



**25th Annual
Joe I. Vigil Open
Cross Country Meet
Information Packet**

When: Saturday, September 8th, 2018
Where: Cattails Golf Course/Alamosa, CO



Dear Cross Country Coaches,

Adams State University is proud to host the 25th Annual Joe I. Vigil Open Cross Country meet on September 8th, 2018 at Cattails Golf Course in Alamosa, Colorado. Our nationally recognized program will be conducting all aspects of the meet again 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 university division in years past. Likewise, the meet has seen many individual and team state champions 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



2017 Men's & Women's Cross Country National Championship Teams

Schedule of Events

(Subject to change depending on # of entries)

Revised as of 8/1/18

Saturday, September 8th, 2018

8:00 a.m.....	Middle School Girls (3K)	(cut-off – 17:00)
8:20 a.m.....	Middle School Boys (3K)	(cut-off – 17:00)
8:40 a.m.....	National Anthem	
8:45 a.m.....	University/Open Men (8K)	(cut-off – 32:00)
9:20 a.m.....	High School Boys (5K)	(cut-off – 30:00)
9:55 a.m.....	University/Open Women (5K)	(cut-off – 25:00)
10:25 a.m.....	High School Girls (5K)	(cut-off – 35:00)
11:05 a.m.....	JV Boys (5K)	(cut-off – 30:00)
11:40 a.m.....	JV Girls (5K)	(cut-off – 35:00)

****Contingency JV race dependent on total HS entries****

If JV race is needed, we will contact coaches the day following entry deadline.

Note: Due to the larger number of athletes registering for the Vigil meet, we are having a **time cut-off** for each race in order to keep the meet schedule on time. Any athletes that may not finish in the allotted time, **coaches will be responsible** to record their athlete's time. Time cut-off's are located with the schedule of events. If total number of entries in the high school divisions warrant a JV race, the number of participants **will be limited to 10** for each high school in the varsity division.

Award Schedule

Awards will be distributed near the packet pick-up table

9:00 a.m.....	Middle School Girls Awards
9:00 a.m.....	Middle School Boys Awards
9:30 a.m.....	University Men Awards
10:15 a.m.....	High School Boys Awards
10:35 a.m.....	University Women Awards
11:10 a.m.....	High School Girls Awards
11:50 a.m.....	JV Boys Awards (If Entries Warrant)
12:30 p.m.....	JV Girls Awards (If Entries Warrant)

Entry Fees

(Entry Deadline - Wednesday, Sept. 5th @ 5:00 pm Mtn. Time)

Make Checks Payable to:

Adams State University Cross Country
208 Edgemont Blvd.
Alamosa, CO 81101

***Note: Payment will be accepted at
REGISTRATION TABLE on
meet day if payment not
received prior via mail.***

Fee Rates:

- Middle School.....\$125/school (both genders)
- or \$75/school (single gender)
- High School.....\$175/school (both genders)
- or \$100/school (single gender)
 - If entering a JV team, each high school will be charged an additional \$50 per gender
- University/Open.....\$225/school (both genders) or
- or \$125/school (single gender) for USTFCCCA Members
- University/Open.....\$275/school (both genders)
- or \$150/school (single gender) for non-USTFCCCA Members
- Open/Unattached Athletes.....\$25/per athlete (4 or fewer on a team)

Late Entries (after 5:00 pm Mtn. time Wednesday, Sept. 5th)

Late Individuals: \$35 late fee per athlete.

Late Teams: \$100 additional late fee per gender

Race-Day Entries – Are not permitted, all registration MUST be on Direct Athletics by deadline.

Note: Unattached athletes register for the University/Open race

Entry Procedures

Registration - Via Direct Athletics (<http://www.directathletics.com>)

Coaches - Set up an account with Direct Athletics and register your athletes under the 25th Annual Joe I. Vigil Open (register your athletes in appropriate races).

DEADLINE - The entry deadline with Direct Athletics is Wednesday, September 5th at 5:00 pm. Mountain Time.

