



**Stanford University Presents  
The Stanford Cross Country Invitational  
October 1, 2016  
Stanford Golf Course**

**HIGH SCHOOL ENTRY INFORMATION**



**DIRECT ALL COMMUNICATION TO:**

**Jess Riden - Meet Director  
Stanford Cross Country Invitational  
641 East Campus Drive  
Stanford, CA 94305-6150  
Email: [jriden@stanford.edu](mailto:jriden@stanford.edu)  
Website: [www.gostanford.com](http://www.gostanford.com)  
Entries: [www.EZMeets.com](http://www.EZMeets.com)**



# STANFORD CROSS COUNTRY INVITATIONAL || OCTOBER 1, 2016

(as of 7-20-16)

## IMPORTANT INFORMATION AND DEADLINES

<u>Date</u>	<u>Time</u>	<u>Deadline</u>
Monday, August 1, 2016	8:00 a.m., PST	Entries OPEN on EZMeets.com
Friday, September 2, 2016	12:00 p.m., PST	Deadline for OUT OF STATE TEAMS to Declare Intent to Compete
Sunday, September 25, 2016	11:59 p.m., PST	Online entries CLOSE
Wednesday, September 28, 2016	6:00 p.m., PST	Entry Lists Posted ( <a href="http://www.gostanford.com">www.gostanford.com</a> )
Saturday, October 1, 2016	8:00 a.m., PT	Packet Pick Up Opens at Stanford Golf Course

## TENTATIVE SCHEDULE OF EVENTS

<b>Race Time</b>	<b>Race</b>	<b>Race Division</b>	<b>Distance</b>
9:00 a.m.	Varsity Boys	Division 4	5K
9:25 a.m.	Varsity Girls	Division 4	5K
9:50 a.m.	College Women	Open	6K
10:30 a.m.	College Men	Open	8K
11:00 a.m.	Varsity Boys	Division 1	5K
11:30 a.m.	Varsity Girls	Division 1	5K
12:00 p.m.	Varsity Boys	Seeded	5K
12:30 p.m.	Varsity Girls	Seeded	5K
1:00 p.m.	Varsity Boys	Division 2	5K
1:30 p.m.	Varsity Girls	Division 2	5K
2:00 p.m.	Varsity Boys	Division 3	5K
2:30 p.m.	Varsity Girls	Division 3	5K
3:00 p.m.	Varsity Boys	Division 5	5K
3:30 p.m.	Varsity Girls	Division 5	5K

## THE COURSE

The Stanford Cross Country Invitational will be hosted at the Stanford Golf Course, on the campus of Stanford University. Course maps are available at <http://www.gostanford.com/news/2016/3/23/210827132.aspx>

### **COURSE RESTRICTIONS:**

**THE COURSE WILL BE CLOSED FRIDAY, SEPTEMBER 30. THERE IS NO PRE-MEET PRACTICE WINDOW.** *TEAMS WHO VIOLATE THIS POLICY WILL BE DISQUALIFIED FROM COMPETITION.* FURTHERMORE, THE ENTIRE COURSE WILL BE CLOSED UNTIL 8:00AM ON SATURDAY, OCTOBER 1, 2016. Please explain this policy to ALL of your athletes, coaches, parents, and supporters.

**NO SPIKES MAY BE WORN IN HIGH SCHOOL RACES.**



## HIGH SCHOOL INFORMATION

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### **DECLARATIONS (NEW FOR 2016):**

**FOR STATE AND NATIONAL SANCTIONING PURPOSES, ALL TEAMS MUST DECLARE THEIR INTENT TO COMPETE BY September 2, 2016. \*\* THIS IS FOR SANCTIONING PURPOSES ONLY \*\***

[CLICK HERE TO COMPLETE THE INTENT TO COMPETE FORM](#)

**\*\* THIS IS A NECESSARY STEP IN BEING ACCEPTED INTO THE 2016 STANFORD INVITATIONAL \*\***

**\*\* THIS STEP IS IN ADDITION TO REGISTERING YOUR TEAM ON EZMEETS.COM (SEE STEPS BELOW) \*\***

**\*\* ONLY TEAMS WHO COMPLETE THE PASSWORD PROCESS VIA EZMEETS WILL BE ACCEPTED \*\***

### **TEAM DIVISIONS/RACE ASSIGNMENTS:**

California high schools compete in the division your school has been assigned to by your section. For out-of-state high schools, please use the approximations below in effort to give you an idea of the division your school is. However, please check with your principal or athletic director for your schools division.

- Division I – (2101 or more)
- Division II – (1651 to 2100)
- Division III – (1151to 1650)
- Division IV – (600 to 1150)
- Division V – (599 and fewer)

Teams WILL compete in their respective division. Please note, it is the responsibility of the high school coaching staff, NOT MEET MANAGEMENT, to enter your team correctly. Competing in a division below where your student population has you placed can result in disqualification from the meet. If you want to be considered for the seeded races, indicate your interest when you register at EZMeets.com.

