



2019 DIVISION I  
**CROSS COUNTRY  
CHAMPIONSHIPS**

**BUFFALO, NY**

*University at Buffalo, the State University of New York, Host*

***PARTICIPANT  
2019-20 MANUAL***

*Regionals*

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**Meet Personnel**

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
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<b>Sports Information Contact</b>	Zach Monell Communications Assistant Email: <a href="mailto:zcmonell@buffalo.edu">zcmonell@buffalo.edu</a>	Office: 716-645-6871 Cell: 716-531-0612
<b>Sports Medicine Contact</b>	Brian Bratta, PhD, ATC, CSCS Director of Sports Medicine Email: <a href="mailto:bbratta@buffalo.edu">bbratta@buffalo.edu</a>	Office: 716-645-8790 Cell: 716-906-6711



**2019-20 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY/TRACK & FIELD COMMITTEE**

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<p><b>Secretary-Rules Editor</b> <b>Mark Kostek</b> Cell: <a href="tel:515-208-8300">515-208-8300</a> Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></p>	<p><b>NCAA</b> <b>Jeff Mlynski</b> Assistant Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Fax: 317-917-6237 Cell: 317-874-7154 Email: <a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></p>	<p><b>NCAA</b> <b>TBD</b> Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: Fax: 317/917-6237 Email:</p>

## **SCHEDULE OF EVENTS**

***(All Times are Eastern Standard Time)***

### **Thursday, November 14**

11 a.m. – 4 p.m.	<b>Course inspection/practice.</b> Weather permitting.
12 – 4 p.m.	<b>Packet pickup.</b> Pavilion at the Golf Course
4:30 p.m. – 5 p.m.	Brinkworth/McNally Football Alumni Team Meeting Room at the UB Stadium.
5 p.m.	<b>Mandatory coaches' meeting.</b> Brinkworth/McNally Football Alumni Team Meeting Room at the UB Stadium. (Directions in Appendix B)

### **Friday, November 15**

7:30 a.m.	<b>Course opens to competitors.</b> Please call or visit @UB_XCTF or @UBAthletics for frost warning or severe weather updates on race day if needed.
9:40 a.m.	Clerking procedure begins for women's race.
10:30 a.m.	First gun fired (30 minutes to start of women's race).
10:35 a.m.	<b>National Anthem.</b>
10:40 a.m.	Second gun fired (20 minutes to start of women's race). Final check-in at clerk's tent for women's competitors. Clerking procedure begins for men's race.
10:50 a.m.	Third gun fired (10 minutes to start of women's race).
11 a.m.	<b>Women's 6K championship race.</b>
11:30 a.m.	First gun fired (30 minutes to start of men's race).
11:40 a.m.	Second gun fired (20 minutes to start of men's race). Final check-in at clerk's tent for men's competitors.
11:50 p.m.	Third gun fired (10 minutes to start of men's race).
Noon	<b>Men's 10K championship race.</b>

**Immediately following second race, recognition of top runners and teams.**

## ACCOMODATIONS

A full listing of local hotels can be found in **Appendix A**

## COURSE DIAGRAMS/INFORMATION

Course maps are available at the following link and in **Appendix B**

[https://ubbulls.com/documents/2019/8/29/2019\\_NCAA\\_course\\_map.pdf](https://ubbulls.com/documents/2019/8/29/2019_NCAA_course_map.pdf)

Facility layout and additional campus information:

<https://spark.adobe.com/page/GLsNSxb544SHO/> or see appendix C for facility layout.

## DRESSING ROOMS

The General Locker rooms in Alumni Arena will be available for team use following the competition. No towels are supplied. Alumni Arena is located across from the UB Stadium, and approximately 1 mile from the cross country course. Parking will be available in the Stadium Parking Lot or the Arena Lot. See Appendix B for directions and map.

## DRUG TESTING

Please see the 2019 NCAA Division I Cross Country Pre-Championship Manual for information.

