



2016 TAMU CROSS COUNTRY INVITATIONAL

The Texas A&M International University Athletic Department would like to invite your cross country teams to the *2016 TAMU CROSS COUNTRY INVITATIONAL*, which will be held at the Texas A&M International University Campus.

The following is information about the meet:

Date: SATURDAY, SEPTEMBER 3, 2016

Schedule:

8:00 A.M. 8th GRADE BOYS AND GIRLS 1.5 miles
8:30 A.M. 7th GRADE BOYS AND GIRLS 1.5 miles
9:00 A.M. VARSITY GIRLS 5k
9:30 A.M. VARSITY BOYS 5k
10:00 A.M. JUNIOR VARSITY GIRLS 2 miles
10:30 A.M. JUNIOR VARSITY BOYS 5k
11:00 A.M. FRESHMEN BOYS AND GIRLS 2 miles

Location: TEXAS A&M INTERNATIONAL UNIVERSITY

Race Distances: 5K VG/VB/JVB
2 MILE JVG/FB/FG
MIDDLE SCHOOL 1.5

Course: DIRT (ROUGH TERRAIN) GRASS AND SOME HILLS.

Eligibility: ONLY 7 WILL BE ALLOWED TO RUN IN THE VARSITY RACES.
THERE WILL BE UNLIMITED ENTRIES IN THE J.V.

Awards: TEAM CHAMPION AND RUNNER-UP PLAQUES WILL
BE AWARDED FOR VARSITY BOYS AND VARSITY GIRLS.

TEAM CHAMPION PLAQUES WILL BE AWARDED FOR
JVB/JVG/FB/FG/8th BOYS/ 8th GIRLS/7th BOYS/7th GIRLS

MEDALS WILL BE AWARDED TO THE TOP 10 RUNNERS IN
EACH DIVISION.

5201 University Boulevard, Laredo, Texas 78041-1900, (956) 326-2891 FAX (956) 326 2889



Entry Fee: \$80 PER TEAM OR \$10.00 PER ATHLETE. PLEASE MAKE

CHECKS PAYABLE TO: TAMIU ATHLETICS - CROSS COUNTRY

THOSE SCHOOLS THAT ARE UNABLE TO HAVE SCHOOL CHECKS PROCESS UNTIL AFTER THE MEET WILL BE ASKED TO SIGN AN INVOICE STATING THAT THEY AGREE TO PAY THE AMOUNT LISTED ON THE INVOICE. A COPY OF INVOICE WILL BE GIVEN TO EACH COACH, PLEASE RETURN TO YOUR SCHOOLS BUSINESS OFFICE FOR PAYMENT.

Entry deadline: August 30, 2016

Entries: We will use Direct Athletics this year. See below for instructions (high school athletes may NOT run unattached in any of the high school divisions. Doing so will result in risking eligibility for the rest of the season).

Once logged in SEARCH - Texas A&M International Invitational

Medical: TAMIU ATHLETIC TRAINER WILL PROVIDE A FULL TRAINING STAFF BEFORE THE START OF THE FIRST RACE.

Parking: Parking availability next to the soccer fields.

Waivers: Have your athletes complete the waivers and turn them in at packet pickup. PRINT PAGES 6-7 for waivers! Or print directly from Direct Athletics website

We look forward to your school's participation

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Submitting entries: We will use Direct Athletics this year. See below for instructions (high school athletes may NOT run unattached in any of the high school divisions. Doing so will result in risking eligibility for the rest of the season).

How to submit online entries

After all of your athletes have been added to your online roster (step 2 below), you must submit your roster/entries to the meet by clicking the green "register" link. (step 3 below) Your rosters/entries are not submitted until you complete step 3.

Step 1 - Accessing your Direct Athletics account

Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below.

Existing users

- 1) Go to www.directathletics.com.
- 2) In the login box, enter your username and password and click "login" (remember that your password is case-sensitive).

New users

- 1) Go to www.directathletics.com.
- 2) Click on the link "new user? click here."
- 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

Note about accounts: Most coach accounts control a school's men's and women's team. You control only one gender at time, so you will complete the below steps for your men and then switch to your women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account.

Example:

Sport: Cross Country Team: TAMIU (M)/This indicates that you are controlling the TAMIU men's team. To switch to your Women's team, you would select "TAMIU (W)".

Step 2 - Edit/set up your online roster

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons) you do not need to add him/her again. Most schools will just need to add new athletes and delete athletes no longer on the roster.

