



2019 DIVISION I
**CROSS COUNTRY
CHAMPIONSHIPS**

TERRE HAUTE, IN • *Indiana State University, Host*

***PARTICIPANT
2019-20 MANUAL***

Table of Contents

Welcome from Host Institution.....	2
Schedule of Events.....	5
NCAA Cross Country Championship Committee & Staff.....	7
NCAA Cross Country Championship Meet Officials.....	8
NCAA Cross Country Championship Local Planning Committee.....	9
Athletic Training Services.....	10
Media/Press Conference Information.....	10
NCAA Championship Meet Information.....	13
Uniforms & Misconduct.....	19
6K Course Map.....	22
10K Course Map.....	23
Team Parking Map.....	25
Spectator Parking Map.....	25
Directions.....	27 & 28



November 2019

Dear Cross Country Championship Participants:

Welcome to the 2019 NCAA Division I Men's and Women's Cross Country Championships!

Indiana State University is pleased and honored to host this exciting event for the 13th time. The 250-acre LaVern Gibson Cross Country Course was designed exclusively as a national-caliber venue for your great sport. Because of the spectator-friendly design, fans will be able to view the entire races.

Congratulations to the athletes on reaching the national championship. It takes great dedication to train and compete at a high level while fulfilling the demands of an academic course load. I commend you for your work. And congratulations to the coaches for guiding your student-athletes to such success.

To the fans, we extend sincere appreciation for your support of intercollegiate athletics. Our athletics department, coaches, faculty, staff, students and other volunteers work hard to put on an exceptional championship event. We hope you enjoy the experience.

Good luck to everyone!

Sincerely,

A handwritten signature in black ink, reading "Deborah J. Curtis".

Deborah J. Curtis
President



INDIANA STATE UNIVERSITY

INTERCOLLEGIATE ATHLETICS

Dear Coaches,

It is with great anticipation that Indiana State University will once again host the NCAA Division I Women's and Men's Cross Country Championships. On November 23, 2019, the sports most talented collegiate athletes will compete in Terre Haute, Indiana – Cross Country Town, USA- at the Lavern Gibson Championship Cross Country Course. Recognized as one of the finest cross country venues in the nation, the course is designed to challenge runners while providing spectators with an expansive view of the action.

Please review the enclosed information when making your travel arrangements. Indiana State University, in collaboration with the NCAA Championship Committee, the great city of Terre Haute, the Terre Haute Convention and Visitors Bureau, and scores of volunteers have planned activities and events that are sure to provide a memorable championship experience for all student athletes, coaches, parents and fans.

The entire ISU community is honored to be a part of these special championships. The opportunity to witness supremely skilled student athletes compete for the biggest prize in intercollegiate sports is truly awe inspiring. The excitement around the community is palpable.

As you plan your itinerary, feel free to contact Associate head Coach Jeff Martin at (812) 237-4332 should you have questions or need assistance of any kind. We will do our best to ensure all your needs are met.

Good luck in the championship!

Safe Travels,

Sherard Clinkscales
Director of Athletics
Indiana State University

Indiana State University Center for Sports Medicine and Performance

Dear Athletic Trainer:

The athletic training staff in the Center for Sports Medicine and Performance at Indiana State University would like to welcome you to the 2019 NCAA National Championship Cross-Country meet held in Terre Haute, Indiana, on Saturday, November 23rd. It is our hope that your team's stay will be safe and enjoyable. In order to enhance your experience at this meet we would also like to invite you to visit our Athletic Training Services Hospitality area where there will be food and beverages available. We hope that you will stop by, so that we can welcome you and provide you with an area to relax and interact with other professionals. The hospitality area will be located in the back of the medical tent adjacent to the main straightaway across from the finish line.

You will find a list of medical tent supplies below. Water and PowerAde will be available at the start (Tent City) and finish lines. Members of our athletic training staff will be at the course at 8am on race day. We want to note that only Indiana State University Athletic Trainers will be allowed in the chute. Your medical credential will be available for pickup from 10a-4p on Thursday in the Medical Tent and 10a-2p during Packet Pickup in the main building at the course and from 2p-4p in the Medical Tent on Friday. ***Per the NCAA, we can only allow (1) credential per sport gender, per university.*** A certified athletic trainer will be available at the course with basic supplies while it is open for practice on Thursday & Friday; We will have a Massage Therapy tent (adjacent to the Medical Tent) open on Thursday & Friday with a time TBA. We will have a physician present on the course on race day, however, if you have a student-athlete needing to be seen prior to race day, we can help arrange an appointment at UAP clinic. Our main athletic training facility is located in the Sycamore Center for Wellness and Applied Medicine on campus and can be made available by prior arrangement. Please keep in mind this facility is located approximately 20 minutes from the course.

The following will be provided at the course on Saturday, November 23rd:

Nationally Certified/Indiana Licensed Athletic Trainers
(2) ALS Ambulances and Physician coverage
Emergency Equipment, First Aid Supplies
Water, Powerade, Cups, Ice
Therapeutic Modalities (US, E-Stim, & Hydrocollator)
Massage Therapy (located next to the medical tent)



Important contacts to assist you in caring for your athletes:

Nicholas Horman, MS, LAT, ATC- Head Track/XC Athletic Trainer
Cell (719) 557-9244 Email: Nicholas.horman@indstate.edu

Kellen Norris, MS LAT, ATC- Director, Center for Sports Medicine and Performance
Cell (763) 218-4628 Email: Kellen.Norris@indstate.edu

Andrew McDonald, MD- Medical Director, Center for Sports Medicine and Performance
UAP Clinic: office (812)242-3005 1725 N 5th Street

Schedule of Events (all times Eastern Standard)

Thursday, November 21

9 a.m. – 5 p.m.

Course Inspection

LaVern Gibson Championship Cross Country Course
599 South Tabortown St.
Terre Haute, Indiana 47803

9:30 a.m. – 3:30 p.m.

Banquet Wristband Pickup

Pick up wristbands in the Press Box/Finish Line Building at the LaVern Gibson Championship Cross Country Course. If you are unable to pick up your banquet wristbands at the course, they will be available for you as you check into the banquet in the North Gym.

5:45 p.m. (Doors open)

6:30 p.m. (Program starts)

NCAA Cross Country Championships Banquet

North Gym, CHHS Building (formerly the ISU Arena), Indiana State University, Terre Haute, Indiana 47809.
Enter through Fifth St. entrance at the drop off area. Parking available north and northwest of the building.
Doors open at 5:45 p.m. with program beginning at 6:30 p.m.
Specific banquet registration information will be provided to qualifying teams via email.

Friday, November 22

9 a.m. – 5 p.m.

Course Inspection

LaVern Gibson Championship Cross Country Course
599 South Tabortown St.
Terre Haute, Indiana 47803

10 a.m. – 2 p.m.

NCAA Declarations & Packet Pickup

Main Building, Wabash Valley Family Sports Center
599 South Tabortown St.
Terre Haute, Indiana 47803

2 – 3:30 p.m.

