

## National Qualifiers

The top ten (10) finishers in each of the seeded races will qualify for the Foot Locker Nationals held in San Diego, CA.



## National Finals Headquarters

The Foot Locker Cross Country Championships National Finals Headquarters is the Hotel Del Coronado, San Diego, CA.



## National Finals Coverage

View the National Finals online at [www.footlockercc.com](http://www.footlockercc.com).

## Website

Visit our website at [www.footlockercc.com](http://www.footlockercc.com) for pertinent information and updated regional information, and click on the South web page to download an entry form. For additional information, please contact the Foot Locker Cross Country Headquarters at 212.720.4435.

## Special Program on Friday Night in the Ballroom

There will be a short program in the ballroom on Friday night, Nov. 25th at 8:00 p.m. featuring a film of last years' national championship race and a question and answer panel with Foot Locker Finalists from the past. There will also be a free training journal given out to all in attendance.

## ENTRY INSTRUCTIONS

### On-line Registration Procedures

- Register on-line at: [www.footlockercc.com](http://www.footlockercc.com). online registration powered by
- On-line registration closes on November 24th.

### Mail In Entry Deadlines and Fees

- Print clearly or type information on entry form.
- Entries cannot be accepted without all proper signatures under waiver.
- NO REFUNDS WILL BE GIVEN.**
- Make \$15.00 check payable to: Foot Locker Cross Country Championships if postmarked by November 1st.
- Make \$20.00 check payable to: Foot Locker Cross Country Championships if postmarked after November 1st.
- All entries postmarked after November 22nd will require a \$40.00 entry fee.

#### Mail completed entry forms with entry fee:

Before November 13th  
Max Mayo  
23 Royal Point Drive  
Hilton Head, SC 29926

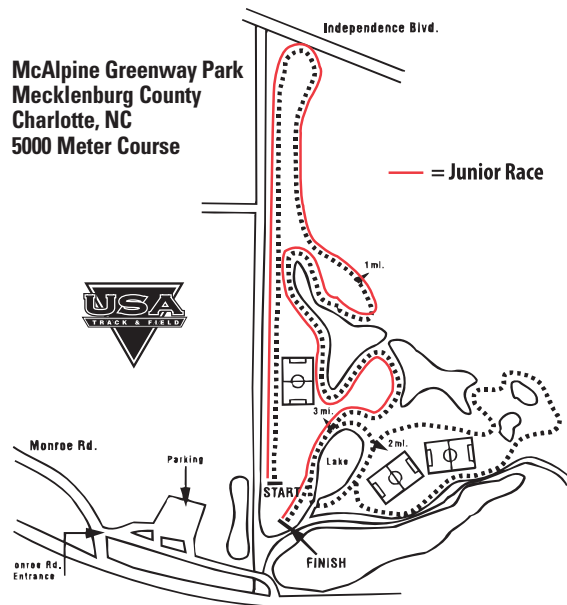
After November 13th  
Attn. Guest/Max Mayo  
Charlotte Executive Park  
5700 Westpark Drive  
Charlotte, NC 28217

- FAXED ENTRIES WILL NOT BE ACCEPTED UNLESS AUTHORIZED BY MEET DIRECTOR.**
- You can pre-register on Friday, November 25th at the Charlotte Marriott Executive Park between 8:00 a.m.–8:00 p.m.
- THERE WILL BE NO RACE DAY ENTRIES.**
- For multiple entries, please make photocopies of both the entry form and waiver.
- If you have additional questions, please contact Meet Director Max Mayo at 843.227.1208 or at [footlockermax@yahoo.com](mailto:footlockermax@yahoo.com) or contact FLCCC headquarters at 212.720.4435 or at [www.footlockercc.com](http://www.footlockercc.com).



Foot Locker

## COURSE MAP



### Race Course Information

The course is 5000 meters and consists of grass and dirt paths. Spikes are permitted. School uniforms are not allowed. Course is open until dark on Thursday Nov. 24th and Friday Nov. 25th. The course is closed for warm-ups on Saturday.