- 1) Upon logging in, click the team tab.
- 2) If you have used Direct Athletics before, you will see last year's roster. School years have automatically been moved forward one year. You can click "import track roster" which is listed on the left. You will be able to add athletes from your track roster to your cross country roster. If you do not see this link or you are new to Direct Athletics, skip this step.
- 3) Click the green "add athletes" link under the "team roster" header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes first name, last name and school year and click "submit."
- 5) You may add, edit or delete athletes on your team roster at anytime by click the "team" tab.

Step 3 - Submit your roster/entries

Once your athletes are added to your roster, you must submit your roster to the meet.

- 1) In the "home" tab (under upcoming meets) or in the "schedule" tab, click the green register button next to the meet you wish to enter.
- 2) Check off the box for each athlete you wish to enter. You can check the "all" box to select (or deselect) your entire roster.
- 3) When you have completed your entries, click "submit". You must click "submit" to submit your entries.
- 4) You will see your current, submitted entries on the "View Entries" page. At any time before the entry deadline, you may edit your entries by clicking the "edit entries" link.
- 5) For entry confirmation, simply print the "view entries" page or click the "email confirmation" link at the top of the "view entries" page. An email confirmation will be sent to the email address in your account.

Entry deadline: The deadline for submitting entries is 11:59 p.m., on Aug 30, 2016



Our Location

[Laredo](#) is 156 miles south of [San Antonio](#), 158 miles west of [Corpus Christi](#), and 153 miles north of [Monterrey, Nuevo Leon, Mexico](#). It is located at an enviable crossroads of international business and life and its history hallmarked by seven sovereign flags.

A downtown revitalization project is currently underway and major commercial development projects are committed. One of the state's and nation's fastest growing communities, Laredo is a diverse city with a colorful environment and tropical climate that affords a pleasant lifestyle for all.

Getting Here

To Reach TAMIU from Laredo:

Take I-35 North, exit Del Mar (exit 4). At first signal, turn right on Del Mar Boulevard. Continue Northeast on Del Mar. Pas McPherson Street, Winfield subdivision and Alexander High School. At intersection with Loop 20 (stop light), turn right. Continue along Loop 20 to University Boulevard (signal light), turn left. Take your second right to the East Parking Lot for Event Parking or utilize marked Visitor Parking. Additional parking information can be secured from University Police.

From the North or South via I-35:

I-35 to Loop 20 (Bob Bullock Loop). At Loop 20, turn South to the stop light at University Boulevard. East (Left) on University Boulevard. Follow the "Event Parking" signs to the marked parking lot or utilize marked Visitor Parking. Additional parking information can be secured from University Police.

From the East or West, via State Highway 59:

SH59 to the stop light at Loop 20 (Bob Bullock Loop). North on Loop 20 to the stop light at University Boulevard. East (Right) on University Boulevard. Follow the "Event Parking" signs to the marked parking lot or utilize marked Visitor Parking. Additional parking information can be secured from University Police.

Hotel Information near TAMIU campus

La Quinta Inn & Suites Laredo - Airport
7720 Bob Bullock Loop
Laredo, TX 78045
(800) 753-3757

Holiday Inn Express Hotel & Suites Laredo-Event Center Area
7223 Bob Bullock Loop
Laredo, TX 78041
(956) 218-8888

La Quinta Inn & Suites Laredo Airport
7220 Bob Bullock Loop
Laredo, TX 78041
(956) 724-7222

Staybridge Suites Extended Stay Hotel Laredo
7010 Bob Bullock Loop
Laredo, TX 78041
(956) 722-0444

Embassy Suites Hotel Laredo, TX
110 Calle del Norte
Laredo, TX 78041
(956) 723-9100

Comfort Suites Hotel
6551 Metro Court, Calle del Norte
Laredo, TX 78041
(956) 725-5222

Homewood Suites by Hilton Laredo at Mall del Norte
98 Calle del Norte
Laredo, TX 78041
(956) 753-9200

Best Western San Isidro Inn
1410 Hospitality Dr
Laredo, TX 78045-6542
(956) 723-1600

Residence Inn Laredo Del Mar
310 Lost Oaks Road
Laredo, TX 78041
(956) 753-9700

Extended Stay America Hotel Laredo - Del Mar
106 West Village Boulevard
Laredo, TX 78040 (956) 724-1920



WAIVER, INDEMNIFICATION, AND MEDICAL TREATMENT AUTHORIZATION FORM

1. EXCULPATORY CLAUSE. In consideration for receiving permission to participate in any and all activities of _____ TAMIU INVITATIONAL _____ (herein referred to as “activity”), which is sponsored by _____ Benny Rodriguez _____ (herein referred to as “sponsor”), a member of The Texas A&M University System, I hereby release, waive, discharge, covenant not to sue, and agree to hold harmless for any and all purposes sponsor, The Texas A&M University System, the Board of Regents for The Texas A&M University System, and their members, officers, servants, agents, volunteers, or employees (herein referred to as RELEASEES or INDEMNITEES) from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorney’s fees and expenses, that may be sustained by me while participating in such activity, while traveling to and from the activity, or while on the premises owned or leased by RELEASEES, **including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of RELEASEES.** I understand this waiver does not apply to injuries caused by intentional or grossly negligent conduct.