### **FIELD SIZE:**

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of approximately 40 teams and/or 280 athletes. Teams will be chosen on a first registered (via EZMeets), first accepted basis. The seeded race will include a maximum of 40 teams. **Teams may run a MAXIMUM OF SEVEN (7) ATHLETES PER RACE.**

### **TEAMS IN SEEDED RACE:**

If your high school team (5-7) athletes qualifies for the seeded race, meet management *may* allow for a second team (Maximum of 7 athletes) to run in your schools varsity division race – this is first registered, first accepted basis. Therefore, if your team qualifies for the seeded race and would like to run an additional team in the varsity race, please email stanfordxinvite@gmail.com to discuss potential options.



## REGISTRATION AND ENTRY INFORMATION

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### **REGISTRATION:**

1. Please go to [www.EZMeets.com](http://www.EZMeets.com) and request a password between August 1 – September 16. **\*\* ONLY APPROVED ENTRIES WILL BE HONORED \*\***
2. We will e-mail a password along as soon as possible with the assigned division(s)/section(s).
3. Once you receive your password, please return to [www.EZMeets.com](http://www.EZMeets.com) and enter your athletes. **NOTE - Your team's approval status will appear at the top left of your team entry page.**
4. You must use your password and select your team to enter each race. Remember to enter each gender separately.
5. Entries may be edited up until the ENTRY DEADLINE on Sunday, September 25 @ 12:00 p.m., PT.
6. We will NOT accept entries via telephone, fax or e-mail.
7. All entries must be done through [www.EZMeets.com](http://www.EZMeets.com) by the published deadlines.
8. You are HIGHLY ENCOURAGED to print your browser's entry web page. This is your only official receipt.
9. Visit [www.gostanford.com](http://www.gostanford.com) for entry confirmation and updated meet information on September 28, by 6:00 p.m., PT.
10. **PLEASE NOTE THAT ATHLETIC.NET IS NOT AN ACCEPTABLE SITE FOR ENTRY TO THE STANFORD INVITE. ENTRIES SUBMITTED ON ATHLETIC.NET WILL NOT BE HONORED.**

### **ENTRY FEES:**

**Incomplete Teams/Individuals:** Entry fees for a total of 1-4 athletes per gender: **\$25.00 per athlete.**

**Complete Teams:** Entry fees for a total of 5-7 runners: **\$125.00 per team per gender.** **\*\* Schools who run teams in separate races should pay the entry fee for both teams (\$250 per combined program) \*\***

**We recommend that payment be sent PRIOR to the event. Note that it must be received at STANFORD UNIVERSITY by Thursday, September 29, 2016. If your check is not received, you will be required to PAY ON SITE in order to receive your packet/race materials. Please make checks payable to Palo Alto High School.**

### **Please send payments to:**

Meet Director/Stanford Cross Country Invitational  
641 East Campus Drive, Stanford, CA 94305-6150

### **ENTRY CHANGES:**

**Before Entry Deadline:** Any changes before the entry deadline, should be updated via [www.EZMeets.com](http://www.EZMeets.com). Whatever information is entered on [www.EZMeets.com](http://www.EZMeets.com) will appear on the entry list and results. **Changes or corrections in spelling and/or year in school are the coach's responsibility.**

**After Entry Deadline:** Changes (eg. spelling corrections, change of year in school) will result in a \$5.00 charge for each change/correction. Changes will be accepted at packet pick up ONLY. Emails/phone calls with requests for changes following the entry deadline will not be honored. Requests for changes may be made NO LATER THAN ONE HOUR before scheduled race time. **Note:** No additional BIB runners may be added. You must use only the BIB numbers that are in your packet



## **MEET DAY PROCEDURES**

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### **PACKET PICK-UP:**

Team Packets will be available beginning at 8:00AM on race day, located before the entrance into the #2 fairway. If searching online for the entry area, please note it is near the Stanford Red Barn. The packets will include meet information, final instructions, competition numbers, etc.

### **RESULTS AND SCORING:**

Results will be available at [www.recordtiming.com](http://www.recordtiming.com).

If there is a problem with a specific race that cannot be corrected within the window of time before the start of the following race, then the results will be handled at the end of the day and will be posted online at [www.gostanford.com](http://www.gostanford.com) on the cross country page.

### **AWARDS:**

Awards will be presented to the individual winner in each race.

### **ADMISSIONS/CONCESSIONS:**

Spectators may purchase admission tickets for \$10.00 on the day of the meet only at the course. **THIS CHARGE WILL ALSO APPLY TO NON-COMPETING ATHLETES. TEAMS WHO TRAVEL WITH MORE ATHLETES THAN THEIR COMPETITION ROSTER WILL BE CHARGED – THERE WILL BE NO EXCEPTIONS TO THIS POLICY.**

Concessions will be available the day of the meet.

### **ADDITIONAL INFORMATION:**

- **Medical/Athletic Trainers:** Stanford Athletic Trainers will have a training area that will be open one hour before the start of the first race (8:00AM)
- **Showers:** There are NO dressing or shower facilities at the Stanford golf course. Meet management encourages all teams to make use of the facilities available at their hotel.
- **Parking:** The parking lot next to the meet entry area will be open for parking. Since teams will be arriving and departing throughout the day, please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.

### **Questions?**

For information concerning the Stanford Cross Country Invitational please e-mail Paul Jones at [pauljones854@comcast.net](mailto:pauljones854@comcast.net); or the Stanford Track & Field/Cross Country Office by e-mail at [jriden@stanford.edu](mailto:jriden@stanford.edu).