## LODGING INFORMATION

Special rates are available from the following area hotels. To receive a special rate, mention that you're with the Foot Locker Cross Country Championships. Call early to reserve.

**Charlotte Marriott Executive Park  
Meet Headquarters**  
5700 Westpark Drive  
Charlotte, NC 28217  
704.527.9650

#### Directions to Marriott:

Take Billy Graham Parkway. Exit right for 6 miles. Cross I-77 and the Marriott is on your immediate right.  
From I-85 (Going South) Take I-77 Exit South. Follow to Exit 5 (Tyvola Road). Exit ramp, cross I-77, and the Marriott is on your immediate right.  
From I-77 (North or South) Take Exit 5 (Tyvola Road)

**Wingate Inn  
Charlotte/I-77 South**  
6057 Nations Ford Road  
Tyvola & I-77  
Charlotte, NC 28217  
704.523.3366

To receive special rate, mention that you're with the Foot Locker Cross Country Championships.

**Best Western**  
2501 Sardis Road N.  
Charlotte, NC 28227  
704.845.2810

To receive special rate, mention that you're with the Foot Locker Cross Country Championships.

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141 Eisenhower Drive  
Savannah, GA 31406

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Foot Locker  
CROSS COUNTRY CHAMPIONSHIPS



## SOUTH REGION

McAlpine Greenway Park • Charlotte, North Carolina  
November 26, 2011



saucony®



**33<sup>rd</sup> Annual**  
**Foot Locker**  
**CROSS COUNTRY CHAMPIONSHIPS**  
**SOUTH REGIONAL**

The Foot Locker Cross Country Championships South Regional is open to all U.S. high school students (male and female, grades 9–12) who will have not reached his/her 19th birthday before August 1, 2011. Runners compete in the races as unattached individuals.

**The state where a runner resides determines in which regional meet he/she must participate. Runners must participate in the region to which their state has been assigned. Boarding school students must compete in the region of their school location. Runners attending high school or home schooled in the United States do not need to be U.S. citizens.**

### Junior Races

10 & Under boys and girls, 11 & 12 boys and girls and 13 & 14 boys and girls will run 3000 meters. All runners will compete in the age group that corresponds with the age he or she will be on December 31, 2011. Although girls and boys run together, medals and certificates will be awarded separately on the victory stand.

### Open Race and Masters Race

The Open race is for any runner eighteen years old and over. The Masters race is open to any runner forty years old and over. The age you are on the day of the race governs participation. We will combine both age groups in one race, but the top fifteen (15) male and (15) females in each division will receive medals. Each entrant receives a T-shirt. Entry fee, entry instructions and check-in information are the same as all other races. Please use the attached entry form.

## RACE DAY SCHEDULE

Runners may only participate in one race.

### November 26, 2011

8:00 a.m.	Race O & M	Open Race and Masters Race
8:30 a.m.	Race A	Boys Freshman Race
9:00 a.m.	Race B	Boys Sophomore Race
9:30 a.m.	Race C	Girls Junior/Senior Race
10:00 a.m.	Race D	Girls Championship Race
10:40 a.m.	Race E	Boys Championship Race
11:10 a.m.	Race F	Girls Sophomore/Freshman Race
11:40 a.m.	Race G	Boys Senior Race
12:10 p.m.	Race H	Boys Junior Race
12:35 p.m.	Race I	Boys and Girls 10 & under
12:55 p.m.	Race J	11-12 Girls and 11-12 Boys
1:15 p.m.	Race K	13-14 Girls and 13-14 Boys

Final Race Day Schedule posted at the [www.footlockercc.com](http://www.footlockercc.com) on Nov. 26, 2011

Note: For all races that are combined, awards will be given separately to each age group.

Any runner, whether they are in a public school, home school, boarding school, private school or independent school, must run in the seeded race in order to qualify for the National Finals in San Diego.

### States Competing In The South Regional

Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, Puerto Rico, South Carolina, Tennessee, Texas, Virginia and West Virginia, U.S. Virgin Islands, and U.S. citizens in Overseas Military Installations.