NCAA Press Conference

Main Building, Wabash Valley Family Sports Center
599 South Tabortown St.
Terre Haute, Indiana 47803

4 – 5 p.m.

NCAA Mandatory Technical Meeting for Coaches

Main Building, Wabash Valley Family Sports Center
599 South Tabortown St.
Terre Haute, Indiana 47803

Schedule of Events Continued (all times Eastern Standard)

Saturday, November 23

8 a.m.	Course open for participants (Please call 231-578-8302 or check Twitter at @IndStTrackField or @XCTownUSA for possible frost or weather delays)
8 a.m.	Parking and gates open for spectators
9:55 a.m.	Clerking begins for women's competitors
10:45 a.m.	First gun fired (indicating 30 minutes to start of women's race)
10:55 a.m.	Second gun fired (20 minutes to start to start of women's race)
	Final check-in at clerk's tent for women's competitors
	Clerking begins for men's competitors
11:05 a.m.	Third gun fired (10 minutes to start of women's race)
11:07 a.m.	National Anthem
11:15 a.m.	Women's Championship 6K Race
11:45 a.m.	First gun fired (indicating 30 minutes to start of men's race)
11:55 a.m.	Second gun fired (20 minutes to start of men's race)
	Final check-in at clerk's tent for men's competitors
12:05 p.m.	Third gun fired (10 minutes to start of men's race)
12:15 p.m.	Men's Championship 10K Race
Approx. 1:15 p.m.	Presentation of Awards

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

Trey Clark Head Track and Field Coach Lamar University 211 Redbird Lane Beaumont, Texas 77710 Office: 409-880-8318 Email: trey.clark@lamar.edu	Abbie Day Assistant AD/Academic Services University of Maryland, Baltimore County 1000 Hilltop Circle Baltimore, Maryland 21250 Office: 410-455-1533 Email: anday@umbc.edu	Milan Donley, chair Meet Management/Director of Kansas Relays University of Kansas 1651 Naismith Drive Lawrence, Kansas 66045 Office: 785-864-7971 Email: mdonley@ku.edu
Elvis Forde Head Coach Track & Field and Cross Country Temple University 1800 North Broad Street Philadelphia, Pennsylvania 19121 Office: 267-721-4217 Email: elvis.forde@temple.edu	Sean Harris Assistant Director, Sports Management and Championships Pac-12 Conference 360 3 rd Street, 3 rd Floor San Francisco, California 94107 Office: 253-249-8705 Email: sharris@pac-12.org	Amy Horst Head Cross Country and Track Coach Loyola University Maryland 4501 North Charles Street Baltimore, Maryland 21210 Office: 410-617-2991 Email: ahorst@loyola.edu
Jennifer Lawlor Senior Associate Athletic Director/ Senior Woman Administrator Monmouth University 400 Cedar Avenue West Long Branch, New Jersey 07764 Office: 732-571-3604 Email: jlawlor@monmouth.edu	Ervin Lewis Senior Associate AD of Operations University of North Florida 1 UNF Drive Jacksonville, Florida 32224 Office: 904-620-1534 Email: e.lewis@unf.edu	Wendy McFarlane-Smith Head Track and Field/Cross Country Coach University of Delaware 621 S. College Avenue, 134 Delaware Field House Newark, Delaware Office: 302-831-8738 Email: wendym@udel.edu
Sharlene Milwood-Lee Head Track and Field/Cross Country Coach Farleigh Dickinson University 1000 River Road Teaneck, New Jersey 07502 Office: 201-692-2242 Email: sharlene_milwood-lee@fdu.edu	Ryan Orner Head M&W Track and Field and Cross Country Coach Xavier University 3800 Victory Parkway Cincinnati, Ohio 45207 Office: 513-745-2849 Email: ornerr@xavier.edu	TJ Shelton Associate Director of Athletics The Ohio State University 2400 Olentangy River Rd. 10 th Floor Columbus, Ohio 43210 Office: 614-247-4531 Email: shelton.143@osu.edu
Secretary-Rules Editor Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com	NCAA Jeff Mlynski Assistant Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317/917-6503 Cell: 317/874-7154 Email: jmlynski@ncaa.org	NCAA Micaela Liddane Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: Email: mliddane@ncaa.org

Meet Officials

Meet Referee:	Jim Rhode
Head Clerk of the Course:	Curt Donley (Start Line) Larry Henning (Tent)
Assistant Clerks:	Jeff Norton, Lil Brunson, Jay White, Vicki Rowland, Mike Powers, Phil Dant
Head Starter:	Ed Stuffie
Recall Starters:	John Fuhs, Curt Parrish, Michael Alspaugh, Scott Erwin, Larry Bemis, Carter Lohr
Head Marshal:	Craig Morehead
Head Umpire:	Merv Nolot
Head Finish Line Official:	Pat Rowland
Announcer:	Dennis McNulty
Timing and Results:	PT Timing, Cody Branch

**Host Institution
Championship Planning Committee**

Title	Name	Office	Email
Meet Director	Jeff Martin	812-237-4332	jeffrey.martin@indstate.edu
Asst. Meet Directors	John Gartland	812-237-4178	john.gartland@indstate.edu
	Dennis Darke	812-237-4158	dennis.darke@indstate.edu
Athletic Training	Nick Horman	719-557-9244	nick.horman@indstate.edu
Awards	Dennis Darke	812-237-4158	dennis.darke@indstate.edu
Banquet	Mandy Hopton	812-239-4682	mandy.hopton@indstate.edu
Concessions	David Patterson	812-249-5563	david@terrehaute.com
Facilities	David Patterson	812-249-5563	david@terrehaute.com
Parking	Josh Miley	812-877-1388	wvfsc@joink.com
	David Patterson	812-249-5563	david@terrehaute.com
Marketing/Promotions	Christina Lee	812-237-4092	christina.lee@indstate.edu
Media Relations	Andrew Hile	317-697-7393	andrew.hile@indstate.edu
Merchandise/Programs	Michelle Sorrell	812-237-4089	michelle.sorell@indstate.edu
Officials	Anthony Bertoli	812-237-4164	anthony.bertoli@indstate.edu
Safety and Security	Ian Loomis	802-208-6594	ian.loomis@indstate.edu
Tickets	David Patterson	812-249-5563	david@terrehaute.com
Volunteers	John Sherman	812-237-3047	john.sherman@indstate.edu

Athletic Training Services

There will be a training area set up at the course during practice on Thursday and Friday and for Saturday's competition. The training tent will be located adjacent to the main straightaway across from the finish line. The training tent is equipped with Nationally Certified/Indiana Licensed Athletic Trainers, ALS Ambulances (2), Physician coverage, emergency equipment, water, Powerade with cups, Ice, Therapeutic Modalities (US, E-stim, and Hydrocollator), and Basic First Aid Supplies. Massage Therapy will be located next to the Medical Tent. We will be providing an Athletic Trainer Hospitality Area located in the back of the medical tent for all visiting medical personnel with an issued NCAA Credential. If you have any special needs, please contact Nick Horman at 719-557-9244 or by email at nick.horman@indstate.edu.

