



21st Annual FLRunners.com Invitational

CORE STAFF:

Host: Polk County School District

Meet Director: Marc Zimmerman

Music: DJD Entertainment

Organizer: Jessica Reina / Jessica Todd

Timing/Results: Elite Timing

Course Manager: Marc Zimmerman

Announcer: John Pelkey

RACE SCHEDULE:

FRIDAY	SATURDAY
6:00AM Gates Open	6:00AM Gates Open
6:15 College/Club Packet Pickup Opens	6:15 Packet Pickup
7:15 National Anthem	7:15 National Anthem
7:20 College Men 8K	7:20 Boys Race of Champions
7:50 College Women 5K	7:40 Girls Race of Champions
8:10 Boys High School Club	8:00 Jason Byrne Boys Invitational
8:30 Girls High School Club	8:20 Jason Byrne Girls Invitational
10:30 Course closed	8:45 Boys Unseeded
1:00 Gates Reopen	9:05 Girls Unseeded
1:30 HS, MS, ES Packet Pickup Opens	9:30 Boys JV
3:45 Boys JV	9:55 Girls JV
4:10 Girls JV	
4:35 Boys Varsity	
4:55 Girls Varsity	
5:25 Boys Middle School	
5:50 Girls Middle School	
6:15 Mixed Elementary	

*****Post your photos to social with #FLR21*****

PLEASE return your chips immediately after your race to the same area that you picked them up.

General Parking: \$10 per car. Please use the Lakeland Highlands entrance.

Buses/Team Vans: Please use the Hwy 98 entrance: 2402 Holloway Park Dr. Team buses and vans parking will be on the left side of the park road after going thru the gates, across from lake.

Tent area: There will be signs located in the big field just to the right of the finish line straightway. Please keep all tents in this area. There is plenty of room for tents, please space your tent at least 10 feet from other tents. Please help us by cleaning up after your team, you can leave your trash bag by one of the many trash cans around the grounds.

Results: All results will be posted on elitetiming.net.

Warm up area: If you go to the right of the start line and about 200m up there will be trails that you can run and use to warm up before all races. This trail is plenty long enough, so you do not have to worry about having enough area to warm up. Athletes will not be allowed to warm up on the course once races have started.

Awards: Individuals for the ROC 1 - 30 will get medals. For all other races to include JV, 1 - 15 will get medals. Teams – ROC 1st -3rd; Varsity/College 1st & 2nd; JV/Middle/Elementary 1st. Awards will be presented on the main stage. Results will be available on elitetiming.net.

MEET RECORDS

High School Boys 5K:

Jimmy Clark (Creekside) 14:53.29 2010

Middle School Boys 2 Mile:

Trevor Foley (Unattached) 10:29.00 2013

High School Girls 5K:

Ashley Brasovan (Wellington) 16:41.42 2006

Middle School Girls 2 Mile:

Rafaella Gibbons (Orlando Runners) 11:28.30 2013

High School Boys 3 Mile:

Matt Cianciulli (Flagler Palm Coast) 14:31.00 2000

College Men 8K:

Tyrone Belle (Florida Southern) 25:04.66 2005

High School Girls 3 Mile:

Jill Gerber (Cypress Lake) 17:33.00 2000

College Men 5K:

James Post (UNF) 15:16.89 2011

College Women 5K:

Anne-Marie Blaney (UCF) 17:24:90 20

COURSE RECORDS - HOLLOWAY PARK

High School Boys 5K:

Ethan Geiger (Robinson) 15:39.76 2019

College Men 8K:

Mason Jones (Florida Southern) 26:17.00 2018

High School Girls 5K:

Carly McNatt (Holy Trinity) 17:23:07 2018

College Men 5K: Bobby Ormsby (Florida Southern) 15:44.50 2017

Middle School Boys 3K:

Rheinhardt Harrison (St. Johns Striders) 9:43.91 2017

College Women 5K:

Julia Rohm (Southeastern) 18:51.90 2019

Middle School Girls 3K:

Ani Veltcheva (Abraham Lincoln) 10:37.59 201

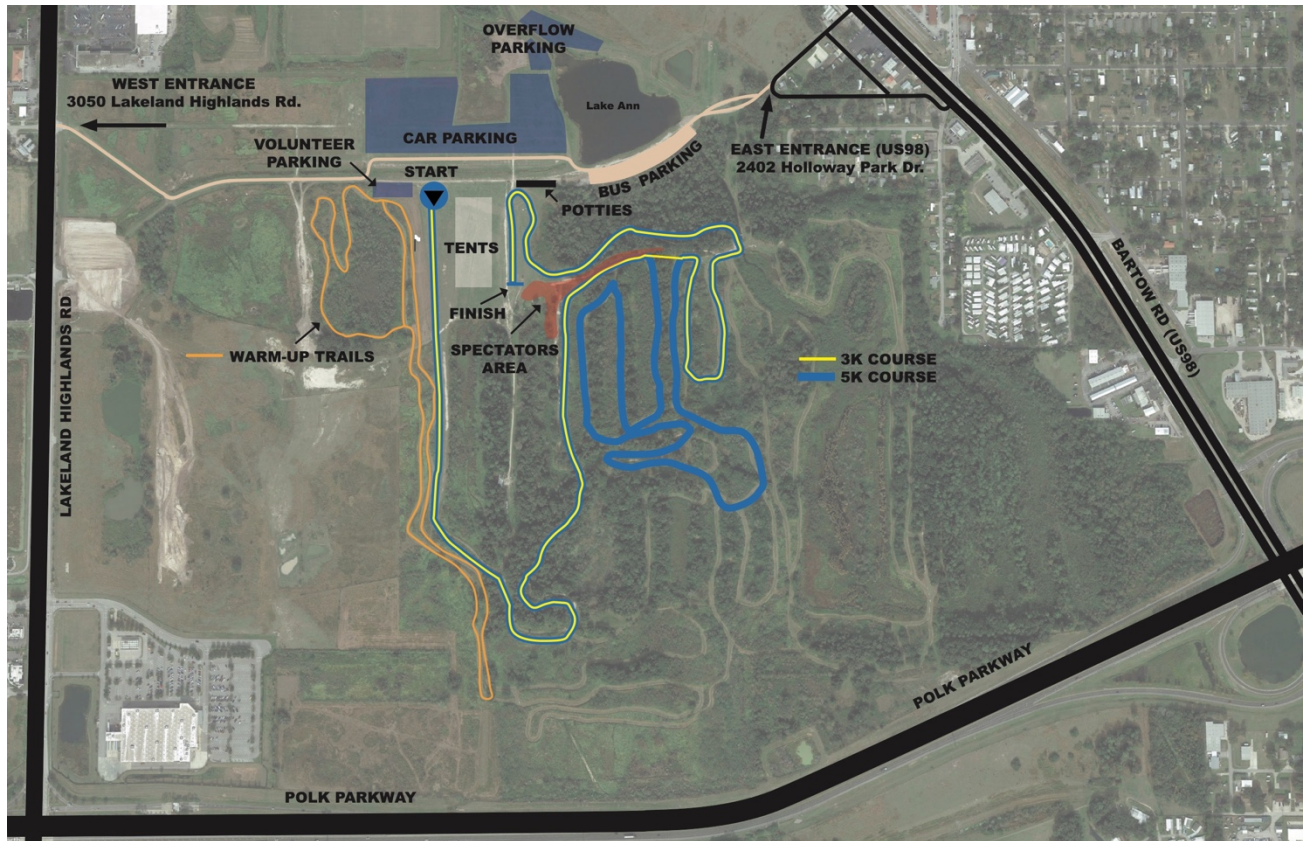
RACE OF CHAMPIONS - TEAM WINNERS

	Girls	Boys
2000	Bishop Kenny	Winter Park
2001	Our Lady of Lourdes	Gulliver Prep
2002	Holy Trinity	Bishop Kenny
2003	Bishop Kenny	Chiles
2004	Our Lady of Lourdes	Winter Park
2005	Episcopal	Warwick Valley, NJ
2006	Episcopal	Georgetown, TX
2007	Episcopal	Tampa Jesuit
2008	Community School of Naples	Belen Jesuit
2009	Winter Park	Dr. Phillips
2010	Lakewood Ranch	Belen Jesuit
2011	Estero	Belen Jesuit
2012	Estero	Belen Jesuit
2013	Estero	Belen Jesuit
2014	Pine Crest	Belen Jesuit
2015	Pine Crest	Trinity Prep
2016	Winter Park	Trinity Prep
2017	Montverde Academy	Satellite
2018	Chiles	Belen Jesuit
2019	Brookwood	Belen Jesuit