**Note that if drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g. national record, world junior record, etc.), the cost associated with such a test will be the responsibility of the tested student-athlete's institution.**

## ENTRY PROCEDURES

In order to be eligible for participation in the regional and national meets, institutions must submit an NCAA official online entry roster form through [DirectAthletics](#) prior to the regional cross country championships. Coaches will be allowed to submit a maximum of 12 student-athletes on the entry form, of which no more than seven must be declared to participate prior to competition. Only the 12 student-athletes listed on the entry form may compete in the regional and/or national championship meets. Coaches will not be able to change the 12 student-athletes on the entry form should the team qualify for the national championship meet.

The entry form will be available beginning at 8 a.m. Eastern time, **Monday, November 4. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 7.** The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 8. A late fine will be assessed in the amount of \$400 per team/per gender. **No entries will be received after this deadline.** Each institution should print a copy of its entry forms to take to the regional and national sites.

The online entry roster form can be accessed through DirectAthletics at [www.directathletics.com](http://www.directathletics.com). If you experience technical difficulty using the online entry system, please contact DirectAthletics ([support@directathletics.com](mailto:support@directathletics.com); phone: 347-674-3002).

Entries will be posted at <https://spark.adobe.com/page/GLsNSxb544SHO/> by 5 p.m. local time on Monday, November 11.

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. No further entry is required for the national meet.

Please follow instructions below to complete your entries for the regional/national championship.

***Please note: If you already have a DirectAthletics account for your team, you should login at [www.directathletics.com](http://www.directathletics.com) and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DirectAthletics meets. If you know you have an account but have forgotten your username/password, you can click the “Login Trouble” link next to the login box.***

#### **STEP 1—Creating a DirectAthletics Account**

*If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:*

1. Go to [www.directathletics.com/ncaa.html](http://www.directathletics.com/ncaa.html).
2. On the right side (in the New Account Creation box), select your division.
3. Select your team, choosing only the genders for which you are submitting entries. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like “bears” or “adam” or “track” are likely to be taken.
4. Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men’s and women’s account, it will usually default to men first.
5. Follow Step 2 below to enter your roster.

#### **STEP 2—Setting Up Your Online Roster**

*Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:*

1. On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your DirectAthletics account!”

2. Select the number of student-athletes you wish to enter. You can always add more later.
3. Enter your student-athletes' first names, last names and school years and click "Submit". Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)
4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

### **STEP 3--Submitting Your Roster/Entries**

*Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.*

1. Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the NCAA Division I Championships.
2. Check off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the "Add New Entry" box.
3. When you have completed your entries, click "Submit". You MUST click "Submit" to submit your entries.
4. You will see your current, submitted entries on the "View Entries" page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the "View Entries" page. An Email Confirmation will be sent to the email address in your account.
5. At any time before the entry deadline, you may edit your entries by clicking the "Edit Entries" link next to the meet in the HOME tab.

***Please note if you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.***

**REMINDER:** It is the coach's responsibility to inform the cross country/track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

**DECLARATIONS:** Onsite declarations will be held during packet pickup from 12 p.m. – 4 p.m. at the Golf Course Pavilion and 4:30 p.m. – 5 p.m. at the Brinkworth/McNally Football Alumni



Team Meeting Room, located in the UB Stadium on Thursday, November 14. If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of chips and bibs), those additional chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of the race.

**FINAL DECLARATION AND CHECK-IN:** Student-athletes must check-in with the clerks at the assigned clerking location up to 80 minutes prior to the start of their race. Teams are encouraged to check-in as soon as possible, but not later than 20 minutes prior to their race. Check-in will NOT be allowed at the start line and all teams must report and check-in at the assigned clerking location. When teams check-in at the clerking location, they will be required to show that they have their hip numbers, chips on their spikes/bib, bibs on their jersey, and that their uniforms meet the NCAA logo requirements.