Training Tent Hours:

Thursday, November 21	9 a.m. – 5 p.m.
Friday, November 22	9 a.m. – 5 p.m.
Saturday, November 23	8 a.m. – 2 p.m.

Trainers on course: Trainers will also be strategically placed throughout the course during competition and in a trail vehicle during each race. An ambulance will be onsite in case emergency transport is needed.

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 unless their student-athlete becomes injured or ill.

Media/Press Conference Information

If you have any questions, please contact Andrew Hile of the Indiana State University Sports Information Department at 317-697-7939 or via email at andrew.hile@indstate.edu.

NCAA Media Obligations

ALL STUDENT-ATHLETES AND COACHES MUST BE MADE AVAILABLE FOR MEDIA OBLIGATIONS.

Participation applies to all pre- and post-event press conferences and/or interview requests by the NCAA and its broadcast partners.

Failure to participate may result in misconduct, as determined by the NCAA Division I Cross Country/Track and Field Committee.

Student-athletes are allowed a maximum of a 10-minute cooling off period following their race before meeting with the media. If the student-athlete is ready prior to the 10 minutes, he or she can participate in interviews as soon as they are ready. However, they are not allowed to leave the competition area before conducting their media interviews. Interviews will be conducted in the mixed zone or interview room.

In the event that a student-athlete has been selected for drug testing, he or she must fulfill all media obligations before going to the drug testing center.

Website

NCAA.COM is the official website for the NCAA Division I Men's and Women's Cross Country Championships.

The below websites will house additional meet information, as well as information about Terre Haute, Indiana:

- www.XCTOWNUSA.COM
- www.terrehaute.com

Credential Requests

For all media related credential requests, please visit <https://www.ncaa.com/media-center/credentials> to begin the application process for the NCAA Division I Cross Country Championships. A confirmation email with additional information for media will be sent once the request has been approved. Should you experience any difficulties in applying for credentials, please contact Andrew Hile, at Indiana State University, via phone 317-697-7939 or email andrew.hile@indstate.edu.

Meet Results

Meet results can be obtained online and in person.

- Live results will be available at NCAA.COM.
- At the meet, members of the media and coaching staffs may pick up results following the race. Media members can obtain results by displaying their credentials at the results distribution center, located in the Wabash Valley Family Sports Center. Coaches can obtain a copy of results at the Protest Tent, directly south of the chute area.
- Additionally, at the conclusion of the championships and once the results have been deemed final, an email will be sent to all participating schools SID and head coach, from the host institution's SID, Andrew Hile, andrew.hile@indstate.edu.

Press Conferences

Pre-Race:

A pre-race press conference with selected coaches and student-athletes will be held at the Main Building, Wabash Valley Family Sports Center, 599 South Tabortown St., Terre Haute, Indiana 47803 on Friday, Nov. 22, from 2 - 3:30 p.m. A member of the NCAA media team or Indiana State University sports information office will contact selected universities to participate in the pre-meet press conference.

Post-Race:

A post-race mixed zone area will be implemented for interviews following the conclusion of each respective race. Media members will not be allowed access to the student-athletes during the 10-minute cooling off period. At the end of the period, members of the Indiana State University sports information staff will escort student-athletes to the mixed zone area, located adjacent to the chute area. All competing student-athletes will be required to pass through the mixed zone. We remind coaches and student-athletes that all appropriate NCAA regulations regarding participation in post-event interviews and other regulations regarding apparel will apply.

Photography

There will be a photo box at the finish line area as well as near the start line. Photographers are expected to stay inside any roped off areas and must show credentials to gain admittance into media-only areas. You are permitted to shoot the runners on the course, but MAY NOT interfere with the participants directly or indirectly. Only photographers approved by the NCAA will be allowed into the finish chute area.

Press Materials

Please send all press materials, including notes and information guides, for the event to:

Andrew Hile
Indiana State University Athletics
401 N. 4th Street, Arena 110F
Terre Haute, Indiana 47809

Meet Information

Awards

Awards will be presented at the projected time of 1:15 p.m. for both the women and men. Team awards are presented to the top four teams. The top 15 individuals will be recognized and will receive an NCAA award. The USTFCCCA All America awards presentation, recognizing the top 40 individuals, will take place in a separate awards ceremony immediately following the conclusion of the NCAA awards ceremony. The award ceremonies will take place at the John McNichols Awards Stand located down the hill, just east of the green pole barn, near the lower parking lot.

Banquet:

The NCAA Cross Country Championships Banquet will take place on Thursday, November 21, with dinner starting/doors opening at 5:45 p.m. and the program starting at 6:30 p.m. The banquet will take place at the North Gym, CHHS Building (formerly the Arena), 401 N 4th Street, Terre Haute, Indiana 47809. A buffet menu including Sliced Apricot Turkey, Linguini w/ Brussels and Italian Sausage, Tuscan Rigatoni Bake, Wild Rice Pilaf w/ Cranberry and Walnuts, Market Salad & Seasonal Fruit Salad, Rolls, and Assorted Cookies and Brownies for dessert will be provided.

Each institution that qualifies a team will receive seven (7) banquet tickets for their student-athletes and an additional three (3) non-athletes per team to be used for coach(es), administrator(s) and/or manager(s). Teams that qualify 1-3 student-athletes will receive one (1) non-athlete ticket for the coach. Teams that qualify four (4) student-athletes will receive two (2) non-athlete tickets for use by coach and administrator or manager.

Each team will be required to submit their banquet ticket requests by no later than Tuesday, November 19 at noon Eastern to Micaela Liddane, mliddane@ncaa.org, as outlined in the selections letter. Teams will be responsible for utilizing the tickets requested or submitting payment for unused tickets. Additionally, tickets not requested by the deadline will preclude teams from attending the banquet. Teams must check-in at the banquet. A limited number of additional banquet tickets may be available for purchase during banquet ticket pickup or onsite at the North Gym for \$20 each, on a first-come, first serve basis. Cash and checks (made out to the Indiana State University) will be accepted. NO CREDIT CARDS.

Banquet wristband pick-up area and additional banquet tickets (if available) can be purchased at the LaVern Gibson Championship Course Finish Line Building/Press Box during practice on Thursday from 9:30 a.m. – 3:30 p.m. For teams unable to make it during the above time frame we will have a table at the entrance of the CHHS Building (off Fifth St.) to pick-up wristbands or purchase extra banquet tickets (if available).

Banquet parking for team vans will be located in Lot 21, northwest of the CHHS Building. Lot 21 is accessible from 4th St. Bus parking will be located in Lot D, west of the Hulman Center. Lot D is only accessible from 9th St. There will a drop off area on 5th St. Teams should enter at that entrance. Banquet tickets, wristbands and check in will occur just inside the door of the CHHS Building. Please make your way down the hallway to the North Gym for the banquet.

Please refer to the Banquet Parking & Traffic Flow map on page 26.

Credentials

All credentials will be issued during packet pickup. Each institution that qualifies a team will receive a maximum of 17 credentials (12 student-athletes (seven declared and five replacements), three coaches, one administrator and one manager). Institutions qualifying individuals to the championships will receive a credential for each student-athlete and up to four additional (three coaches and one administrator/manager). Each institution will be allowed one additional credential if a medical trainer or physician is accompanying the team. The medical credential will be administered by the host school's sports medicine staff at packet pickup. All medical credentials require the individual to be present and show their photo identification to receive the credential.

Teams will also be allowed to purchase up to a maximum of **ONE** additional manager, administrator **OR** medical credential at the cost of \$10.

Course Practice

The course will be open for practice at the following times:

- **Thursday, November 21, 9 a.m. – 5 p.m.**
- **Friday, November 22, 9 a.m. – 5 p.m.**

The course **MAY** be closed due to weather or during early-morning hours if there is considerable frost on the race course. Runners will not be able to run on the course until it is cleared by meet management in order to preserve best possible course conditions for Saturday races. Please call 231-578-8302 or check Twitter at @IndStTrackField or @XCTownUSA for possible frost or weather delays.

Evacuation/Severe Weather Plan

Lightning Policy

Following NCAA protocol, we will be using an online lightning detection and weather monitoring system. Once lightning enters a 30-mile radius of the competition venue, 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

The LaVern Gibson Championship Cross Country Course Management considers the main building of the Wabash Valley Family Sports Center, the restrooms/concessions area and cars/vans/buses to be safe shelters.

Severe Weather Policy for NCAA Cross Country Championships

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

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. A phone number and Twitter account for information on delays and/or postponement has been established. The phone number is 231-578-8302 and Twitter handle is @IndStTrackField or @XCTownUSA. The host will leave a message at both the phone number and Twitter handle alerting coaches of different start times or a delay in course inspection times due to inclement weather.
3. The NCAA Cross Country/Track and Field Committee, in consultation with the host and head referee, will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day.
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 meter mark you may run the same day with a two-hour delay. If competition is suspended after 3,000 meters they 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 they would recommend postponement until the next day.

5. If necessary, competition may be postponed until the next day, 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 NCAA Cross Country/Track and Field Committee reserve the right to make changes to the above policies and schedules as they see fit.

Course Markings:

White lines, natural boundaries, and fencing will mark the course. Umpires will be stationed on the course. Kilometer and mile markers will be located at all men's and women's mile and kilometer locations.

Declarations/Entry Forms:

Institutions are required to declare during packet pickup on Friday between 10 a.m. and 2 p.m. at the Main Building, Wabash Valley Family Sports Center. The runners declared for the national championships may be different than those that competed at the regional meet, but all must have appeared on the original entry form submitted prior to the regional championships. 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 at the clerking tent no later than 20 minutes prior to the start of the race. **Please note that institutions qualifying as a team will receive no more than 12 total student-athlete credentials.** Teams are encouraged to declare down as far as possible during packet pickup. For additional information

regarding entry forms and declarations please see the NCAA Division I Cross Country Pre-Championship Manual.

Championships Clerking/Check-in Process

The window for check-in will open 80 minutes prior to the start of each race 9:55 a.m. for the women and 10:55 a.m. for the men). Teams are encouraged to check-in as soon as possible, but not later than 20 minutes prior to their race.

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.

When teams check-in at the clerking tent, they will be required to show that they have their hip numbers, bibs with chips on their jersey, and that their uniforms meet the NCAA logo requirements. The head clerk will apply a small colored dot sticker to the bibs of student-athletes who have completed the check-in process. This will serve as a quick visual for assistant clerks at the start line that the student-athletes have completed the check in process. The clerking tent is also where teams are required to return any extra chips and bibs for additional student-athletes beyond the seven (7) that were declared.

Reminder: Teams are limited to a maximum of seven (7) 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.

Teams will NOT be allowed to check-in at the start line. All teams must check-in at the clerking tent.

The head clerk controls the master list of all the teams/individual qualifiers that have and have not completed the check-in process. The clerks at the start line will only be responsible for ensuring teams have reported to their appropriate boxes. There should be no need to check uniforms, chips, bibs, etc. at the start line.

If a team is missing from a box, the assistant clerk will communicate via radio to the head clerk. If a team has not checked in with the head clerk, the head clerk will radio the assistant clerk(s) to see if they are at the start line and have them report immediately to the clerking tent for check-in.

NCAA Division I Cross Country Championships Protest Process

A protest tent/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 will be returned should the protest be upheld.

Locker Rooms:

Locker rooms and showers will be made available on race day. The showers will be located in the CHHS Building (formerly the Arena), 5th and Chestnut Streets, located on the Indiana State University campus.

Drug Testing:

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

***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.**

Packet Pick-Up:

Declarations and packet pick-up will be from 10 a.m. to 2 p.m. on Friday, November 22, at Main Building, Wabash Valley Family Sports Center, 599 South Tabortown St., Terre Haute, Indiana 47803.

Meetings:

All meetings are scheduled for Friday, November 22.

NCAA Press Conference with select student-athletes and coaches: 2 - 3:30 p.m.

Main Building, Wabash Valley Family Sports Center, 599 South Tabortown St., Terre Haute, Indiana 47803.

NCAA Mandatory Coaches Technical Meeting: 4 - 5 p.m.

Main Building, Wabash Valley Family Sports Center, 599 South Tabortown St., Terre Haute, Indiana 47803.

NOTE: Failure to attend the coaches' technical meeting will result in a minimum \$200 fine/gender/institution.

Scoring:

NCAA rules for cross-country scoring will be followed. For scoring procedures, please consult the 2019 and 2020 NCAA Cross Country/Track and Field Rules Book.

Results:

Each participating team will receive one copy of the official results as soon as possible after the NCAA Committee has verified the finishes. Results will also be available at the following websites:

- NCAA.COM
- www.XCTownUSA.com

Tent Rental:

Complete Outdoor is the only authorized business to set up tents within the facility. If you need to rent a tent, chairs, tables, or heaters, please call George Patterson at Complete Outdoor Rental at 812-299-1777.

Merchandising and Programs:

Official NCAA cross country championships merchandise and programs may be purchased at the course on November 22 and 23. The merchandise tent will be open on Friday from 12 - 3 p.m. and on Saturday from 8 a.m. - 2 p.m.

NCAA Academic Recognition Program – Elite 90 Award:

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA's 90 championships. Each institution that has at least one student-athlete qualify for the finals round/site is eligible to nominate a student-athlete to win the award for that championship. All ties are broken by number of credits completed. For more information regarding this program, please contact Mark Bedics at elite90@ncaa.org or 317-917-6222. All documents, including eligibility and nomination forms can be obtained at the following location – [Elite 90 forms](#). The deadline to submit your student-athlete is 5 p.m. Eastern, Tuesday, November 19.

Student-Athlete Participation Awards

This year, an online gift-suite will serve as the participation awards provided to members of the official travel party of institutions that advance to the championship final sites.

Examples of Merchandise Selections:



After the championship, Main Gate will send the **head coach** an email providing ordering process details, along with a unique Certificate Code (valid for one participation award per member of your official travel party) that can be redeemed only at www.NCAA-Awards.com. In order to ensure that each participant receives his or her award, a member of your administration must place your team's order, including size information, at www.NCAA-Awards.com using **your Certificate Code**.

Your institution may select different items per participant; men's and women's sizes are available for apparel items. If you would like to purchase additional awards, you will have the opportunity to do so online via personal credit card at the end of the checkout process.

Participation award items will be sent to your institution for distribution to your student-athletes within four to six weeks after your order is placed. If you do not receive information for ordering awards within two weeks of the conclusion of the championship, please contact Erin Hannoy (ehannoy@maingateinc.com), Main Gate Customer Service (866-945-7267), or your NCAA championship manager.



Uniforms/Misconduct

[Reference: Rules 4-3 in the Rules Book and Bylaw 12.5.4 in the NCAA Manual.]

Uniform and logo rules contained in Rules 4-3 shall apply in all championship related events, press conferences 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:

- All cross country team members must wear identical school-issued uniforms clearly indicating through color, logo and combination of all worn outer garments, that members are from the same team;
- Pants may be of any length, but must have identical color;
- 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 2¼ 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 2¼ 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 pre-race 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.

The logo restriction on student-athletes' apparel set forth in Bylaw 12.5.4 shall apply during NCAA championships to all personnel (e.g., coaches, trainers, managers) who are on the team bench for practices and competition or who participate in news conferences.

Please note that those contracts between institutions and apparel manufacturers or distributors that include logo specifications may be honored, provided such contracts were in effect prior to August 11, 1998. Also, the logo restriction on student-athletes' apparel set forth in Bylaw 12.5.4 shall apply to commercial logos on uniforms worn by band members, cheerleaders, dance team members and the institution's mascot during NCAA championships events.

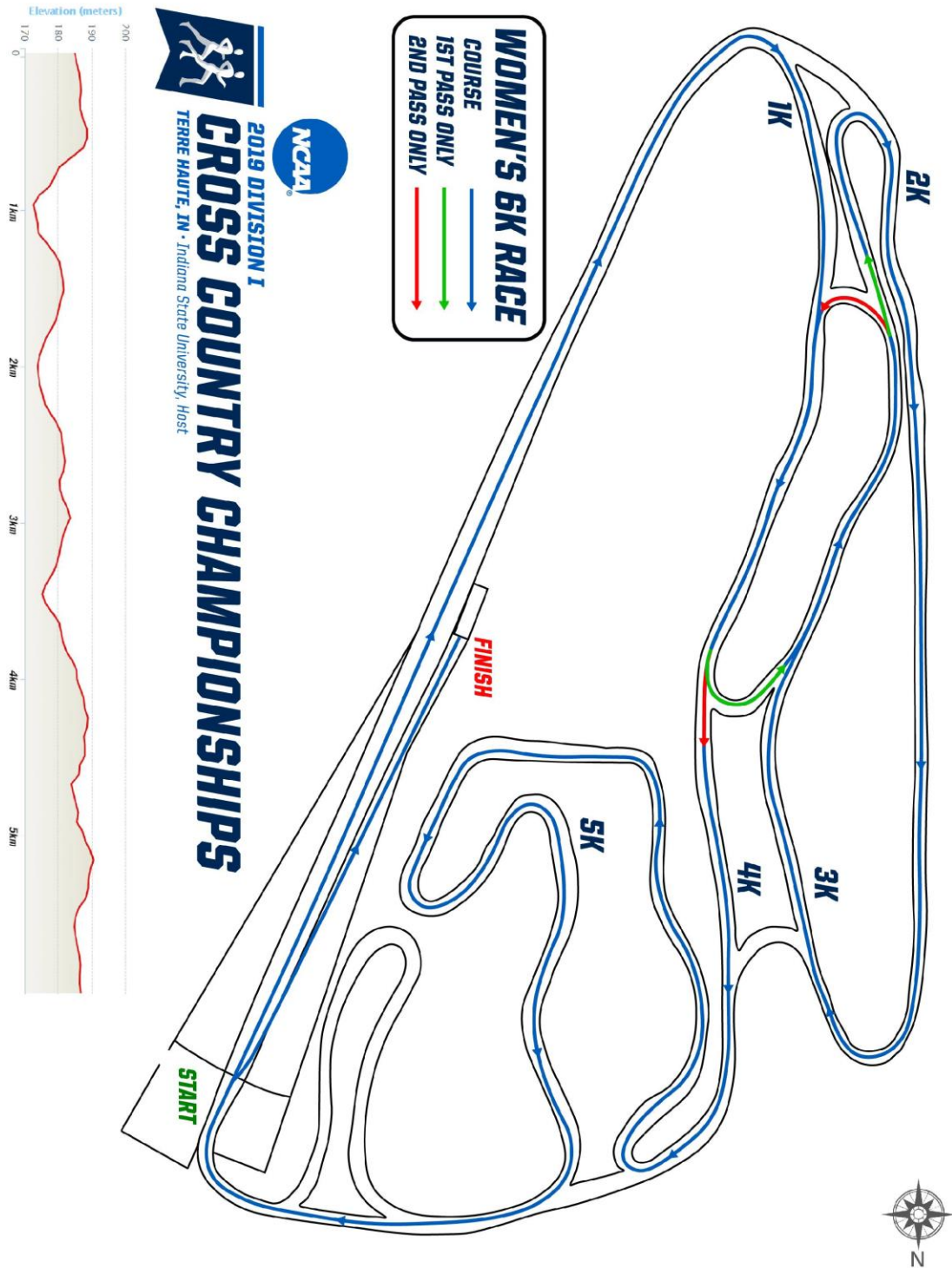
Misconduct (Bylaw 31.1.10)

Misconduct Incident to Competition. If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing following this action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

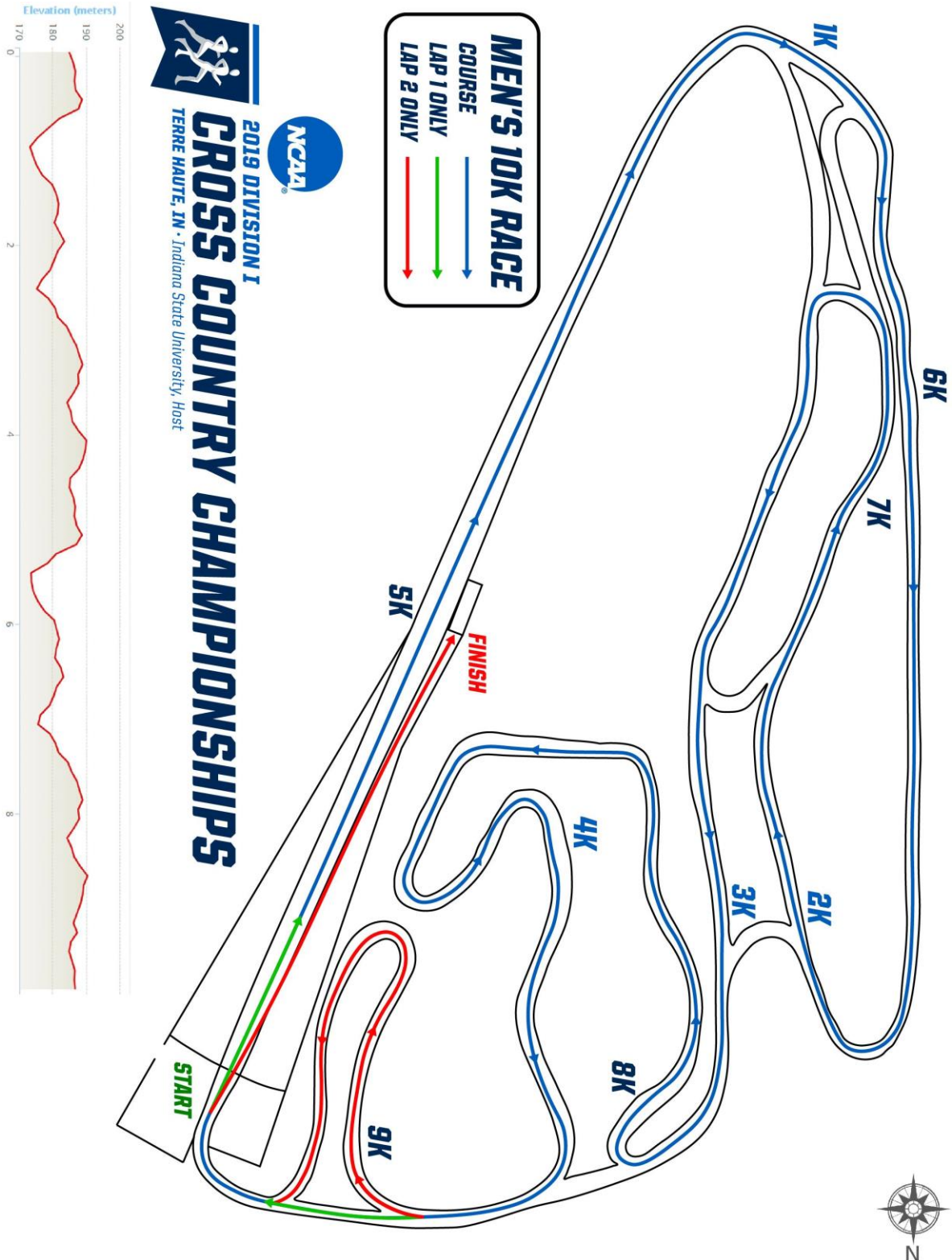
Penalty for Misconduct. A governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the competition or practice:

- a) Public or private reprimand of the individual;
- b) Disqualification of the individual from further participation in the NCAA championship involved;
- c) Banishment of the individual from participation in one or more following championships of the sport involved;
- d) Cancellation of payment to the institution of the Association's travel guarantee for the individuals involved;
- e) Withholding of all or a portion of the institution's share of revenue distribution;
- f) Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
- g) Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
- h) Cancellation of all or a portion of the honorarium for hosting an NCAA championship; and
- i) Financial or other penalties different from (a) through (h) above, but only if they have prior approval of the Division I Competition Oversight Committee.

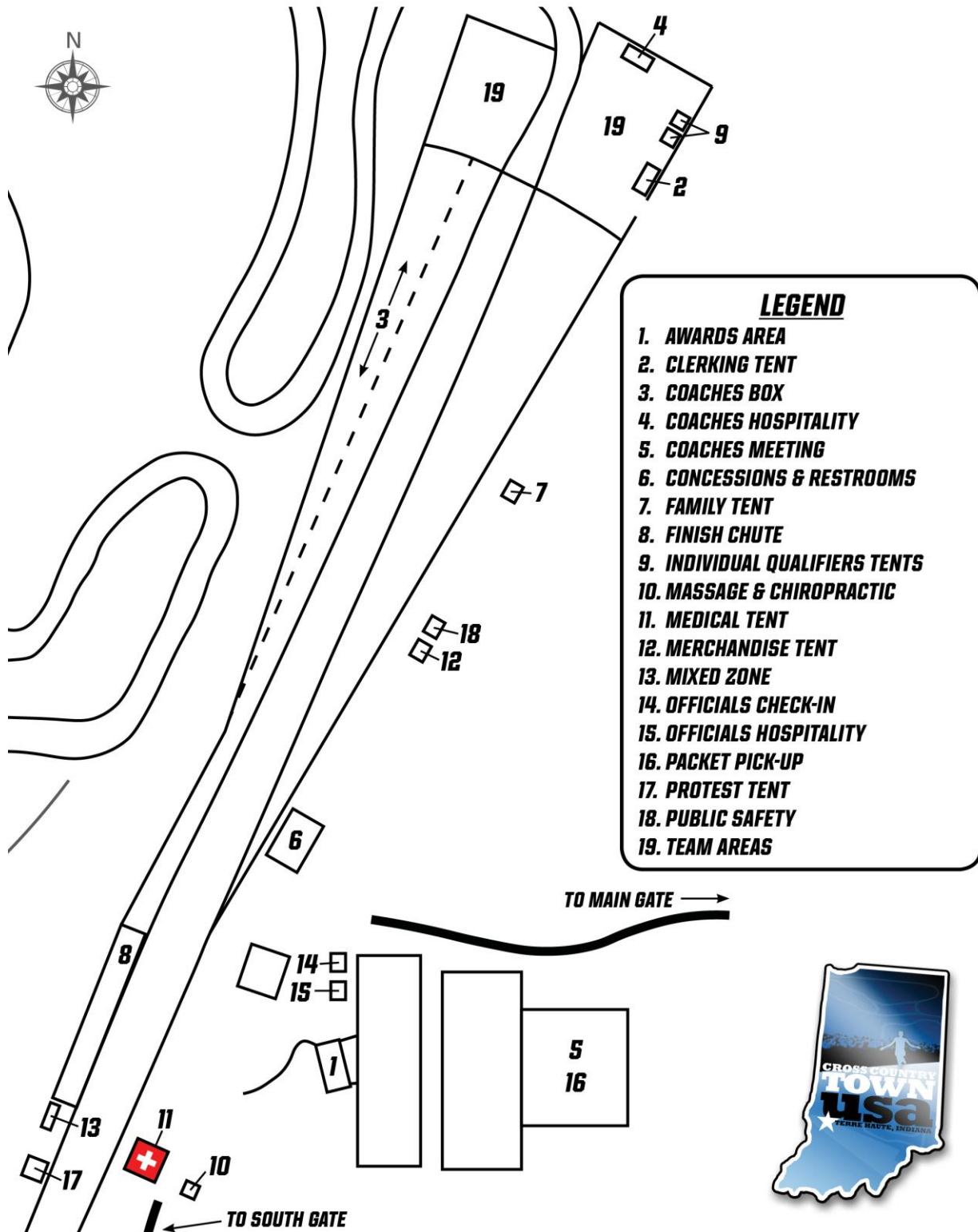
6k course map



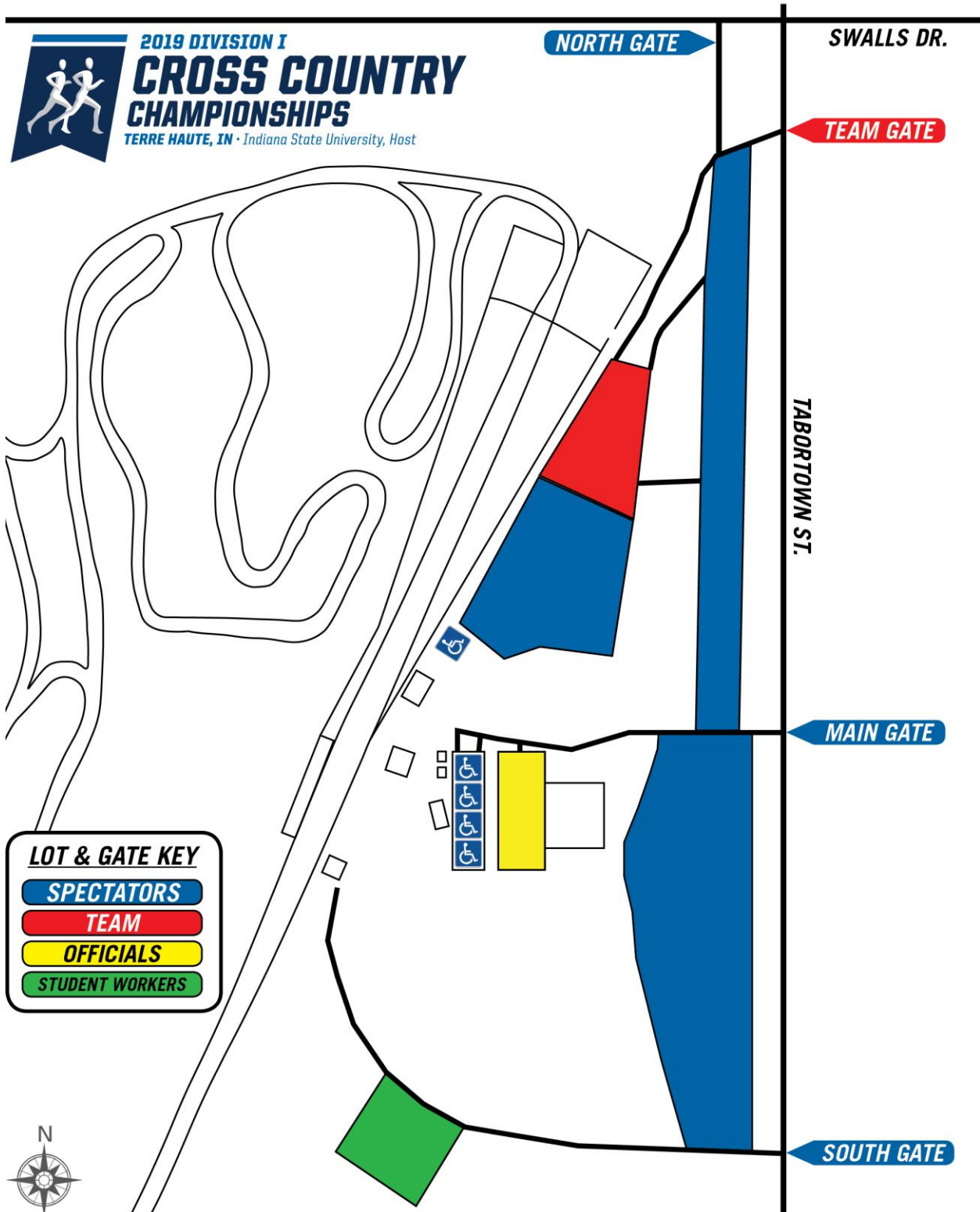
10k course map



LAVERN GIBSON FACILITY MAP



MEET ENTRY & PARKING

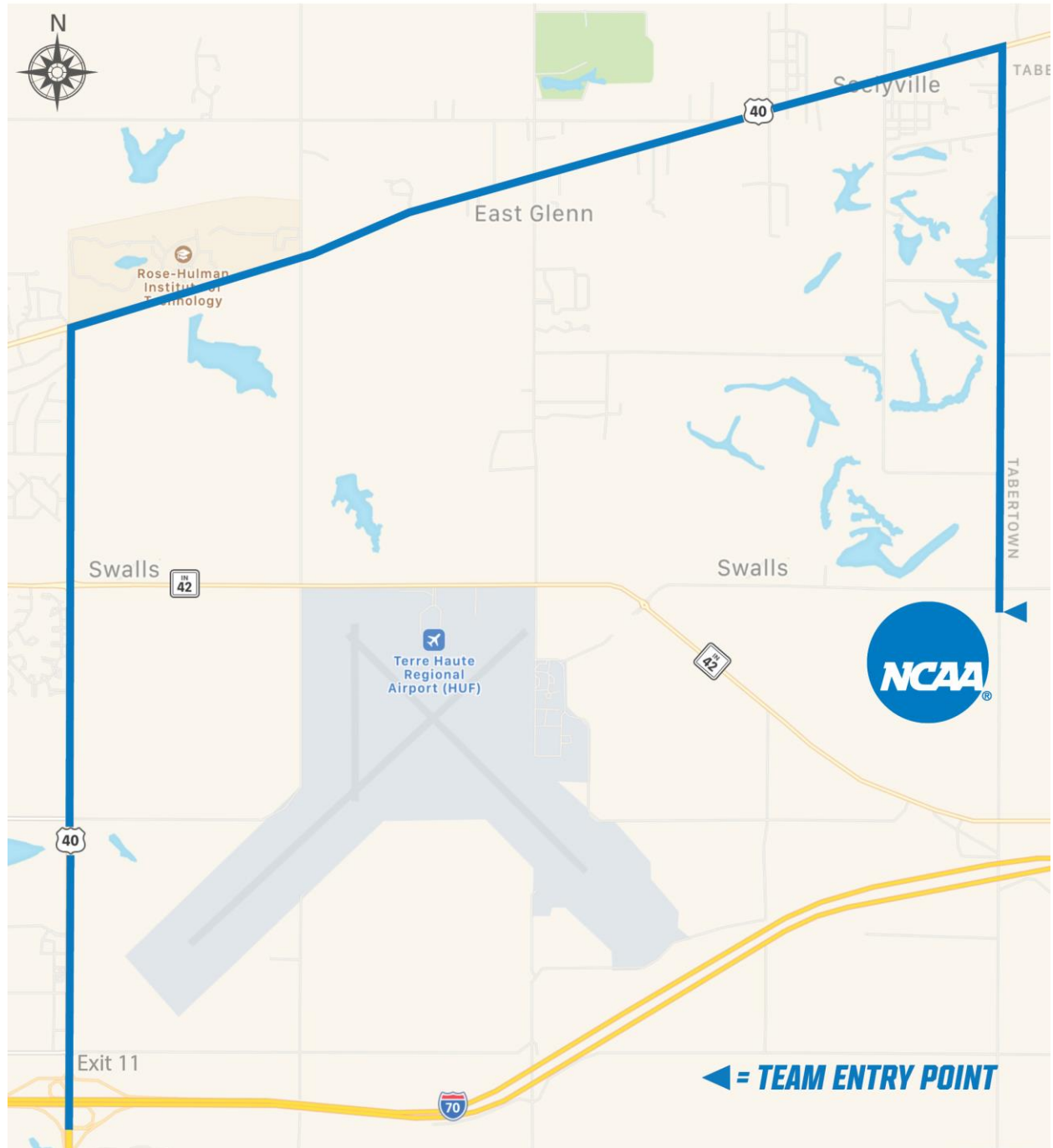


BANQUET PARKING & TRAFFIC FLOW



- Notes:**
- Buses will only be permitted to travel southbound on 5th Street.
 - Van Parking is reserved for 12-passenger vans or smaller. Anything larger needs to be parked in Lot D with the buses.

TEAM ENTRANCE MAP



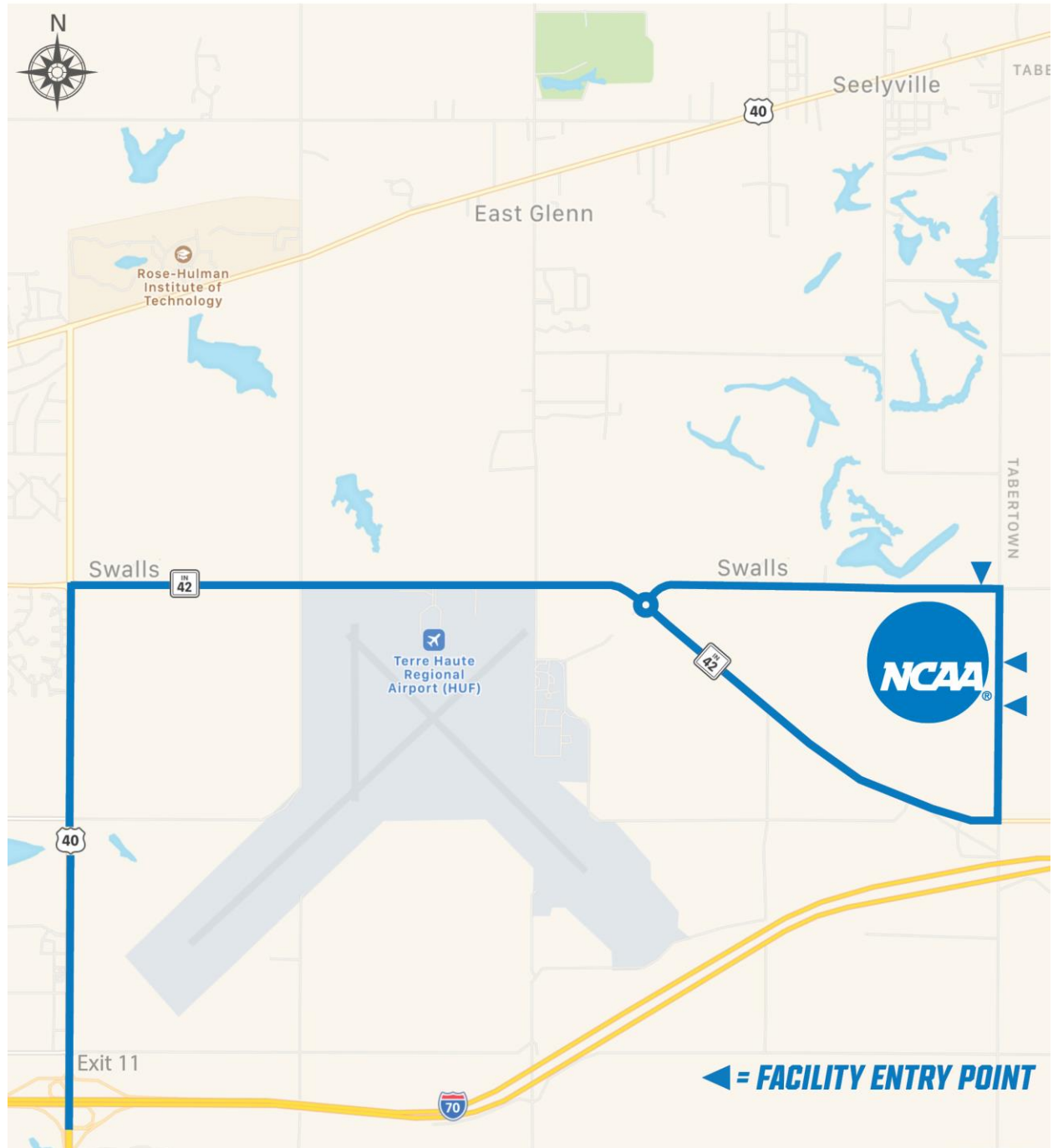
FROM INDIANAPOLIS:

- Take Interstate 70 West to Exit 11 onto US-40 E / IN-46
- Go north on US-40 to US-40 East (sixth stoplight)
- Go east on US-40 to Tabertown St.
- Go south on Tabertown St. to LaVern Gibson course
- Enter through first gate past Swalls Road

FROM TERRE HAUTE:

- Take Interstate 70 East to Exit 11 onto US-40 E / IN-46
- Go north on US-40 to US-40 East (sixth stoplight)
- Go east on US-40 to Tabertown St.
- Go south on Tabertown St. to LaVern Gibson course
- Enter through first gate past Swalls Road

SPECTATOR ENTRANCE MAP



FROM INDIANAPOLIS:

- Take Interstate 70 West to Exit 11 onto US-40 E / IN-46
- Go north on US-40 to Swalls Road (IN-42)
- Go east on Swalls Rd. to Tabertown St.
- At roundabout continue on Swalls (left) or IN-42 (straight)
- Take either route to Tabortown St.

FROM TERRE HAUTE:

- Take Interstate 70 East to Exit 11 onto US-40 E / IN-46
- Go north on US-40 to Swalls Road (IN-42)
- Go east on Swalls Rd. to Tabertown St.
- At roundabout continue on Swalls (left) or IN-42 (straight)
- Take either route to Tabortown St.