



UNIVERSITY OF WASHINGTON

SUNDODGER CROSS COUNTRY INVITATIONAL

September 15th, 2007
Lincoln Park – Seattle, Washington

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

From: **Greg Metcalf, Men's and Women's Cross Country Coach**
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*****Please call or email if you plan to attend so that we can work towards building the best meet possible*****

Subject: 16th 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:	9:00 am	Women's 6000m Open Race
(times subject to change)	9:40 am	Men's 8000m Open Race
	10:25 am	Women's 6000m Invitational Race
	11:00 am	Men's 8000m Invitational Race

Meet Records: **8k:** Paul Kezes, Western Washington Univ. – 23:42 (2002)
6k: Sabrina Monro, Club Northwest – 20:09 (2004)

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 map: <http://graphics.fansonly.com/schools/wash/graphics/wash-cc-map.gif>

Entries: Register at **www.directathletics.com** by **12:00 pm (noon) Tues., Sept. 11th, 2007**. Invited teams may enter up to ten (10) competitors. 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: \$200.00 per men's team and \$200.00 per women's team.
\$400.00 for teams entering both races. \$20.00 per individual.
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.ocsn.com and can be faxed upon request.

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.

Hotel Info: Rooms are available at the following hotels for at a special University of Washington Athletic Department rate. Please call the contact listed to make your reservation.

SpringHill Suites by Marriott
1800 Yale Avenue
Seattle, WA 98101
Website: www.marriott.com/SEADT
Rate: \$99-\$109 +tax, Upon Availability

Contact: Mary Martin, Sales Manger
Ph:206-403-2274, Fax:206-254-0990
Email:mary.e.martin@Marriott.com

Amenities:

Complimentary breakfast buffet; Complimentary passes to the 24Hour Fitness Center across the street; Complimentary high-speed internet with complimentary wireless in all public areas; Complimentary Business Center; Complimentary welcome amenity for the coaches; Complimentary parking for the teams; Complimentary local and 800 phone calls; Heated indoor pool and spa; Microwave and refrigerators in all rooms; Room Service in the evening

University Inn
4140 Roosevelt Way NE
Seattle, WA 98105
www.Universityinnseattle.com
Rate: \$105 + tax (S/D), Upon Availability

Contact: Mary Fischer (206/826-4254)
206/632-5055, 206/547-4937 (fax)

Amenities:

Complimentary deluxe breakfast bar with a self serve waffle station; Breakfast "To Go" option for those on the run; Afternoon snack served daily; 100% smoke free environment; Local artists showcased in our lobby Car window washing station; Free local shuttle to area attractions & hospitals; Portage Bay Café open for breakfast, brunch, & lunch; Hotel wide wireless internet access; Computer station in the lobby to check your email; Whirlpool spa and seasonal outdoor pool; Access to exercise room (Watertown Hotel 1 block); Free local phone calls; Free parking; Coin operated laundry facility

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 Monday, September 11th, 2006.

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 Wednesday before each 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. 15. 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.