Red-Shirt/Unattached Athletes – MUST register themselves through Direct Athletics.

Awards

Middle School Awards: (9:00 a.m.)

- 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 Varsity Awards: (Boys @ 10:15 a.m., Girls @11:10 a.m.)

- Team Plaques to be awarded to the top three teams in each division
- T-shirts to the top 25 individual finishers in each division

Junior Varsity Awards if needed: (Boys @ 11:50 a.m., Girls @12:30 p.m.)

- T-shirts to the top 10 individual finishers in each division

University/Open Awards: (Men @ 9:30 a.m. & Women @ 10:35 a.m.)

- 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

Practice Availability – Friday 7th after 3:00 pm (No exceptions, as golfers will be on the course until this time)

Course Demographics - The course is mostly grass with a combination of hard packed cart path dirt. 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.

Note: There will be a lead cart or bike for each race.

Course Records:

8k Men:	Jesus Solis	23:50	Adams State	2003
5k Women:	Kristen McGlynn	17:01	Adams State	2010
5k Boys	Connor Ohlson	15:26	Dakota Ridge	2017
5k Girls	Alison Deitsch	18:33	Palmer Ridge	2013

Meet Results

Results - Available immediately after the meet at the course and will be posted on www.asugrizzlies.com, the official website of Adams State Athletics.

Reminder – If athletes finished after the race time cut-off (located with schedule of events) their time will not be located in official results. The athletes coach was deemed responsible to record their finishing time.

Packet Pick-up

When? – Saturday, September 8th @ 7:00am

Where? – Near the start line area

REMINDER – You **MUST** bring your payment (cash or check) to packet pick-up if not mailed in prior!!!

Rules of Competition

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

Side Note

Coaches – Please inform your athletes to keep the starting fairway area CLEAR near the team camps. This area gets very congested and MUST stay clear as the races pass by during multiple laps. *There will be a rope for all spectators to stay behind as the races are in progress.*

Intent to Compete/Entry Deadline

All teams and individuals must be registered via Direct Athletics Deadline **(1:00 pm Mtn. time on September 5th)**.

Failure to complete registration by the required deadline you **will not** be allowed to compete.

Any questions/concerns regarding the 25th Annual Joe I. Vigil Cross Country Meet can be directed to the following:

David Granato

Assistant Coach

E-mail – dgranato@adams.edu

Office – 719-587-8286

Damon Martin

Director of Cross Country / Track & Field

E-mail – ddmartin@adams.edu

Office – 719-587-7266

THANK YOU!!