**Please note that teams and/or individuals that check-in late and not in accordance with the times outlined in this manual will jeopardize participation in their race, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.**

**SQUAD SIZE:** Teams are limited to a maximum of seven competitors. A team running more than seven will be disqualified and the action will be considered misconduct. Institutions entering **five to seven** runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

## **EVACUATION/SEVERE WEATHER PLAN**

**Lightning Policy.** Following NCAA protocol, we will be using an online lightning detection and weather monitoring system. Once lightning enters the 30-mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within an eight-mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

**Shelter Locations.** Participants and patrons should take shelter in team/personal vehicles. There will be limited transportation that will shuttle patrons to the Stadium Lot to return to their own vehicles.

### Severe Weather Policy for NCAA Cross Country Regional Championships

For the safety of all spectators, student-athletes, officials and coaches the following will be used in case of severe weather (e.g., lightning, cold temperatures and/or heavy snow):

1. The meet director and NCAA cross country/track and field committee will monitor the weather during the week and morning of the championships.

2. Information on delays and/or postponements will be available at @UB\_XCTF and @UBAthletics. The host will provide all necessary information alerting coaches of different start times or delays in course inspection times due to any inclement weather.
3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. The games committee at the regional will make their recommendation to the NCAA with the NCAA approving the final plan.
4. If the race has already begun and would have to be suspended in the middle of the competition, the cross country/track and field committee would recommend the following:

**Men's 10,000 meter** - If competition is suspended before the 3,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

**Women's 6,000 meter** - If competition is suspended before the 2,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.

5. If necessary, competition may be postponed until Saturday, per NCAA policy, with similar if not the same start times. This information must be communicated with all involved institutions.

*\*\* Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The games committee reserves the right to make changes to the above policies and schedules as they see fit.*

## **FINISH LINE PROCEDURES AND TIMING/RESULTS**

ChronoTrack Timing Systems will be used. These systems utilize disposable transponder tags worn by athletes. Each athlete will be required to wear 4 numbers. The primary number will be the traditional bib number with timing chip affixed to the back of the bib. This bib number must be worn on the front of their singlet. Do not remove the chip. Each athlete will also wear hip numbers on both their right and left side. The chest number with the chip must be worn on the student athlete's singlet and must be visible. The second bib (non-chip) is to be worn on the back of the singlet. The hip numbers must also be visible. Please make sure that your athletes do not have their singlet covering any of these numbers.

The order of finish will be verified. FinishLynx photo finish technology as a backup timing device. Two cameras will be on each of the finish line mats. A secondary video system will be used as a backup. The timing company will review the photo prior to releasing official results.

Timing mats will be placed at the 1 mile and 3k (and men's 7.2k). Women's splits and team scores will be collected and displayed in the final results. Men's splits and team scores will be collected and displayed in the final results.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute to their designated area for retrieval of their warm up apparel. Runners need not maintain their order of finish in the chute. Water and athletic trainers will be available at the end of the finish chute. Coaches can wait for runners outside of the finish chute.

Utilizing chip technology, unofficial results will be posted and available in real time both onsite and online. However, note that results from chip technology are not official results. Results will not become official until the timing company has completed all necessary video review and the official protest window has closed.

### **PACKET PICK UP**

Packets will be available Thursday, November 14, from 12 – 4 p.m. at the Audubon Golf Course Pavilion, and 4:30 p.m. – 5 p.m. at the Brinkworth/McNally Football Alumni Team Meeting Room at the UB Stadium. See Appendix B for directions and map.

Course maps and descriptions will also be available and host representatives will be there to answer any questions about the course.

### **MANDATORY COACHES' MEETING**

Coaches are required to attend the mandatory coaches' meeting on Thursday, November 14 at 5 p.m. at the Brinkworth/McNally Football Alumni Team Meeting Room at the UB Stadium. **Failure to attend the mandatory coaches' meeting will result in a minimum of a \$200 fine/gender/institution.** See Appendix B for directions and map.

### **MERCHANDISE**

Merchandise will be available at the course for purchase from 1 p.m. – 3:30 p.m. Thursday and on Friday from 9 a.m. through the conclusion of the second race.

