Table of Contents
Welcome from Host Institution ............................................................................................................ 2
Schedule of Events ............................................................................................................................. 3
NCAA Cross Country Championship Committee & Staff ................................................................. 4
NCAA Cross Country Championship Meet Officials ....................................................................... 5
NCAA Cross Country Championship Local Planning Committee ................................................... 6
Athletic Training Services ................................................................................................................... 7
Media/Press Conference Information ............................................................................................. 8
NCAA Championship Meet Information .......................................................................................... 10
Uniforms, Logos & Misconduct ....................................................................................................... 17
6K Course Map ................................................................................................................................. 19
10K Course Map .............................................................................................................................. 20
Venue Map ....................................................................................................................................... 21
Parking Map ..................................................................................................................................... 22
COVID Testing and Packet Pick-up Map ......................................................................................... 23
Dear NCAA Cross Country Championship Participants:

Welcome to Oklahoma State University, The Oklahoma State University Cross Country Course and Stillwater for the 2020 NCAA Division I Cross Country Championships.

Congratulations! You are the best of the best. Only the most accomplished runners have qualified to arrive here at the ultimate finish line to compete for a national championship.

The Oklahoma State Cross Country Course was constructed in 2019 for the sole purpose of hosting top level events. It is an honor to host, in our opinion, one of the greatest amateur championships in the world. Our goal is for every runner and coach to feel special.

The staff at Oklahoma State University Department of Athletics, OSU Track and Cross Country and numerous volunteers are ready to ensure that you have an enjoyable week of competition, fitting for the crowning of a national champion.

We hope that you enjoy your time, on and off the course, while you are in Stillwater. Please do not hesitate to reach out to our staff if we can be of any help at any time during your stay.

Good luck!

Sincerely,

Mike Holder
Director of Athletics
Oklahoma State University
## Schedule of Events (all times Central)

**Tuesday, March 9**  
2 – 3:30 p.m.  
**NCAA Press Conference**  
Will be conducted virtually.

**Friday, March 12**  
11 a.m.  
**NCAA Mandatory Technical Meeting for Coaches**  
Virtual link will be sent to head coaches of qualifying teams.

**Sunday, March 14**  
As scheduled  
**COVID Mandatory Testing for student-athletes and team personnel.**  
Gallagher Iba Arena  
Athletic Center, 200, Stillwater, OK 74078  
10 a.m. – 5 p.m.  
**Course Inspection/Practice** *(No team will be allowed to practice until they have completed the necessary onsite COVID testing - physical distancing should occur at all times and masks worn when not running)*  
OSU Cross Country Course  
9 a.m. – 5 p.m.  
**NCAA Declarations & Packet Pickup** *(No more than two members of qualifying teams should attend declarations and packet pickup to ensure limited interaction and effective physical distancing. Schools with individual qualifiers should limit attendance to one institutional representative).*  
Gallagher Iba Arena, Athletic Center, 200, Stillwater, OK 74078

**Monday, March 15**  
8:15 a.m.  
Course open for participants  
(Please check Twitter at @run4okstate for possible frost or weather delays)  
10:30 a.m.  
Clerking begins for women’s competitors  
11:20 a.m.  
Clerking begins for men’s competitors  
11:30 a.m.  
First gun fired (indicating 20 minutes to start to start of women’s race)  
Final check-in at clerk’s tent for women’s competitors  
11:40 a.m.  
Second gun fired (10 minutes to start of women’s race)  
11:42 a.m.  
National Anthem  
**11:50 a.m.**  
**Women’s Championship 6K Race**

12:20 p.m.  
First gun fired (indicating 20 minutes to start of men’s race)  
Final check-in at clerk’s tent for men’s competitors  
12:30 p.m.  
Second gun fired (10 minutes to start of men’s race)  
**12:40 p.m.**  
**Men’s Championship 10K Race**