RACE OF CHAMPIONS - INDIVIDUAL WINNERS

	Girls	Boys
2000	Jil Gerber (Cypress Lake)	Matt Cianciulli (Flagler Palm Coast)
2001	Kara Scanlin (Episcopal)	Steven Hassen (Ocala Vanguard)
2002	Elly Kabboord (Cocoa Beach)	Ryan Deak (Maclay)
2003	Jenny Barringer (Oviedo)	Eduardo Arguello (Belen Jesuit)
2004	Jenny Barringer (Oviedo)	Justin Harbor (Flagler Palm Coast)
2005	Ashley Brasovan (Wellington)	Justin Harbor (Flagler Palm Coast)
2006	Ashley Brasovan (Wellington)	Anthony Morales (Flagler Palm Coast)
2007	Emilie Amaro (Cypress Bay)	Bryan Suarez (Okeechobee)
2008	Ashley Brasovan (Wellington)	Derek Wehunt (Sickles)
2009	Kathryn Fluehr (CS of Naples)	Matt Mizereck (Leon)
2010	Kathryn Fluehr (CS of Naples)	Jimmy Clark (Creekside)
2011	Olivia Ortiz (Lakewood Ranch)	Josh Brickell (Peachtree Ridge, GA)
2012	Emily Edwards (Ft. Myers)	Carlos Miranda (Palmetto Ridge)
2013	Karen Xiang (Nease)	Nick Diaz (Miami Sunset)
2014	Tsion Yared (Pine Crest)	Ryan Rodriguez (Belen Jesuit)
2015	Bailey Hertenstein (Riverview)	Noah Perkins (Seffner Christian)
2016	Bailey Hertenstein (Riverview)	Caleb Pottorff (Lincoln Park)
2017	Bailey Hertenstein (Riverview)	Trevor Foley (Citrus Park)
2018	Carly McNatt (Holy Trinity)	Gabriel Curtis (Mount Dora)
2019	Carly McNatt (IMG Academy)	Ethan Geiger (Robinson)

COURSE MAP



Additional Information for 2020

Awards: There will not be an award ceremony as in years past. Individual and team awards will be given to the head coach only at the chip return area. There will be a step and repeat backdrop on the small stage for teams or individuals that would like to take a picture with their award.

Responsibility of Coaches: It will be the responsibility of each **coach** to ensure that their athletes do not have a fever. We would ask that you each perform temperature check on each athlete before you leave to travel to the area. If you are staying overnight we ask that you do this before you leave to travel and in the morning before coming to the park.

Waiver: Each athlete's parents or guardian will be required to sign a hold harmless liability agreement that absolves the organizers, sponsors, and all individuals and organizations from any liability that may arise from COVID related issues. These waivers must be turned in no later than registration. If an athlete does not have a waiver, they will not participate.

Masks for participants: We strongly encourage participants to wear masks at all times that they are not warming up, racing, or cooling down. We ask that you not wear masks to the start line. We have a lot of races each day and cleaning up masks between races is not feasible. If your team is required to wear masks to the start line, then we ask that they either carry the mask with them or that a coach collects them before they start.

Masks for spectators: We strongly encourage all spectators to wear masks at all times inside the park.

Social Distancing: We ask that you do the best you can to social distance from other participants and spectators when not racing or when watching a race. We understand this may be challenging, but there will be plenty of opportunities to view races from different spots along the course.

Spectators on the Course: Again, we want spectators as much as possible to spread out. However, there are areas of the course that they will not be allowed. These are areas that are hard to staff. They will be flagged off and have signs for no spectators. Please inform your parents that they are to not go in those areas and they will need to heed the directions of volunteers. There will be additional areas that only coaches will be allowed.