### **PRACTICE SCHEDULE**

Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 11 a.m. – 4 p.m. The course will be open at 7:30 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

**\*\*Please check @UB\_XCTF or @UBAthletics on race and practice days before leaving for the course for frost warning or severe weather updates if necessary.**

### **PROTESTS**

A protest area will be located near the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The head referee's ruling and explanation will be posted along with the results of the

race. There will be no jury of appeals and the referee's decision will be final. There will be two 15-minute protest periods, one following each of the races (women and men). Each of the protest windows will begin when the results of the race have been posted at the protest tent. There is a \$100 protest fee (cash only) for each protest. The \$100 fee is refundable only if the protest is overturned.

## **RESULTS PICKUP/SPORTS INFORMATION**

### **Results.**

- Each coach will receive one copy of the official results. Coaches can pick up a hard copy at the coaches tent by the Pavilion. Results will also be posted at <https://spark.adobe.com/page/GLsNSxb544SHO/>.
- At the meet - members of the media may pick up results after each race at the coaches tent by the Pavilion.
- Contact Zach Monell at [zmonell@buffalo.edu](mailto:zmonell@buffalo.edu)/716.645.6871 for more information.

## **SPORTS MEDICINE**

The training room is located at Smolinski Family Sports Medicine Center, 130 UB Stadium Buffalo, New York 14260. The training room is equipped with treatment tables, taping stations, ice, heat, hot and cold whirlpools, ultrasound and electrical stimulation units. There will also be a training area set up at the course during practice on Thursday 11 a.m. – 4 p.m. and competition on Friday beginning at 9 a.m. – through the end of competition. If you have any special needs, please contact Brian Bratta, Director of Sports Medicine at 716-645-8790 or by email at [bbratta@buffalo.edu](mailto:bbratta@buffalo.edu).

### **Training Room Hours:**

Thursday, November 14 from 2 – 4 p.m.  
Friday, November 15 from 8 – 9 a.m.

The training room is located at Smolinski Family Sports Medicine Center, 130 UB Stadium Buffalo, New York 14260.

**Trainers at course:** Thursday, November 14 11 a.m. – 4 p.m.

Friday, November 15 Beginning at 9 a.m.

Student-athletes must present a prescription or letter of treatment from the institution's certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions' medical staff. Competing institution's trainers will not be allowed on the course or in the finish chute unless their student-athlete becomes injured or ill. An ambulance will be onsite for both races.

## TENTS

Team Tents can be set up in specified designated areas. See appendix C for facility layout. Tents will be available for team ordering at All Season's Rentals. Orders should be placed by **October 25, 2019**. A 25% down payment is required at booking along with a return of the signed contract. The down payment is nonrefundable. Final payments are due no later than November 1, 2019. If a school is tax exempt, a tax-exempt form must be provided by the school before the sales tax is removed. \*Please note that tent heating units are limited and are at a first come first serve basis- An employee of All Season's will be on site for the event November 15<sup>th</sup>, 2019 from 8 a.m. - 2 p.m. to assist with any tent or heating needs.\*

Contact: Dana Arnold, All Season's Rental

- P:716-688-9531
- F:716-688-9559
- C:716-316-0416
- [dana@rentrightnow.com](mailto:dana@rentrightnow.com)

Tent packages are as follow:

- OPTION 1: 10X10 Frame tent, with 4 sides of sidewall-\$355.00 plus NYS sales tax if applicable.
- OPTION 2: 10X10 Frame tent, with 4 sides of sidewall, one tent heater (17,000 btu) with 100 lbs of propane (good for 6 hrs of heat)-\$725.00 plus NYS sales tax if applicable. Generator cost will be split among teams who book tent heaters. Final cost will be presented to those teams on last day of booking.
- OPTION 3: 10X20 Frame tent, with 4 sides of sidewall-\$440.00 plus NYS sales tax if applicable.
- OPTION 4: 10X20 Frame tent, with 4 side of sidewall, one tent heater (17,000 btu) with 100 lbs of propane (good for 6 hrs of heat)-\$815.00 plus NYS sales tax if applicable. Generator cost will be split among teams who book tent heaters. Final cost will be presented to those teams on last day of booking.
- Extra- Pyramid heaters with a 20lbs of propane (good for 6 hrs of heat) not to be used under tents or structures. \$310.00 plus NYS sales tax if applicable.
- 6 foot banquet tables \$11 each, plastic folding chairs \$1.60 each

## TRANSPORTATION/PARKING

All transportation needs will be the responsibility of the participating team.