**Approx. 1:20 p.m.**  
**Presentation of Awards**
<table>
<thead>
<tr>
<th>Name</th>
<th>Position and University</th>
<th>Address</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dave Smith</td>
<td>Director of Track and Field/Cross Country, Oklahoma State University</td>
<td>Stillwater, Oklahoma 74078</td>
<td>405-744-2108</td>
<td><a href="mailto:dave.smith@okstate.edu">dave.smith@okstate.edu</a></td>
</tr>
<tr>
<td>Amy Horst</td>
<td>Head Cross Country and Track Coach, Loyola University Maryland</td>
<td>4501 North Charles Street, Baltimore, Maryland 21210</td>
<td>410-617-2991</td>
<td><a href="mailto:alhorst@loyola.edu">alhorst@loyola.edu</a></td>
</tr>
<tr>
<td>Abbie Day</td>
<td>Assistant AD/Academic Services, University of Maryland, Baltimore County</td>
<td>1000 Hilltop Circle, Baltimore, Maryland 21250</td>
<td>410-455-1533</td>
<td><a href="mailto:anday@umbc.edu">anday@umbc.edu</a></td>
</tr>
<tr>
<td>Elvis Forde</td>
<td>Head Coach Track &amp; Field and Cross Country, Temple University</td>
<td>1800 North Broad Street, Philadelphia, Pennsylvania 19121</td>
<td>267-721-4217</td>
<td><a href="mailto:elvis.forde@temple.edu">elvis.forde@temple.edu</a></td>
</tr>
<tr>
<td>Sean Harris</td>
<td>Assistant Director, Sports Management and Championships, Pac-12 Conference</td>
<td>360 3rd Street, San Francisco, California 94107</td>
<td>253-249-8705</td>
<td><a href="mailto:sharris@pac-12.org">sharris@pac-12.org</a></td>
</tr>
<tr>
<td>Ervin Lewis</td>
<td>Senior Associate AD of Operations, University of North Florida</td>
<td>1 UNF Drive, Jacksonville, Florida 32224</td>
<td>904-620-1534</td>
<td><a href="mailto:e.lewis@unf.edu">e.lewis@unf.edu</a></td>
</tr>
<tr>
<td>Jennifer Lawlor</td>
<td>Senior Associate Athletic Director/ Senior Woman Administrator, Monmouth University</td>
<td>400 Cedar Avenue, West Long Branch, New Jersey 07764</td>
<td>732-571-3604</td>
<td><a href="mailto:jlawlor@monmouth.edu">jlawlor@monmouth.edu</a></td>
</tr>
<tr>
<td>Matt Roe</td>
<td>Head Cross Country/Track and Field, Butler University</td>
<td>510 West 49th Street, Indianapolis, IN 46208</td>
<td>317-940-9921</td>
<td><a href="mailto:mroe@butler.edu">mroe@butler.edu</a></td>
</tr>
<tr>
<td>TJ Shelton</td>
<td>Associate Director of Athletics, The Ohio State University</td>
<td>2400 Olentangy River Rd., Columbus, Ohio 43210</td>
<td>614-247-4531</td>
<td><a href="mailto:shelton.143@osu.edu">shelton.143@osu.edu</a></td>
</tr>
<tr>
<td>Connie Price-Smith</td>
<td>Head Track and Field &amp; Cross Country Coach, University of Mississippi</td>
<td>328 Hill Drive, University, Mississippi 38677</td>
<td>253-249-8705</td>
<td><a href="mailto:cmprices@olemiss.edu">cmprices@olemiss.edu</a></td>
</tr>
<tr>
<td>Blake Bolden</td>
<td>Senior Associate Athletics Director &amp; Director of Drake Relays, Drake University</td>
<td>2507 University Ave., Des Moines, Iowa 50311</td>
<td>515-271-3007</td>
<td><a href="mailto:blake.bolden@dake.edu">blake.bolden@dake.edu</a></td>
</tr>
<tr>
<td>Jason Drake</td>
<td>Head Track and Field &amp; Cross Country Coach, California State University, Fresno</td>
<td>5241 N. Maple Ave., Fresno, California 93740</td>
<td>206-240-3343</td>
<td><a href="mailto:jdrake@csufresno.edu">jdrake@csufresno.edu</a></td>
</tr>
<tr>
<td>Secretary-Rules Editor</td>
<td>Mark Kostek</td>
<td>Cell: 515-208-8300</td>
<td><a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>NCAA</td>
<td>Jeff Mlynski</td>
<td>Assistant Director, Championships and Alliances</td>
<td>317-917-6503</td>
<td><a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></td>
</tr>
<tr>
<td>NCAA</td>
<td>Micaela Liddane</td>
<td>Coordinator, Championships and Alliance</td>
<td>317-917-6513</td>
<td><a href="mailto:mliddane@ncaa.org">mliddane@ncaa.org</a></td>
</tr>
</tbody>
</table>
# Meet Officials