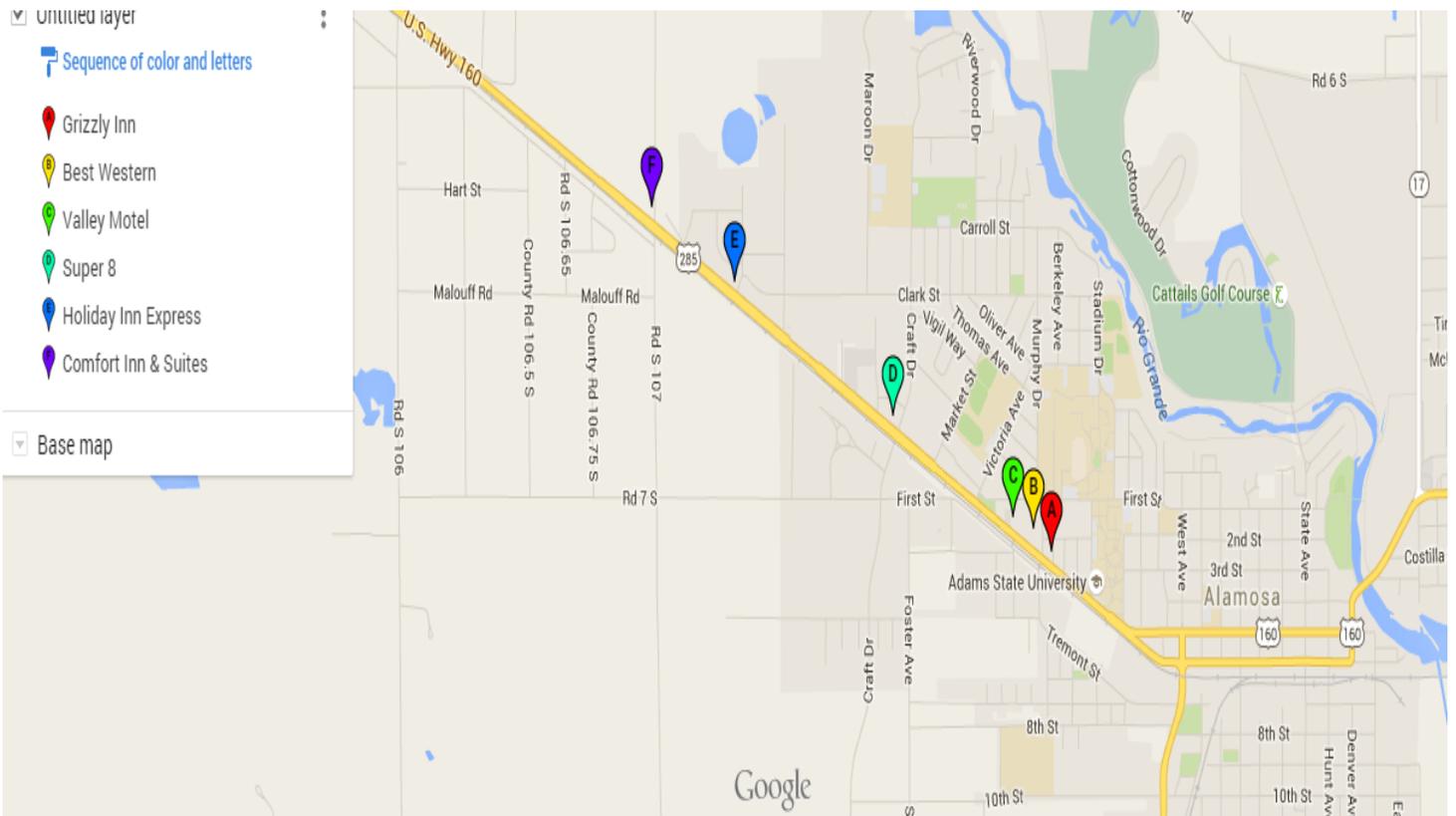
We look forward to seeing everyone in the near future

