

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
11 a.m College/Open Men (8K)
11:30 a.m

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, the official website of Adams State Athletics.

Team Packets

Will be available 7:30 a.m. at Cattails Colf 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.

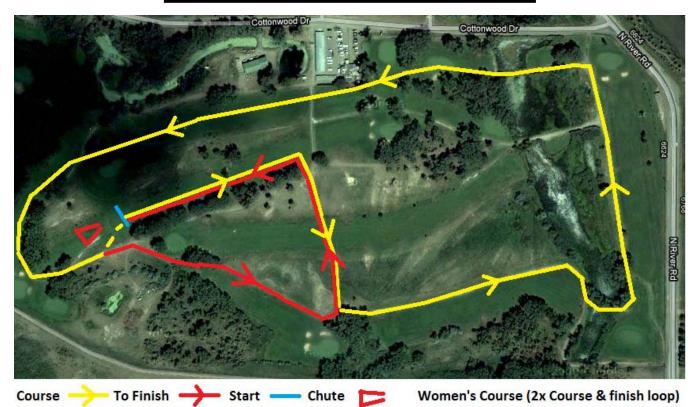
Intent to Compete/Entry Deadline

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

Fax #: 719-587-7276

Women's Course



Men's Course

