



UNIVERSITY OF WASHINGTON  
SUNDODGER CROSS COUNTRY  
INVITATIONAL

September 15<sup>th</sup>, 2012  
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:** 20<sup>th</sup> Annual Sundodger Cross Country Invitational

**Location:** Lincoln Park, Seattle, Washington.

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.

<b>Time:</b>	<b>9:00 am</b>	<b>Women's 6000m Open Race</b>
<b>(times subject to change)</b>	<b>9:40 am</b>	<b>Men's 8000m Open Race</b>
	<b>10:25 am</b>	<b>High School Girls 5000m Varsity</b>
	<b>11:00 am</b>	<b>Women's 6000m Invitational Race</b>
	<b>11:35 am</b>	<b>Men's 8000m Invitational Race</b>
	<b>12:20 pm</b>	<b>High School Boys 5000m Varsity</b>
	<b>12:50 pm</b>	<b>High School Girls 5000m Junior Varsity</b>
	<b>1:30 pm</b>	<b>High School Boys 5000m Junior Varsity</b>

**Meet Records:**

<b>8k:</b>	Paul Limpf, Eastern Washington Univ. – 23:33 (2008)
<b>6k:</b>	Kendra Schaaf, University of Washington – 19:49.12 (2009)
<b>5k High School Boys:</b>	Nathan Weitz, Shadle Park 14:33.68 (2011)
<b>5k High School Girls:</b>	Kendra Weitz, Shadle Park 17:21.98 (2011)

**Course:** Start and finish on grass playing field. The course is a mixture of grass, dirt, light gravel, and bark chips. You can wear spikes or flats.

**Course maps:**

[http://grfx.cstv.com/photos/schools/wash/sports/c-xc/auto\\_pdf/2012-13/misc\\_non\\_event/XCSundodgerMaps.pdf](http://grfx.cstv.com/photos/schools/wash/sports/c-xc/auto_pdf/2012-13/misc_non_event/XCSundodgerMaps.pdf)

**Entries:** College teams register at [www.directathletics.com](http://www.directathletics.com) by **12:00 pm (noon) Tues, Sept 11<sup>th</sup>, 2012**. College teams may enter up to 12 competitors. Invitational race is for Division I teams only, or by permission of meet director. To request a coach's account with Direct Athletics, visit the website and follow the instructions.

**High school** teams register at [www.athletic.net](http://www.athletic.net), and may enter up to 8 competitors in the varsity race, and unlimited entries in the junior varsity race.

**Entry Fee:**      **College.**  
\$200.00 per gender paid at packet pickup  
\$30.00 per individual.  
**High School**  
\$50.00 per boys's team and \$50.00 per girl's team.  
\$100.00 for teams entering both races.

Directathletics.com is not prepared for teams to pay online in cross country. If you wish to use a credit card for payment please email our meet director Jason Drake for further instructions.

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

Jason Drake  
University of Washington Track & Field  
Box 354080  
Seattle, WA 98195-4080

Packets will be available Saturday morning starting at 7:30 am.

**Awards:** Will be given to the top 10 finishers in each race and to the members of the winning 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](http://www.gohuskies.com).

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

**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.