<table>
<thead>
<tr>
<th>Role</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Referee:</td>
<td>Terry Thurber</td>
</tr>
<tr>
<td>Head Clerk of the Course:</td>
<td>Bill Doreen</td>
</tr>
<tr>
<td>Assistant Clerks:</td>
<td>Lil Brunson, Katrina Semones-Murphy</td>
</tr>
<tr>
<td>Head Starter:</td>
<td>Larry Able</td>
</tr>
<tr>
<td>Recall Starters:</td>
<td>Michael Murphy, Chuck Estill, Jayme Kiraly, Kelly Brown, Chere Maxwell</td>
</tr>
<tr>
<td>Head Umpire:</td>
<td>Dick Stinson</td>
</tr>
<tr>
<td>Head Finish Line Official:</td>
<td>John McKenzie</td>
</tr>
<tr>
<td>Announcer:</td>
<td>Mike Jay</td>
</tr>
<tr>
<td>Timing and Results:</td>
<td>PT Timing, Cody Branch</td>
</tr>
</tbody>
</table>
## Host Institution
### Championship Planning Committee

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Cell</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Director</td>
<td>Ben Dyson</td>
<td>405-714-2227</td>
<td><a href="mailto:ben.dyson@okstate.edu">ben.dyson@okstate.edu</a></td>
</tr>
<tr>
<td>Asst. Meet Director</td>
<td>Stacy Stanush</td>
<td>210-896-9646</td>
<td><a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a></td>
</tr>
<tr>
<td>Athletic Training</td>
<td>Koki Ozawa</td>
<td>903-245-9125</td>
<td><a href="mailto:koki.ozawa@okstate.edu">koki.ozawa@okstate.edu</a></td>
</tr>
<tr>
<td>Awards</td>
<td>Erika Vickers</td>
<td>620-340-3294</td>
<td><a href="mailto:erika.vickers@okstate.edu">erika.vickers@okstate.edu</a></td>
</tr>
<tr>
<td>Facilities</td>
<td>Lisa Fischer</td>
<td>440-570-1793</td>
<td><a href="mailto:lisa.fischer@okstate.edu">lisa.fischer@okstate.edu</a></td>
</tr>
<tr>
<td>Parking</td>
<td>Ben Dyson</td>
<td>405-714-2227</td>
<td><a href="mailto:ben.dyson@okstate.edu">ben.dyson@okstate.edu</a></td>
</tr>
<tr>
<td>Marketing/Promotions</td>
<td>Emma Kelley</td>
<td>918-694-6088</td>
<td><a href="mailto:emkelley@okstate.edu">emkelley@okstate.edu</a></td>
</tr>
<tr>
<td>Media Relations</td>
<td>Gavin Lang</td>
<td>405-744-3875</td>
<td><a href="mailto:gavin.lang@okstate.edu">gavin.lang@okstate.edu</a></td>
</tr>
<tr>
<td>Officials</td>
<td>Stacy Stanush</td>
<td>210-896-9646</td>
<td><a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a></td>
</tr>
<tr>
<td>Safety and Security</td>
<td>Lisa Fischer</td>
<td>440-570-1793</td>
<td><a href="mailto:lisa.fischer@okstate.edu">lisa.fischer@okstate.edu</a></td>
</tr>
<tr>
<td>Volunteers</td>
<td>Stacy Stanush</td>
<td>210-896-9646</td>
<td><a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a></td>
</tr>
</tbody>
</table>
COVID Testing, Policies and Procedures  
*(As of 2/20/21)*

**Testing:**

Links:
- NCAA Championships COVID-19 Testing
- NCAA Testing Protocols
- NCAA Return to Championships Guidelines

All members of an institutional travel party will be part of the Tier 1 COVID tested community at the championships. No more than a total of 12 travel party members (8 student-athletes and 4 non-athletes) will be allowed as part of the testing and credentialing protocol onsite for each qualifying team. For individual qualifiers no more than 3 travel party members (1 student-athlete and 2 non-athletes) will be allowed as part of the testing and credentialing protocol. Tier 1 personnel will be required to have a negative test before leaving to travel to Stillwater and then will be tested onsite in Stillwater at the NCAA testing center, as scheduled on Sunday, the day prior to competition. Please note that teams must be tested onsite Sunday at the NCAA testing center, before they will be allowed to practice on the course that day. Tier 1 personnel will NOT be allowed to enter the competition venue until testing onsite at the NCAA championship testing center and producing a confirmed negative test. Tier 1 personnel are required to test every other day while onsite at the championships, thus the reason we are asking all team personnel and student-athletes to test on Sunday in order to not have to be tested on Monday, the day of the championships. Additionally, all student-athletes, members of the travel party, and any personnel entering the competition venue will be required to complete a daily health assessment via the KONGiQ app.

Additional information about scheduling testing onsite in Stillwater will be provided to institutions with teams/individuals that are selected to the NCAA championships.

Additional specifics on the tested tiers, code of conduct and other requirements can be found in the Division I Men's and Women's Cross Country Return to Championship plan document [here](#).