### Directions to Course.

See Appendix D for Directions and Appendix F for spectator parking. The Audubon Golf Course

is located at 500 Maple Road, Amherst, NY 14221. Driving directions to the course can be located in Appendix D and at <https://spark.adobe.com/page/GLsNSxb544SHO/>.

Team parking will be available at the parking lot of the Audubon Golf Course. Parking passes will be distributed at the Coaches Meeting.

Spectator parking will be available in the Stadium Lot the University at Buffalo with a shuttle running every 15 minutes to the course (approximately 8-10 min. shuttle ride) 9:30 a.m. – 2 p.m. Parking will also be available in the Northtown Center Parking Lot and local side streets. Please follow all parking signs and regulations. Park at your own risk. A map with parking information is located in Appendix C.

## UNIFORMS

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships. Uniforms for all cross country team members must meet the following criteria: (1) school-issued; they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments, including arm and leg-warmers, must be of an identical solid color. Uniforms must be clean and of a material and design so as not to be objectionable. Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors' numbers to be placed above the waist (front and back) and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

**Logos.** An institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, arm-warmers, wristbands, visors and hats) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2.25 square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram). In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction. A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2.25 square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution. These restrictions apply to all apparel worn by student-athletes during the conduct of competition, which includes prerace or post race activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.

**Appendix A – Hotels/Accommodations**



**Hotels near the University at Buffalo**

Audubon Golf Course: 500 Maple Road, Amherst, NY 14221

All hotels are within 4 miles of the Audubon Golf Course

Fairfield Inn & Suites (2.5 miles)

3880 Rensch Road  
Amherst, NY 14228

Comfort Inn (1.3 miles)

1 Flint Rd, Buffalo, NY 14226  
(716) 688-0811

Motel 6 (1.8 miles)

4400 Maple Rd, Amherst, NY 14226  
(716) 834-2231

Residence Inn Buffalo (1.0 miles)

100 Maple Rd, Buffalo, NY 14221  
(716) 632-6622

Double Tree (1.5 miles)

10 Flint Rd, Amherst, NY 14226  
(716) 689-4414

Candlewood Suites (1.5 miles)

20 Flint Rd, Amherst, NY 14226  
(716) 688-2100

Red Roof Plus (1.4 miles)

42 Flint Rd, Buffalo, NY 14226  
(716) 689-7474

Marriott (1.4 miles), UB Rate of \$119/night

1340 Millersport Hwy, Amherst, NY 14221  
(716) 689-6900

Homewood Suites (2.0 miles)

1138 Millersport Hwy, Buffalo, NY 14226  
(716) 833-2277

Courtyard by Marriott (2.0 miles)

4100 Sheridan Dr, Buffalo, NY 14221  
(716) 626-2300

Sleep Inn (4.1 miles)

75 Inn Keepers Lane, Amherst, NY 14228  
(716) 691-6510

Staybridge Suites (2.5 miles)

1290 Sweet Home Rd, Amherst, NY 14228  
(716) 276-8750

Wyndham Garden (4.0 miles), NCAA UB  
Rate \$104/night

5195 Main Street, Williamsville, NY 14221  
(716) 276-9600



## Hotels near the Niagara Falls, USA

Audubon Golf Course: 500 Maple Road, Amherst, NY 14221

All hotels are approximately 18 – 20 miles from the Audubon Golf Course, 25minutes driving without traffic

Radisson Hotel, Grand Island  
100 Whitehaven Road, Grand Island, NY  
14072  
716-773-1111

Hampton Inn Niagara Falls  
501 Rainbow Blvd, Niagara Falls, NY 14303  
716-285-6666

Fairfield Inn & Suites Niagara Falls  
643 Rainbow Blvd, Niagara Falls, NY 14303  
716-643-0513