2. INDEMNITY CLAUSE. I am fully aware that there are inherent risks to myself and others involved with this activity, including but not limited to and I choose to voluntarily participate in said activity with full knowledge that the activity may be hazardous to me and my property, and to the person and property of others. I acknowledge there may be physically strenuous activities. I know of no medical reason why I should not participate. **I agree to indemnify and hold harmless INDEMNITEES** from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorney’s fees and expenses, which may occur to myself, other participants, and third-persons as a result of my participation in said activity, **including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of INDEMNITEES.**

3. NO INSURANCE. I understand that RELEASEES do not maintain any insurance policy covering any circumstance arising from my participation in this activity or any event related to that participation. As such, I am aware that I should review my personal insurance coverage. Sponsor does not carry general liability insurance to cover claims arising from this activity so it seeks a waiver of claims as additional consideration for the right to participate so sponsor, a governmental unit of the State of Texas, can (a) provide the activity at the lowest possible cost to participants; and (b) provide access to a greater number of participants by expending limited resources on program materials rather than on liability insurance.

4. BINDS HEIRS. It is my express intent that this agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be governed by the laws of the State of Texas.

5. MEDICAL AUTHORIZATION, INDEMNITY FOR MEDICAL EXPENSES, and WAIVER. I understand RELEASEES cannot be expected to control all of the risks articulated in this form and RELEASEES may need to respond to accidents and potential emergency situations. Therefore, I hereby give my consent for any medical treatment that may be required, as determined by a medical professional at the medical facility, during my participation in this activity with the understanding that the cost of any such treatment will be my responsibility. I agree to indemnify and hold harmless INDEMNITEES for any costs incurred to treat me, even if an INDEMNITEE has

signed hospital documentation promising to pay for the treatment due to my inability to sign the documentation. I further agree to release, waive, discharge, covenant not to sue, and agree to hold harmless for any and all purposes, RELEASEES from any and all liabilities, claims, demands, injuries (including death), or damages, including court costs and attorney's fees and expenses, that may be sustained by me while receiving medical care or in deciding to seek medical care, including while traveling to and from a medical care facility, **including injuries sustained as a result of the sole, joint, or concurrent negligence, negligence per se, statutory fault, or strict liability of RELEASEES.** I understand this waiver does not apply to injuries caused by intentional or grossly negligent conduct.

6. VOLUNTARY SIGNATURE. In signing this agreement I acknowledge and represent that I have read it, understand it, and sign it voluntarily as my own free act and deed; sponsor has not made and I have not relied on any oral representations, statements, or inducements apart from the terms contained in this agreement. I execute this document for full, adequate and complete consideration fully intending to be bound by the same, now and in the future. **For students engaging in extracurricular activities:** I understand I can choose not to sign this document and free myself from its terms and the associated risks of the activity by simply not participating in the activity and choosing some other activity available to me that has a lower level of risk to me. I further understand this is a voluntary, extracurricular activity; therefore it is not required for me to obtain college credits and not participating in this activity will in no way hinder my ability to obtain a degree from the university. **For students going on fieldtrips or other class-related activities:** I understand participation in this class/fieldtrip/activity is not mandatory and I will not be penalized for failing to participate in this activity because an alternative activity exists for which I can receive like credit. While I understand alternative activities are available to me that do not have the risks associated with this activity I still desire to voluntarily engage in this activity.

**SIGNING THIS DOCUMENT INVOLVES THE WAIVER OF VALUABLE LEGAL RIGHTS.
CONSULT YOUR ATTORNEY BEFORE SIGNING THIS DOCUMENT.**

SIGNED this _____ day of _____, 20_____.

Participant Signature: _____

Printed Name: _____

Participant's Date of Birth: _____

Parent or Legal Guardian Signature: _____
(If Participant is under 18 years old)

Parent or Legal Guardian Printed Name: _____
(If Participant is under 18 years old)

INSTRUCTIONS: (1) The document should be printed in a font size no smaller than 10-point type. This is 10-point type. This is 12-point type. (2) The formatting/font style (**bolded, underlined, and italicized**) in paragraph nos. 1, 2, 5 & 6 should not be altered.

TAMUS-OGC-Approved 08/29/2006