**Masking and Physical distancing:** Physical distancing and universal masking will be required for all participants, coaches, officials, and other meet personnel at all times. The only exception to this will be for participating student-athletes when involved in active competition and active warm-ups. Student-athletes will be required to wear masks when on the start line and may take off masks just prior to the start of the race. Student-athletes will also be provided with a new mask in the finish line area and be asked to put on the new mask as soon as possible at the completion of their race.

**Athletic Training Services**

There will be a medical area set up at the course during practice on Sunday and for Monday's competition. The medical tent will be located at the back of the finish shoot. The medical tent is equipped with first-aid supplies, emergency equipment, treatment tables, hydration...
stations (water/PowerAde), injury ice, and emergency ice bath. If you have any special needs, please contact Kersten Nagy at (828)-455-8822 or by email at kersten.nagy@okstate.edu.

Medical Tent Hours:

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours of Operation</th>
<th>Personnel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, March 14, 2021</td>
<td>10:00a-5:00p</td>
<td>ATC, MD Available in Afternoon</td>
</tr>
<tr>
<td>Monday, March 15, 2021</td>
<td>8:30a-Conclusion</td>
<td>ATC, MD, EMS</td>
</tr>
</tbody>
</table>

**Athletic Trainers on course:** Athletic trainers will also be strategically placed throughout the course during competition and in a trail vehicle during each race. In the event a student-athlete needs assistance during the race, a cart will transport them to the finish shoot medical tent. An ambulance will be onsite in case emergency transport is needed.

If your team will NOT be accompanied by a Certified Athletic Trainer and you have athlete(s) that need specific treatment or taping, please send written documentation or email the athlete(s)’ name(s) with specific treatment instructions, please also send the necessary supplies for taping if needed.

Competing institution’s athletic trainers will not be allowed on the course or finish shoot unless their student-athlete becomes injured or ill.

**Sports Medicine Contact Information**

<table>
<thead>
<tr>
<th>Staff Athletic Trainers</th>
<th>Kersten Nagy, M.Ed, LAT, ATC</th>
<th><a href="mailto:Kersten.Nagy@okstate.edu">Kersten.Nagy@okstate.edu</a></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Assistant Athletic Trainer</td>
<td></td>
</tr>
<tr>
<td>Koki Ozawa, MAT, LAT, ATC</td>
<td>903-245-9125 (c)</td>
<td><a href="mailto:Koki.Ozawa@okstate.edu">Koki.Ozawa@okstate.edu</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GA Athletic Trainer</th>
<th>Kaitlyn Frey, LAT, ATC</th>
<th><a href="mailto:kaitlyn.frey@okstate.edu">kaitlyn.frey@okstate.edu</a></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Team Physician</th>
<th>Kendra Muncrief, D.O. Val Gene Iven, M.D.</th>
<th>Contact Athletic Training Staff if Team Physician assistance is needed</th>
</tr>
</thead>
</table>

| Hospital: Stillwater Medical Center (SMC) | Gen: 405-372-1480 | 1323 W 6th Ave Stillwater, OK 74074 |
Media/Press Conference Information

No onsite media will be allowed at this year's championship. All media will be able to apply for virtual credentialing access. If you have any questions, please contact Gavin Lang of the Oklahoma State University Sports Information Department at 405-744-3875 or via email at gavin.lang@okstate.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 virtually 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 virtually for this year's championships.

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 and NCAA.ORG are the official websites for the NCAA Division I Men's and Women's Cross Country Championships.

The below website will house additional meet information, as well as information about Stillwater, Oklahoma:

Credential Requests
For all media related virtual credential requests, please visit https://www.ncaa.com/media-center/credentials to begin the application process for virtual access to 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 virtual credentials, please contact Gavin Lang at Oklahoma State University via phone 405-744-3875 or email gavin.lang@okstate.edu.

Meet Results

- Live results will be available at http://ptti.me/20-NCAAXC.
- Additionally, at the conclusion of the championships and once the results have been deemed final, an email will be sent to all media, participating schools SID and head coach, from the host institution’s media coordinator, Gavin Lang, gavin.lang@okstate.edu.

Press Conferences
Pre-Race:
A pre-race press conference with selected coaches and student-athletes will be held virtually on Tuesday, March 9, from 2 – 3:30 p.m. Approved media and participants will receive a copy of the virtual interview link from the Oklahoma State media coordinator, Gavin Lang. A member of the NCAA media team or Oklahoma State University’s sports information office will contact selected universities to participate in the pre-meet press conference.