Holiday Inn Niagara Falls  
114 Buffalo Ave, Niagara Falls, NY 14303  
716-285-2521

Wingate by Wyndham, Niagara Falls  
333 Rainbow Blvd, Niagara Falls, NY 14303  
716-285-4000

Comfort Inn The Pointe  
1 Prospect Ave, Niagara Falls, NY 14303  
716-284-6835

The Giacomo  
222 1<sup>st</sup> St, Niagara Falls, NY 14303  
716-299-0200

Quality Inn at the Falls  
240 1<sup>st</sup> St, Niagara Falls, NY 14303  
716-828-1212

Sheraton at the Falls  
300 3<sup>rd</sup> St, Niagara Falls, NY 14303  
716-285-3361

Howard Johnson Closets to the Falls  
454 Main St, Niagara Falls, NY 14303  
716-285-5261





## Hotels near the Buffalo Niagara International Airport

Audubon Golf Course: 500 Maple Road, Amherst, NY 14221

All hotels listed are approximately 8 – 9 miles from the Audubon Golf Course, 15minutes driving without traffic

Millennium Hotel, \$65/night UB Rate  
Monday – Thursday night  
2040 Walden Ave, Cheektowaga NY 14225  
716-681-2400

Holiday Inn Express  
131 Buell Ave. Cheektowaga, NY 14225  
716-631-8700

Comfort Suites  
901 Dick Road, Cheektowaga, NY 14225  
716-633-6000

Homewood Suites by Hilton  
760 Dick Road, Cheektowaga, NY 14225  
716-685-0700

Aloft Buffalo  
4219 Genesee St, Cheektowaga, NY 14225  
716-626-1800

TownePlace Suites  
4265 Genesee St, Cheektowaga, NY 14225  
716-839-1880

Fairfield Inn & Suites  
4271 Genesee St, Cheektowaga, NY 14225  
716-633-2488

Days Inn Airport  
4345 Genesee St, Cheektowaga, NY 14425  
716-631-0800

Holiday Inn Airport  
4600 Genesee St, Cheektowaga, NY 14225  
716-634-6969

Sleep Inn Airport  
100 Holtz Dr, Cheektowaga, NY 14225  
716-626-4000

Best Western Airport  
4630 Genesee St, Cheektowaga, NY 14225  
716-631-8966

Courtyard by Marriott  
4243 Genesee St, Cheektowaga, NY 14225  
716-633-2700



November 15, 2019  
Audubon Golf Course, Amherst NY  
Women's 6000m  
Race Time: 11:00am

Course:

TWO RED LOOPS →  
Then YELLOW → FINISH











**Appendix D – Directions**

## Directions to the University at Buffalo Stadium/Alumni Arena/Stadium Parking Lot

GPS: [102 Alumni Arena, Buffalo, NY 14260](#)

### **From the East (Albany):**

Take I-90 West to the Tolls. After the tolls, take the first exit to the right, Exit #50 (Sign for Niagara Falls and UB), onto I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right onto Augspurger Road. The Stadium Lot will be on your right. Park in the Stadium Lot.

- To Coaches Meeting: Enter the Stadium through the glass doors under the “Murchie Family Football Center.” The Meeting Room will be on your right.
- To Alumni Arena General Locker Rooms: Enter Alumni Arena through the glass doors. The General Locker Rooms are located on the ground level.

### **From the South/West (Erie PA, Ohio):**

Take I-90 East to the Tolls. Stay in the right lane and proceed on I-90 to Exit # 50 (about 8-10 miles after the tolls) to I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right onto Augspurger Road. The Stadium Lot will be on your right. Park in the Stadium Lot.

- To Coaches Meeting: Enter through the glass doors under the “Murchie Family Football Center.” The Meeting Room will be on your right.
- To Alumni Arena General Locker Rooms: Enter Alumni Arena through the glass doors. The General Locker Rooms are located on the ground level.

### **From the North (Ontario):**

Cross the Lewiston-Queenstown Bridge into the USA. Follow I-190 South, towards Grand Island. Cross over both bridges (North and South Grand Island Bridges). After leaving the second bridge from Grand Island, stay in the right lane and exit onto I-290 East. Follow I-290 East to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right onto Augspurger Road. The Stadium Lot will be on your right. Park in the Stadium Lot.

