

Central Florida Gliders 2023 XC Season

Team Schedule

Date	Event	Venue	Address	Cost	Deadline To register	Schedule	Notes
	Team meets						
	Team Activities						
9/16/2022	Holloway Park Jamboree	Holloway Park	3050 Lakeland Highlands Rd. Lakeland, FL 33803	\$10 per athlete	9/11/2023	8:00am 5th-8th grade boys 3000 meters 8:30am 5th-8th grade girls 3000 meters 9:00am 3rd-5th*grade Co-ed 2000 meters *5th graders may run in the elementary 2k or the middle school 3k, but only one.	Open to all 3rd-5th and 5th-8th grade, individuals and teams. Awards ceremony will take place after all races are complete. 3k Middle School Individuals- Top 15 Girls/Boys medals 2k Elementary Individuals- Top 10 Girls/Boys medals Parking - \$10.00 per car
9/23/23	Practice on the Beach	New Smyrna Beach	999 E 27th Ave, 32169	n/a	n/a		
10/6/2023	24th FLRUNNERS.COM INVITATIONAL	Holloway Park	3050 Lakeland Highlands Rd. Lakeland, FL 33803	\$15 per athlete	9/29/2023	Friday Afternoon 5:25 Boys Middle School 5:50 Girls Middle School 6:15 Boys Elementary 6:30 Girls Elementary	Awards: Individuals - 1 - 15 will get medals. Middle School - 1st & 2nd team award Elementary - 1st place team award Results will be available on elitetiming.net. \$10 parking fee *FLYRA QUALIFIER*
10/7/2023	15th Alligator Lake XC Invitational Presented by B3R Sports	Alligator Lake Park	420 SE Alligator Gln Lake City, FL 32025	\$20 per athlete	10/1/2023	Middle School Boys 3K 9:40 a.m. Middle School Girls 3K 10:00 a.m. Elementary Boys 2k 10:20 a.m. Elementary Girls 2K 10:30 a.m.	Parking - \$10.00 per car
10/21/2023	Gliders Annual XC Meet	Forest City Elementary	1010 Sand Lake Rd, Altamonte Springs, FL 32714	\$20 Pre-registration – Now thru October 20, 5pm \$30 same day registration	10/20/2023	7:15am...Registration/Packet Pick-up 7:55am... National Anthem 8:00am...First Race then rolling schedule. 5k & 3k Open (+Walkers) 5k-Girls & Boys 15 & above 3K-Girls & Boys Grades 5-8 2K-Girls & Boys Grades 3-5 1K-Girls & Boys Grades k1-2	*FLYRA QUALIFIER*
10/30/2023	Gliders Halloween Party	Sanlando Park				After Practice	
10/27/2023	FLYRA MS State Cross Country Championship (ELEMENTARY RACE ONLY)	Holloway Park	3050 Lakeland Highlands Rd. Lakeland, FL 33803	Individuals: \$20.00		FRIDAY ELEMENTARY RACE SCHEDULE 4:30 PM K-2nd grade, Boys/Girls 1K 4:45 PM 3rd-5th grade Girls 2K 5:10 PM 3rd-5th grade Boys 2k	No qualifying needed for elementary races ELEMENTARY DIVISION Awards K-2nd grade, Top 10 medals 3rd thru 5th grade Top 20 medals Top Team and Runners Up Team Girls/Boys in 3rd thru 5th grade HOW TO QUALIFY FOR CHAMPIONSHIP RACE
10/28/2023	FLYRA MS State Cross Country Championship (MIDDLE SCHOOL RACE ONLY)	Holloway Park	3050 Lakeland Highlands Rd. Lakeland, FL 33803	Individuals: \$20.00		SATURDAY MIDDLE SCHOOL RACE SCHEDULE Oct 30 9:00AM GIRLS CHAMPIONSHIP RACE (ALL QUALIFIED TEAMS & QUALIFIED INDIVIDUALS) 9:30AM BOYS CHAMPIONSHIP RACE (ALL QUALIFIED TEAMS & QUALIFIED INDIVIDUALS) 10:00AM GIRLS OPEN - NO QUALIFYING NEEDED 10:20AM BOYS OPEN - NO QUALIFYING NEEDED	An individual must finish in the Top 10% of total finishers based on final results in a qualifying meet. Will round up if above .5 in the calculation. See example below EXAMPLES: Individual Calculation: 10% of 113 Individual finishers equals 11.3, so we round down to 11 qualifying spots. 10% of 115 finishers equals 11.5, we round up to 12 qualifying spots. Team Calculation: 30% of 11 scored teams equals 3.3 , we round down to 3 team spots. 30% of 12 scored teams equals 3.6, we round up to 4 teams. Point 4 and below gets rounded down. Point 5 and above gets rounded up.
11/11/23	Practice at MLK Park	Martin Luther King, Jr. Park	1050 W Morse Blvd, Winter Park, FL 32789	n/a	n/a		
TBD	USATF Cross Country Regional Qualifier	TBD	TBD	TBD	TBD	TBD	
11/25/2023	Footlocker XC South Region Championships	McAlpine Greenway Park	8711 Monroe Rd, Charlotte, NC 28212	Individuals: \$25.00	TBD	TBD	
12/2/23	AAU XC Nationals	Apalachee Park	7550 Apalachee Pkwy, Tallahassee, FL 32311	TBD	TBD	TBD	
12/9/2023	USATF National Junior Olympic Cross Country Championships	TBD	Louisville , KY	TBD	TBD	TBD	
TBD	Gliders Year End Party	TBD		n/a	n/a		