Hotel & Dining Options

Hotels

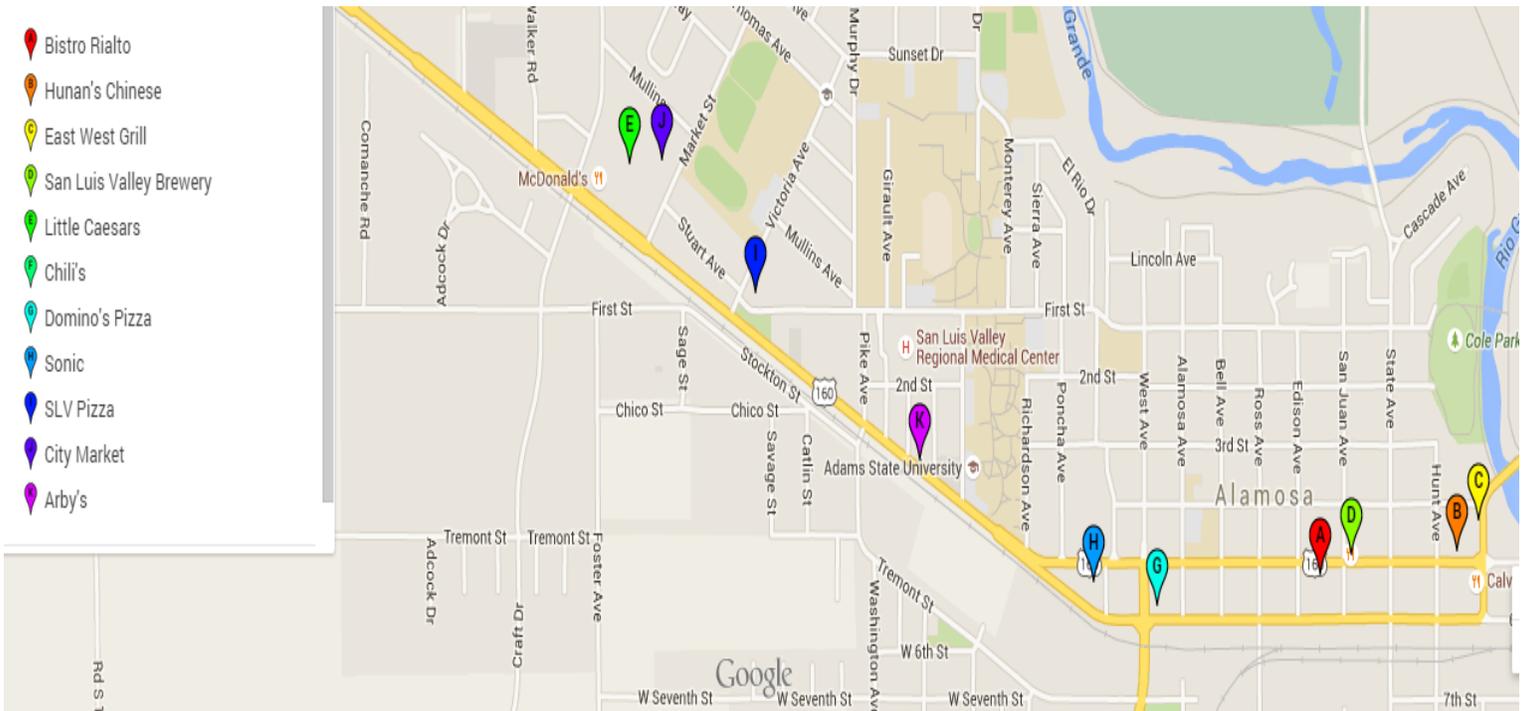
***Some Hotels have worked with ASU to provide special team rates.
Contact **Mani Patel** to inquire about rates **719-320-9486**

- ***Comfort Inn (719-587-9000)
- ***Super 8 (719-589-6447)
- ***Grizzly Inn (719-589-4788)
- ***Valley Motel (719-589-9095)
- Holiday Inn Express & Suites (719-589-4026)
- Best Western Alamosa Inn (719-589-2567)



Restaurants

- *Bistro Rialto (719-589-3039) (*Can accommodate large parties, please call in advance)
- Hunan's Chinese Restaurant (719 589-9002)
- East/West Grill (719-589-4600)
- San Luis Valley Brewing Company (719- 587-2337)
- Little Caesars (719- 589-6200)
- Chili's (719-589-1991)
- *Domino's Pizza (719-589-9091) (*Will provide team discount for large purchases)
- Sonic (719-298-0115)
- SLV Pizza Co. (719-589-4749)
- City Market (719- 589-2492)
- Arby's (719- 589-2747)
- IHOP(719) 589-3750