- To Coaches Meeting: Enter through the glass doors under the “Murchie Family Football Center.” The Meeting Room will be on your right.
- To Alumni Arena General Locker Rooms: Enter Alumni Arena through the glass doors. The General Locker Rooms are located on the ground level.

### **From the Buffalo Niagara Airport:**

Exit the Airport following signs for Route 33 West. Take Route 33 West to I-90 East toward I-290/Niagara Falls. Take the Exit #50, onto I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the second traffic light, turn left at the Coventry Entrance on to the campus. At the stop sign turn right onto Augspurger Road. The Stadium Lot will be on your right. Park in the Stadium Lot.

- To Coaches Meeting: Enter through the glass doors under the “Murchie Family Football Center.” The Meeting Room will be on your right.
- To Alumni Arena General Locker Rooms: Enter Alumni Arena through the glass doors. The General Locker Rooms are located on the ground level.

For more information concerning directions, please look at our website: [www.buffalo.edu](http://www.buffalo.edu)



## Directions to the Audubon Golf Course

**GPS:** [500 Maple Road, Amherst, NY 14221](#)

### **From the East (Albany):**

Take I-90 West to the Tolls. After the tolls, take the first exit to the right, Exit #50 (Sign for Niagara Falls and UB), onto I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the first traffic light, stay in right lane and take ramp for Maple Road. Turn right onto Maple Road, proceed approximately 1.4 miles to the Audubon Golf Course on the left. Team Parking is available at the course.

### **From the South/West (Erie PA, Ohio):**

Take I-90 East to the Tolls. Stay in the right lane and proceed on I-90 to Exit # 50 (about 8-10 miles after the tolls) to I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the first traffic light, stay in right lane and take ramp for Maple Road. Turn right onto Maple Road, proceed approximately 1.4 miles to the Audubon Golf Course on the left. Team Parking is available at the course.

### **From the North (Ontario):**

Cross the Lewiston-Queenstown Bridge into the USA. Follow I-190 South, towards Grand Island. Cross over both bridges (North and South Grand Island Bridges). After leaving the second bridge from Grand Island, stay in the right lane and exit onto I-290 East. Follow I-290 East to Exit # 5B, Millersport Hwy North. At the first traffic light, stay in right lane and take ramp for Maple Road. Turn right onto Maple Road, proceed approximately 1.4 miles to the Audubon Golf Course on the left. Team Parking is available at the course.

### **From the Buffalo Niagara Airport:**

Exit the Airport following signs for Route 33 West. Take Route 33 West to I-90 East toward I-290/Niagara Falls. Take the Exit #50, onto I-290 West. Take I-290 approximately 2 miles, to Exit # 5B, Millersport Hwy North. At the first traffic light, stay in right lane and take ramp for Maple Road. Turn right onto Maple Road, proceed approximately 1.4 miles to the Audubon Golf Course on the left. Team Parking is available at the course.





## Directions from the Audubon Golf Course to the UB Stadium

- Brinkworth/McNally Football Alumni Team Meeting Room
- The Smolinski Family Sports Medicine Center in the
- GPS: [102 Alumni Arena, Buffalo, NY 14260](#)

1. Leave the Audubon Parking Lot and turn right onto Maple Road. Follow Maple Road 1.2 miles.
2. Turn right onto Amherst Manor Drive.
3. At the Traffic light, proceed straight onto the UB Campus.
4. Turn right at the stop sign onto Augspurger Road.
5. Park in the Stadium Lot.





## Appendix E – Spectator Parking

### Spectator parking:

1. Stadium Parking Lot: A shuttle bus will run every 15 – 20mins to/from the Stadium Lot to the Audubon Golf Course. Signs for Spectator Shuttle will be posted in both the Stadium Lot and at the Course.
2. Northtown Center: Parking is available on a first-come, first-serve basis. It is about an 800m walk to the course

