

2025 FSU Invitational & Pre-State Cross Country Meet

October 24-25 | Apalachee Regional Park | Tallahassee, Fla.



Apalachee Regional Park has been the host site of the FSU Invitational since 2009. The 2025 event will mark the 14th consecutive year it has been designated as the Pre-State meet.

While the bulk of the field is comprised of Florida high school teams, the meet is NFHS-sanctioned and therefore open to all of its member high schools in good standing, as well as all middle schools and middle school-aged clubs (grades 6-8). Neither Visit Tallahassee, nor Florida State University is responsible for enforcing competition restrictions in place from specific states or school.

Registration information

All teams - high schools, middle schools and middle school-aged clubs - must register through Direct Athletics at the links below:

High School: <https://www.directathletics.com/meets/xc/25737.html>

High School 'B' teams: <https://www.directathletics.com/meets/xc/25740.html>

Middle School: <https://www.directathletics.com/meets/xc/25738.html>

- Teams can set up an account at no charge.
- Middle school clubs must register under the name of the affiliated school and email Bob Thomas bttrackguy@outlook.com with your club name, which will be reflected in the results.
- **All high school payments must be made electronically through Direct Athletics' secure system. All forms of credit and debit cards are accepted. This decision, endorsed by the FHSAA officials, streamlines the process and avoids costly no-shows.**
- Middle schools and middle school-aged clubs will pay on site at packet pick-up. See details under Middle School section on next page.
- Registration for all races closes Sunday, Oct. 19 at 11:59 p.m.

Entry fees

High Schools

\$150 per team, per gender

\$25 per individual

- Each team registered with **DirectAthletics** will receive 20 chipped bibs. A maximum of 10 athletes may compete in the varsity races, and the balance can be used for the junior varsity races.

Race Schedule

Friday, Oct. 24

- 5:00 pm Middle School Girls (3k)
- 5:25 pm Middle School Boys (3k)
- 5:50 pm High School Girls JV (5k)
- 6:20 pm High School Boys JV (5k)

Saturday, Oct. 25

- 7:40 am Girls High School Elite
 - 8:05 am Boys High School Elite
 - 8:30 am Girls High School Select
 - 8:55 am Boys High School Select
 - 9:20 am Girls High School Varsity A
 - 9:50 am Boys High School Varsity A
 - 10:20 am Girls High School Varsity B
 - 10:50 am Boys High School Varsity B
- (All high school races are 5k)*

Packet pick-up/preview

- Packet pick-up at Apalachee Regional Park will be open on Friday, Oct. 24 from Noon-6 p.m. and reopen Saturday, Oct. 25 at 6 a.m.
- The course is open for preview on Friday, Oct. 24 from Noon-4:30 p.m. The course will be closed Saturday, Oct. 25 at 7 a.m. The 1-mile warm-up trail will remain open at all times.



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Contacts

Bob Thomas, High School Coordinator

bttrackguy@outlook.com

Taylor Walker, Meet Director

Taylor.Walker@visittallahassee.com

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- Bibs will be assigned for all registered athletes on a team. Coaches do not have to designate athletes for varsity or junior varsity races.
- Coaches should register a maximum of 20 athletes upon initial entry and have until Sunday, Oct. 19 at 11:59 p.m. to finalize their entries.
- Schools wishing to field a 'B' team in the varsity races must enter them separately at a cost of \$150 per team, per gender and will receive 20 additional chipped bibs. (See 'B' team registration link on front page). 'B' teams will be placed in separate races from their 'A' team.
- Individual athletes must be registered through and represent their high schools. **Unattached high school runners are prohibited.**
- Individual athletes, **with their coaches approval**, may run separate from their team. They will be accepted into the Elite or Select races based on the following verifiable standards. **No exceptions:**
Elite Boys - sub-16:00 **Elite Girls** - sub-19:00
Select Boys - sub-17:00 **Select Girls** - sub-20:00
- Coaches who wish to have their qualified runners based on the above standards entered in the Elite or Select races - separate of their competing teams - must email high school coordinator Bob Thomas at bttrackguy@outlook.com by Sunday, Oct. 19 at 11:59 p.m.
- Participation will be limited to 32 teams, plus qualified individuals, in the Elite & Select divisions. Teams will be placed into divisions by the FSU Invitational/Pre-State high school committee, with the objective being to create competitively balanced divisions.
- Race assignments will be emailed to all coaches by Wednesday, Oct. 22 and published across multiple website and social media channels.
- Box assignments will be available at packet pick-up. There will be no box assignments for Middle School or Junior Varsity races.

Middle Schools/Clubs

\$100 per school/club (unlimited)

\$5 per individual

- All middle schools/clubs must create a team account with **DirectAthletics**, which comes at no charge. The \$100 fee covers both boys and girls.
- Entries are unlimited, but coaches should only build their rosters with those who will compete, mindful when registering that the chipped bibs come at an expense.
- Individual athletes must be entered through their school or affiliated club.
- Payment will be accepted at packet pick-up for middle schools only. Checks should be made to: **Board of County Commissioners, Leon County.**

Awards

- Trophies presented to the top 2 teams in each **Elite** race, and to the champions only in all other divisions, including junior varsity and middle school.
- Award shirts will be presented to the top 20 finishers in all **Elite, Junior Varsity** and **Middle School** races. Top 10 finishers in all other races will receive award shirts.
- Fastest by Class awards will be presented to the fastest in each grade (9-12 only) - boys and girls - based on all varsity races.

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Timing

Primetime Timing will provide live results, including splits and in-race scoring, while also determining official order of finish.

Officiating

TLH Track & Field Officials Association, Inc. will serve as meet officials and render all protest rulings and monitor all races.

Apalachee Regional Park

The course is located at:

7550 Apalachee Parkway (US-27)
Tallahassee, FL 32311-3448

For more information on the meet, lodging, restaurants and things to do in Tallahassee go to [Visit Tallahassee](http://VisitTallahassee.com).