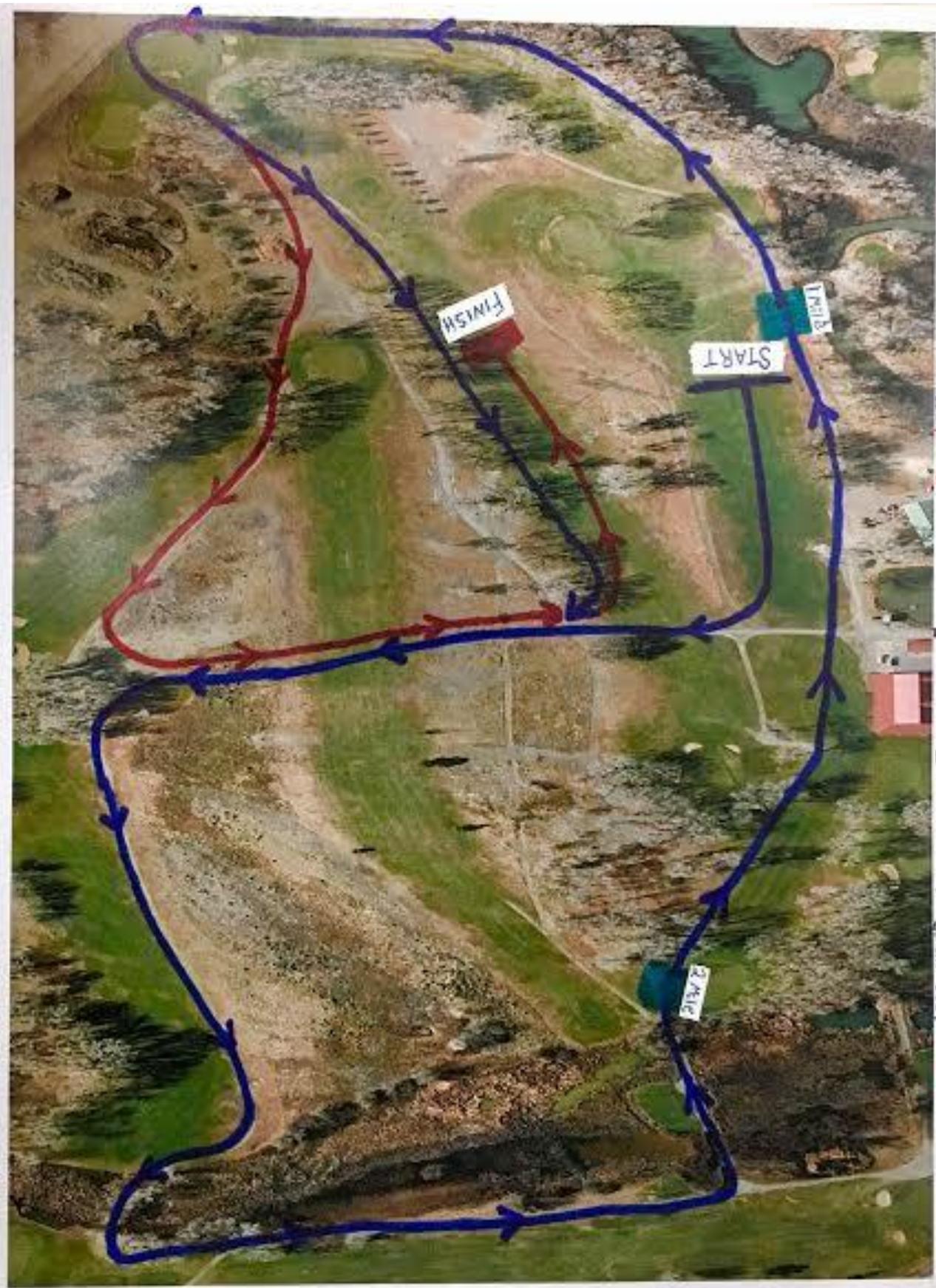
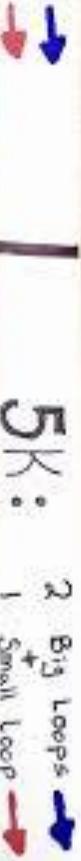




KEEP OFF GREENS - ■ Athletic Training - ■ Team Camps - ■

3K: 1 Big Loop + 1 Small Loop

5K: 2 Big Loops + 1 Small Loop





8K: 3 3/4 Big Loops

Cut-off/Finish
Big loops