



**20th Annual PUMA/  
Joe I. Vigil Open  
Cross Country  
Meet Information Packet**

**September 7, 2013  
Alamosa, Colo.  
Cattails Golf Course**

Dear Cross Country Coaches,

Adams State University is proud to host the 20th Annual Puma/Joe I. Vigil Open Cross Country meet on September 7, 2013 at Cattails Golf Course in Alamosa, Colorado. Our nationally recognized program will be conducting all aspects of the meet this year, including the middle school and high school divisions. This year's event will feature a festival type atmosphere.

The course is a very flat and fast course and always produces great altitude times.

Many nationally ranked teams have competed in the collegiate division in years past. Likewise, the meet has seen many individual and state championship teams from around the region in previous years.

We hope that you will join us this year in helping up make the meet the biggest and best ever.

Yours in Cross Country,

Damon Martin  
Adams State University  
Director of Cross Country/Track and Field

Elario Rickey  
Adams State University  
Sports Information Director/2013 Meet Director



**Alicia Nelson: 2012 DII XC Individual Champion and 2012 Four-time National Champion**

# Tentative Schedule of Events

(Will be revised based on # of entries)

## Saturday, September 7, 2013

8:30 a.m. .... Middle School Girls (2400 meters/1.5 miles)  
9 a.m. .... Middle School Boys (2400 meters/1.5 miles)  
9:25 a.m. .... High School Girls (5K)  
10 a.m. .... High School Boys (5K)  
10:30 a.m. .... College/Open Women (5K)  
11 a.m. .... College/Open Men (8K)  
11:30 a.m. .... Awards Ceremony (All Races)

## Entry Fees (Entry Deadline - Tuesday, Sept. 3 @ Noon)

Middle School- \$75/school (both genders) or \$50/school (single gender)  
High School- \$125/school (both genders) or \$75/school (single gender)  
College- \$125/school (both genders) or \$75/school (single gender) for USIFCCCA Members  
College- \$175/school (both genders) or \$100/school (single gender) for non USIFCCCA Members  
\$10/individual or unattached athletes (4 or fewer on a team)

**Late Entries (after Noon on Sept. 3)- will be charged a \$5 late fee per athlete**

**Race-Day Entries (on Sat., Sept. 7)- will be charged a \$10 late fee per athlete**

**Note:** As this is an open meet, all athletes of college age or older are welcome to compete in the college races.

Checks should be made payable to:  
Adams State University Cross Country  
208 Edgemont Blvd.  
Alamosa, CO 81101

## Awards

### ***Middle School***

- " Team Plaques to be awarded to the top two teams in each division
- " T-shirts to the top 10 individual finishers in each division

### ***High School Awards***

- " Team Plaques to be awarded to the top three teams in each division
- " T-shirts to the top 15 individual finishers in each division

### ***College Awards***

- " Team Plaques to be awarded to the top three teams in each division
- " Awards to the top 15 individual finishers in each division

## **Course Information & Records**

The course is dirt, grass and flat. Splits will be given at every mile. Flats or spikes are recommended. (Course produces fast altitude times). A course map is included in this packet. The course records are:

Men:	Jesus Solis	23:50	Adams State	2003
Women:	Kristen McGlynn	17:01	Adams State	2010

## **Lockers/Showers**

Teams are welcome to use the Plachy Hall athletic facility after the meet. Have your athletes bring their own towels and locks. Adams State will not be responsible for lost valuables.

## **Meet Results**

Results will be available immediately after the meet in Plachy Hall and will be posted on [www.asugrizzlies.com](http://www.asugrizzlies.com), the official website of Adams State Athletics.

## **Team Packets**

Will be available 7:30 a.m. at Cattails Golf Course.

## **Hotel, Restaurants**

A suggested list will be sent to you upon receipt of your intent to compete.

## **Rules of Competition**

Competition will be governed by NFHS (High School) and NCAA (College) rules.

## **Intent to Compete/Entry Deadline**

Please contact Sports Information Director/Meet Director Elario Rickey by August 1 if you wish to compete. Entries are due to Elario Rickey by Noon on September 3rd, 2013 (see packet for late fees)

email- [erickey@adams.edu](mailto:erickey@adams.edu)

Fax #: 719-587-7276



# Women's Course



Course → To Finish → Start → Chute ▢ Women's Course (2x Course & finish loop)

# Men's Course



Course → To Finish → Start → Chute ▢ Men's Course (3x course & finish loop)