every time a new strike hits within the 8-mile radius of facility.

++ When a certified athletic trainer is not onsite; site host/FSC Athletic representative should use a weather app or the “Flash to Bang Method”: count the seconds between the **flash of lightning** and the **bang** of the thunder. Divide the number of seconds by 5, to determine how many miles away the lightning strike has occurred. **It is recommended that you follow the FSC Lightning Policy.**

+++ Spectators will be asked to evacuate to their personal vehicles

Coaches Map:

