

Blue Ridge Open Cross Country  
Meet Friday, October 18, 2013  
State Farm Fields--Appalachian State University  
Boone, North

Carolina General

Information

- Site: ASU State Farm Fields
- Race Times: 3:00 pm – Women’s Gold Race 5K  
3:45 pm – Men’s Gold  
Race 8K 4:30 pm –  
Women’s Open 5K 5:00  
pm – Men’s Open 8K
- Course and Surface: Course is grass and pea gravel with some asphalt at a couple of crossings. There are two bridges with wood floors that will be crossed twice. Any questions, contact Mike Curcio at 828-262-6559.
- Entry Format: The Men’s and Women’s Gold Races will be using chip timing and a backup system. A limit of 10 runners per team to those teams selected to the Gold Race with a maximum of 20 teams in each Gold Race. Priority will be given to Division I teams and ranked Non-Division I teams for the Gold Races.  
All other competitors will be in the Open Races. However, if entries for the meet overall doesn’t require an Open Race, all teams and individuals will be in the Gold Races. Contact Coach Curcio, [curciom@appstate.edu](mailto:curciom@appstate.edu) or 828-262-6559 on Tuesday, October 15<sup>th</sup> to get information on the status of the races.
- Unattached runners will be in the Open Races if they are necessary. Accomplished post-collegiate and unattached runners may be placed in the Gold Races per Coach Curcio’s decision. All unattached runners or their coaches must talk with Coach Curcio on Tuesday at 828-262-6559 or email your request to [curciom@appstate.edu](mailto:curciom@appstate.edu).
- Awards: Team scoring and awards for top three teams in the Gold Races. Individual awards to the top 25 in each Gold Race.
- Entry Information: Please send a complete list of all that might run no later than Monday, October 14<sup>th</sup> to [www.bigkahunatiming.com](http://www.bigkahunatiming.com). Please include with the runner’s name, their class (Fr, So, Jr, Sr).
- Entry Fee: 150.00 per team (men and women are separate) if you are not a member of the USTFCCA. If you are a member of the USTFCCA, your entry fee is 110.00 per team (men and women or separate.)

Unattached runners still in college run free with valid ID card.  
Unattached post-collegiate runners will be \$10.00

Review of Course: Teams may view the course after 12:00 pm on October 18th. Get in touch with Coach Curcio if you wish to review the course at an earlier time.

PLEASE DO NOT USE THE SHELTER AS YOUR TEAM AREA. THAT WILL BE USED AS A SPORTS MEDICINE AND APPALACHIAN TEAN AREA.

Parking: Teams using charter buses must use the large parking lot adjacent to the course (on your right as you enter the area). Please do not drive down to the parking area near the shelter, it is very difficult for buses to turn around. Let your athletes off in the large parking lot. Cars and vans may try to find a spot near the fields near the shelter or in the large parking lot.

Blue Ridge Parkway: According to the Blue Parkway Rangers, the trails at the Parkway are not open for teams during the month of October. You go there at your own risk of a fine.