

Fredericksburg Academy - XC Invitational
Fall 2025
Instructions for Visiting Teams



Welcome to Fredericksburg Academy! We are excited to host you on **Monday, September 22** for our annual Cross Country Invitational.

Please upload your roster to Milestat by **Friday, September 19** to register for the meet. 6th and 7th grade runners are allowed to participate. Late submissions will not be accepted AND please include all 6th-12th grade runners on your roster -- we are unable to add runners the day of the race. If a runner needs to scratch, please let head coach David Steinberger know before the start of the meet. Scoring will be tabulated using 4 finishers and 3 pushers.

A map is provided indicating the location of parking, spectators, and visiting teams. Please examine this information closely. Buses will need to park parallel to the southern edge of the parking lot. Team tents and other accessories can be set up in the designated area on the Lower Athletic Fields. To establish and maintain a clear path for runners on the course, **spectators need to remain in the designated spectator area**. Note that other Fredericksburg Academy teams will be practicing on the Tennis Courts and Upper Athletic Fields, so all athletes and spectators must stay within their designated areas.

As you walk onto the Lower Fields, look for the registration booth under the FA XC tent. Our volunteers will help you sign in, and provide you with bibs/chips and other important information. Port-a-johns will be available in the parking lot adjacent to the Tennis Courts.

A walk through will be held from 3:00 p.m. to 3:45 p.m., with a Coaches' Meeting at 3:45 p.m. Please utilize this time to become familiar with the course. The course is approximately 3.1 miles, with the start and finish lines at the same location. Mile 1 and Mile 2 will be marked with spray paint.

One water station with trash receptacles will be available on the fields. A first aid station will be on hand during the event.

To ensure the most accurate race results, and prevent the timing system from error, **all runners must maintain distance from the start/finish line until their designated race**. After crossing the finish line at the conclusion of their race, each runner must remain in the order they finished and immediately head to the scoring table.

The Boys Race will begin promptly at 4:00 p.m. Please be sure to have your boys lined up at the starting gate wearing their bibs no later than 3:50 p.m.

The Girls Race will follow immediately after conclusion of the Boys Race. Anticipated start time is 4:40 p.m. Please make sure to warm up your girls and have them ready by the starting line at approximately 4:35 p.m.

At the conclusion of the Girls Race, the top 5 runners in both races will be announced. Official times and team scores will be emailed to head coaches as soon as possible following the conclusion of the meet.

Please clean up after your team and throw all trash away in the garbage bags and trash cans provided.

Important Names and Contact Information:

Eyal Fierst, Athletic Director, (301) 461-8877

eyalfierst@fredericksburgacademy.org

David Steinberger, Varsity Cross Country Head Coach, (540) 940-7110

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Camille Atkins, Varsity Cross Country Assistant Coach, (804) 387-1750

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Alicia Conrad, School Nurse, (804) 869-9605

aconrad@fredericksburgacademy.org

Thank you, and we look forward to a successful meet on Tuesday!

All the best,
Coach David Steinberger