### Race Selection

There is no minimum qualifying time. Every high school runner of eligible age is invited to participate in the Foot Locker Cross Country Championships. Each individual should choose the race best suited to his/her ability. Each runner will receive a participant T-shirt.

### Confirmation of Entries

Go to [www.footlockercc.com](http://www.footlockercc.com) to confirm your entry. Do not be concerned unless you cannot find your entry on our final posting on Thursday night, November 24th at 8:00 p.m.

### State Team Awards

Gold and Silver state team medals are awarded in each of the high school races. The top five finishers from each state constitutes a team.

### Medals

- The top thirty (30) finishers in all high school races are awarded medals.
- The **first ten** (10) finishers receive gold medals and are First Team All-South.
- The **second ten** (10) finishers receive silver medals and are Second Team All-South.
- The **third ten** (10) finishers receive bronze medals and are Third Team All-South.
- The top twenty (20) men and women will receive medals in the Open race and Masters race.
- The top thirty (30) finishers will receive medals in the junior races.

### Certificates

Each runner placing in the top thirty (30) in the junior races and each runner in the top thirty (30) in the high school races will receive two (2) certificates, one to keep and one to give to your school to display. These certificates will indicate that these runners are on the Foot Locker All-South Team.

### Participant's Awards

Every runner in every race will receive a short-sleeved T-shirt and a meet program highlighting the previous 32 years of Foot Locker races, as well as previewing this year's race.

### Coach's Award

Every coach that enters seven (7) or more runners will receive a complimentary T-shirt and a Foot Locker highlight video. Any coach that enters twelve (12) or more runners in the meet will receive all of the above awards as well as possible travel monies. This amount will be based on distance traveled, total numbers, and on a first come basis. Please notify Max Mayo at 843.227.1208 if you are bringing at least twelve (12) or more runners.

### Distressed Runners

The health and safety of each competitor is our primary concern. Foot Locker meet officials will act in the runner's best interest. Interference by a parent or coach will result in disqualification.

### Meet Registration

All runners receive an official race T-shirt and meet program. Runners pick up their race number, T-shirt and a complete schedule of events on Friday, November 25th, at the Charlotte Marriott Executive Park between 8:00 a.m.–8:00 p.m. Runners can also pick up their race packets at the race site Saturday, November 26th after 7:30 a.m.

### FLCCC Race Apparel

Official Foot Locker Cross Country Championships event product can be purchased at the Marriott on Friday and at McAlpine Greenway Park (the race site) on Saturday, November 26th.

## SOUTH ENTRY FORM

Please **PRINT** in black or blue ink. Fill out the form completely.  
**ENTRY WILL NOT BE ACCEPTED WITHOUT ENTRY FEE AND THE TWO SIGNED WAIVER FORMS. NO RACE DAY ENTRIES.**

LAST NAME		
FIRST NAME		
STREET ADDRESS OR PO BOX		
CITY	STATE	
ZIP CODE	HOME PHONE	SEX (m/f)
CELL PHONE	DATE OF BIRTH	AGE (on 12/31/10)
EMAIL ADDRESS		
HIGH SCHOOL		
GRADE	COACH'S NAME (circle one) Mr. Ms.	
COACH'S EMAIL ADDRESS		
NUMBER OF YEARS PARTICIPATION BY YOUR COACH		
Emergency info must be filled in, in order to process the application.		
EMERGENCY CONTACT NAME ON SATURDAY, NOVEMBER 26 <sup>th</sup> , RACE DAY		
EMERGENCY DAY PHONE # ON SATURDAY, NOVEMBER 26 <sup>th</sup> , RACE DAY		
Name of race entered:		
Letter of race entered: _____		
Hometown Daily Newspaper: _____		
<input type="checkbox"/> Enclosed is \$15.00 entry fee <input type="checkbox"/> Enclosed is \$20.00 entry fee <input type="checkbox"/> Enclosed is \$40.00 entry fee		
<b>TOTAL AMOUNT ENCLOSED</b>		

How did you find out about Foot Locker Cross Country Championships?

