

STEPHEN F. AUSTIN STATE UNIVERSITY



LUMBERJACK INVITATIONAL

8th Annual

Date/Time: Saturday, September 14, 2013

Tentative Schedule

8:00am	Varsity Women	5,000 meters
8:30am	Varsity Men	5,000 meters
8:55am	Varsity Women	3,200 meters
9:25am	JV Women	3,200 meters
9:55am	JV Men	5,000 meters
10:30am	MS Girls	3,200 meters
11:00am	MS Boys	3,200 meters

*Meet Time Schedule Subject to Change

Location: Pecan Acres City Park on Starr Avenue across from the SFA Intramural Fields

Confirmation: Only the first 30 teams confirmed will be guaranteed entry into the meet along with complimentary shirt for the head coach only. Additional shirts for assistant coaches will depend on availability after the meet is over The confirmation page should be faxed to the Stephen F. Austin athletic department at (936)468-4580.

Entry Fee: \$100 per gender (one fee for JV and Varsity) for the high school competition. The fee for the middle school race is an additional \$50, which includes both the boys and girls. A team bringing both high school men and women with a middle school team would pay \$250 total. Payment can be made on race day by cash or check, filled out to "SFA Cross Country." Please make sure you have the correct amount on your check, no refunds will be issued.

Entry Deadline: Entries will be due on Monday September, 9th by 5:00pm.

Entry Process: Entries must be e-mailed to Ben Rikard (rikardbenja@sfasu.edu). Please divide your entries into a men's and women's lists, but there is no need to distinguish between varsity, junior varsity, and junior high. Please type the entries in the following format: "Last Name, First Name." No entries will be accepted by mail or fax. Any 10 will be allowed to run in the varsity races. There will be unlimited entries in the JV and middle school races.

Meet Information: All updated meet information can be found on www.sfajacks.com. Go to the cross country page then click on the "more links" tab. The meet's information is located by clicking on 2013 Lumberjack Invitational.





STEPHEN F. AUSTIN STATE UNIVERSITY

LUMBERJACK INVITATIONAL

8th Annual

- Course:** The race will be held in Pecan Acres Park which is located across from the intramural fields on Starr Avenue. It is a loop cross country course that consists of all dirt/grass, 75% of which is shaded. The boys and girls 5k course will consist of two and one half loops and the 3,200m course will be one and one half loops. Course maps will be posted on www.sfajacks.com => cross country page=>“more links” tab. Last year’s event featured great competition from more than 35 high schools and 1,500 athletes.
- Results:** Results will be available thirty minutes after the completion of each race and posted online at www.sfajacks.com => cross country page=>“more links” tab.
- Shirts/Concession:** Meet shirts will be available for sale at the meet. PowerAde, soft drinks, and water will also be for sale.
- Awards:** The top five individuals and two teams in each of the six divisions will receive awards. The head coach from each high school will receive a free short sleeve shirt. Thirty minutes after final results are posted for each race, all awards can be picked up at the Coke trailer. There will not be a formal awards ceremony.
- Medical:** Stephen F. Austin will provide a full training staff for the race. They will be set up one hour before the start of the first race.
- Parking:** Only school buses will be allowed to park in the main lot at Pecan Acres. Spectators will be able to park on Wilson Drive, which is across the street. Those spectators will have to use caution crossing the road into the park due to heavy traffic. Coaches please advise athletes and parents of this issue.

Please contact the Stephen F. Austin Cross Country office with any questions at 936-468-4062

We look forward to your school’s participation





STEPHEN F. AUSTIN STATE UNIVERSITY

LUMBERJACK INVITATIONAL

8th Annual

High School Entry Confirmation

Confirmation: Please confirm your team's entry by faxing it to the Stephen F. Austin athletic department at (936)468-4580 or return this form to P.O. Box 13010 SFA Station ATTN: Cross Country, Nacogdoches, TX 75962

Website: All updated meet information can be found on the can be found on www.sfajacks.com. Go to the cross country page then click on the "more links" tab. The meet's information is located by clicking on 2013 Lumberjack Invitational.

Contact: Please contact the cross country office with any questions at 936-468-4062

Date/Time: September 14, 2013—Races will tentatively start between 8:00am and 11:00am

School: _____

Coach's Name: _____ **Coach's Email:** _____

Address: _____

City, State, Zip: _____

Office Phone: _____ **Fax:** _____

Put an (X) on the line of the races you will be competing in and circle the race you want to run for the Varsity Girls Race:

_____ **Varsity Boys**

_____ **Varsity Girls (5K or 3,200m)**

_____ **JV Boys**

_____ **JV Girls**





LUMBERJACK INVITATIONAL

8th Annual

Jr. High Entry Confirmation

Confirmation: Please confirm your team's entry by faxing it to the Stephen F. Austin athletic department at (936)468-4580 or return this form to P.O. Box 13010 SFA Station ATTN: Cross Country, Nacogdoches, TX 75962

Website: All updated meet information can be found on the can be found on www.sfajacks.com. Go to the cross country page then click on the "more links" tab. The meet's information is located by clicking on 2013 Lumberjack Invitational.

Contact: Please contact the cross country office with any questions at 936-468-4062

Date/Time: September 14, 2013—Races will tentatively start between 8:00am and 11:00am

Jr. High: _____

Coach's Name: _____ Coach's Email: _____

Address: _____

City, State, Zip: _____

Office Phone: _____ Fax: _____

Put an (X) on the line of the races that you be competing in:

_____ Jr. High Boys

_____ Jr. High Girls

