

2026 FSU Invitational & Pre-State XC Meet

Oct. 9-10 | Apalachee Regional Park | Tallahassee, Fla.

Presented by



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Apalachee Regional Park has been the host site of the FSU Invitational since 2009. This marks the 15th consecutive year it has been designated the Pre-State meet.

While the bulk of the field is comprised of Florida high school teams, the meet is NFHS-sanctioned and open to all of its members and affiliates 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 schools.

Registration information

All 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/27717.html>

High School 'B' teams: <https://www.directathletics.com/meets/xc/27718.html>

Middle School: <https://www.directathletics.com/meets/xc/27719.html>

- Teams can set up an account at no charge.
- Middle school clubs must register as the affiliated school and email Bob Thomas with your club name, which will be reflected in the results.
- **All high school payments must be made electronically through Direct Athletics' secure system.** Credit, debit and P-cards are accepted. **Cash and checks will not be accepted!**
- Middle schools/middle school 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. 4 at 11:59 p.m.

Entry fees

High Schools

\$150 per team, per gender / \$25 per individual

- Each team registered will receive up to 20 chipped bibs. A maximum of 10 athletes may race in the varsity races. The balance can be used for the JV races.
- Bibs will be assigned for each registered athlete 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. 4 at 11:59 p.m. to finalize their entries.

Race Schedule

Friday, Oct. 9

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

Saturday, Oct. 10

- | | |
|----------|-----------------------------|
| 7:40 am | Boys High School Elite |
| 8:05 am | Girls High School Elite |
| 8:30 am | Boys High School Select |
| 8:55 am | Girls High School Select |
| 9:20 am | Boys High School Varsity A |
| 9:50 am | Girls High School Varsity A |
| 10:20 am | Boys High School Varsity B |
| 10:50 am | Girls 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. 9 from Noon-6 p.m. and reopen Saturday, Oct. 10 at 6 a.m.
- The course is open for preview on Friday, Oct. 9 from Noon-4:30 p.m. The course will be closed Saturday, Oct. 10 at 7 a.m.
- The 1-mile warm-up trail will remain open.

Contacts

Bob Thomas, High School Coordinator

btrackguy@outlook.com

Bailey Geason, Meet Director

Bailey.Geason@VisitTallahassee.com

High Schools 'B' Teams

- Schools wishing to field a 'B' team - a second varsity team - must enter them separately at a cost of \$150 per team, per gender and will receive a maximum of 20 additional chipped bibs.
- 'B' teams **are not to be confused for teams placed in the Varsity B race.**
- They will be placed in race separate from their 'A' team as designated by the high school race committee, with its goal of competitive balance through divisions in mind.

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Additional High School Information

- Individual athletes must be registered by and represent their high schools. **Unattached high school runners are prohibited.**
- Individual athletes, with their coaches approval, may run separate from their team and 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 wishing to have their qualified runners 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. 4 at 11:59 p.m.
- Race assignments will be determined by the FSU Invitational/Pre-State high school committee, whose objective is create competitively balanced divisions.
- The Elite division only will be limited to 32 teams, plus qualified individuals.
- Race assignments will be emailed to all coaches on Wednesday, Oct. 7 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)

\$10 per individual

- All middle schools/clubs must create team accounts with **DirectAthletics**, which comes at no charge. **The \$100 fee covers both boys and girls.**
- Coaches must designate the gender of each athlete when building rosters.
- Entries are unlimited. Coaches should build their rosters with only those competing, mindful of the cost of chipped bibs each registered athlete receives.
- Individual athletes must be entered through their school or affiliated club.
- Payment is required at packet pick-up for middle schools only. Checks should be made to: **Board of County Commissioners, Leon County.**

Awards

- Trophies will be presented to the championship-winning boys and girls teams in each race, including middle school and junior varsity. **Elite** race champions will receive the **Bob Braman** (boys) and **Marilynn Wills** (girls) trophies, honoring the former FSU coach and ARP course architect and visionary, and the 5-time state title winning coach from Leon High School, respectively.
- Award shirts will be presented to the top 20 finishers in all **Elite, Select, Junior Varsity** and **Middle School** races. Top 10 finishers in the Varsity A and Varsity B 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.
- Awards for the Elite & Select divisions - boys & girls - will be presented in the order they were contested, following the conclusion of the final Select race.
- Awards for the Varsity A & Varsity B divisions will be presented at the conclusion of the final Varsity B race.
- Coaches who have athletes receiving awards - Team, Top 20/Top 10 or Fastest by Class - but must depart Apalachee Regional Park before the ceremonies, should notify Bob Thomas or Bailey Geason on site, preferably in advance.

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Saturday, Oct. 10

7:40 am	Boys High School Elite
8:05 am	Girls High School Elite
8:30 am	Boys High School Select
8:55 am	Girls High School Select
9:20 am	Boys High School Varsity A
9:50 am	Girls High School Varsity A
10:20 am	Boys High School Varsity B
10:50 am	Girls High School Varsity B

(All high school races are 5k)



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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).