- School Sports  
 High School Coach  
 Summer Camp  Teammates  
 FLCCC website  Ran previously  
 Internet site  CC Meet  
 Other \_\_\_\_\_

What running websites do you go to?

## RELEASE AND WAIVER OF LIABILITY AGREEMENT

I, \_\_\_\_\_ am the parent or legal guardian of \_\_\_\_\_ ("Child"). In consideration of the opportunity for my child to participate in the Foot Locker Cross Country Championships and all related events or activities held in conjunction with these championships ("the Event") to be held approximately November 26, 2011 in McAlpine Greenway Park, Charlotte, NC, I agree as follows:

### I hereby agree:

- To waive and forever release any all claims or action of any kind whatsoever that I or my Child may have against Foot Locker Retail, Inc., its parents, subsidiaries, affiliates and their respective officers, directors, employees, representatives and agents for injuries, damages or losses to persons, including myself and my Child, and property which may be sustained, in whole or in part, directly or indirectly in connection with my Child's participation in the Event, while preparing for, participating in and/or traveling to the Event;
- I represent and warrant that my Child is in good physical condition and is able to safely participate in the Event. I am fully aware of the risks and hazards inherent in participating in the Event and hereby voluntarily elect to allow my Child to compete in the Event, knowing the risks associated with the Event.
- I also attest that my Child is currently a high school student and will not have reached his/her nineteenth (19th) birthday before August 1, 2011;
- I agree to the use of my Child's name, picture, portrait, likeness, and voice for advertising and promotional purposes without further consideration (unless prohibited by law);
- I understand that my Child will be disqualified if he/she runs in the Event without his/her assigned number;
- **I hereby declare that the assumption of risk, waiver and indemnification covenants made in this release agreement were voluntarily entered into with the full knowledge of the effects of these provisions; and**
- The provisions of this release agreement will be binding on my Child, heirs and personal representatives, as well as me.

### All participants complete bottom waiver, including Open Race runners

I, Participant \_\_\_\_\_ in consideration of the opportunity to participate in the Foot Locker Cross Country Championships and all related events or activities held in conjunction with these championships ("the Event") to be held approximately November 26, 2011 in McAlpine Greenway Park, Charlotte, NC, I agree as follows:

### I hereby agree:

- To waive and forever release any all claims or action of any kind whatsoever that I may have against Foot Locker Retail, Inc., its parents, subsidiaries, affiliates and their respective officers, directors, employees, representatives and agents for injuries, damages or losses to persons, including myself, and property which may be sustained, in whole or in part, directly or indirectly in connection with my participation in the Event, while preparing for, participating in and/or traveling to the Event;
- I represent and warrant that I am in good physical condition and am able to safely participate in the Foot Locker Cross Country Championships. I am fully aware of the risks and hazards inherent in participating in the Event and hereby voluntarily elect to compete in the Event, knowing the risks associated with the Event.
- I also attest that I am currently a high school student, 18 years of age, and will not have reached my nineteenth (19th) birthday before August 1, 2011 (**This statement does not apply to Open Race and Masters Race participants**);
- I agree to the use of my name, picture, portrait, likeness, and voice for advertising and promotional purposes without further consideration (unless prohibited by law);
- I understand that I will be disqualified if I run in the Event without my assigned number;
- **I hereby declare that the assumption of risk, waiver and indemnification covenants made by me in this release agreement were voluntarily entered into by me with the full knowledge of the effects of these provisions; and**
- The provisions of this release agreement will be binding on my heirs and personal representatives, as well as me.

### Both signatures are required in order for participant to compete.

x \_\_\_\_\_  
Signature of Parent/Guardian Date

Print Name Date

x \_\_\_\_\_  
Signature of Participant Date

Print Participant's Name Date

Mail to: Foot Locker Cross Country Championships, 23 Royal Point Drive, Hilton Head, SC 29926, Attention Max Mayo