Post-Race:
A post-race interview area will be implemented for virtual 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 Oklahoma State sports information staff will escort student-athletes to the virtual interview area. Approved media will receive access to the virtual interview links from the Oklahoma State media coordinator, Gavin Lang. 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 area for NCAA approved photographers located at the finish line area as well as near the start line. Any approved photographers are expected to physically distance, wear masks at all times and stay within the designated area and must show credentials to gain admittance into photo-only areas. Photographers 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 virtual press materials, including notes and information guides, for the event to:

   Media Coordinator Gavin Lang   405-744-3875   gavin.lang@okstate.edu

Meet Information
Awards
Awards will be presented at the projected time of 1:20 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. Necessary physical distancing and masking will be required during the awards ceremony. Only one athlete at a time will be recognized on the awards stage.

Credentials
All credentials will be issued during packet pickup. Each institution that qualifies a team will receive a maximum of 12 credentials (8 student-athletes and 4 team personnel or coach credentials). Institutions qualifying individuals to the championships will receive a credential for each student-athlete and up to two additional team personnel or coach credentials. NOTE: these numbers include ALL non-athletes that are part of an institution, including but not limited to coaches, trainers, team managers/director of operations, SID’s, videographers, administrators, etc. Additionally, we ask teams to only bring those that are considered essential even if below the maximum allowed.

Teams will not be allowed to purchase or request additional credentials above the stated maximums.

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

- Sunday, March 14, 10 a.m. – 5 p.m. (No team will be allowed to practice until they have completed the necessary onsite COVID testing)

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 Monday races. Please check Twitter at @run4okstate 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 team personnel. 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
Teams will be asked to return to their vehicles in the event of inclement weather. Additional areas of refuge are available on the OSU campus and can be located by visiting https://union.okstate.edu/news/severe-weather.html.

Severe Weather Policy for NCAA Cross Country Championships
For the safety of all 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 Twitter account for information on delays and/or postponement has been established. The Twitter handle is @runokstate. The host will tweet a message 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 Sunday between 9 a.m. and 5 p.m. at Gallagher Iba Arena Athletic Center, 200, Stillwater, OK 74078. **No more than two members of qualifying teams should attend declarations and packet pickup to ensure limited interaction and effective physical distancing. Schools with individual qualifiers should limit attendance to one institutional representative.** The runners declared must be from the list of 12 student-athletes submitted during the original March 3-5 declaration window. **Institutions will only be allowed to travel 8 student-athletes to the championship to go through onsite COVID testing and receive a credential. Qualifying teams will be required to declare down to 7 or 8 athletes at packet pickup on Sunday, March 14.** If an institution declares eight student-athletes during...
packet pickup, they must declare down to 7 student-athletes and return the extra set of bibs/chips to meet management at the clerking tent no later than 20 minutes prior to the start of the race. **Again, please note that institutions qualifying as a team will receive no more than 8 total student-athlete credentials and onsite testing for no more than 8 student-athletes, so schools should not travel more than 8 student-athletes.** 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 (10:30 a.m. for the women and 11:20 a.m. for the men). Institutions are encouraged to check-in as soon as possible, but not later than 20 minutes prior to their race. In an effort to encourage physical distancing the committee has elected to not require full teams and student-athletes to have to clerk and check-in at the national championships and is asking only the head coach of the institution to complete the check-in process on behalf of their team and/or student-athlete(s). Coaches will be required to ensure student-athletes comply with all uniform and logo requirements as well as ensuring they report to the starting line not only wearing their bibs and chips, but that they are wearing the proper bibs and chips. Failure to comply with the championship policies and requirements surrounding uniform and logo rules may result in disqualification at the championships.

Please note that checking in late and not in accordance with the times outlined in this manual will jeopardize participation in the race, a letter will be sent to the institutional athletics director and a financial fine will be assessed for failing to abide by championship policies.

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.

**No check-in will be allowed at the start line. All check-ins must occur at the clerking tent within the designated time frames noted in this manual.**

**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:**
Oklahoma State University does not have locker room facilities available on site.

**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:**
No more than two members of qualifying teams should attend declarations and packet pickup to ensure limited interaction and effective physical distancing. Schools with individual qualifiers should limit attendance to one institutional representative. Declarations and packet pick-up will be from 9 a.m. to 5 p.m. on Sunday, March 14, at the Gallagher Iba Arena Athletic Center, 200, Stillwater, OK 74078

**Meetings:**
NCAA Mandatory Coaches Technical Meeting Friday, March 12 at 11 a.m. CT. A virtual meeting link will be provided to the head coaches of qualifying teams/individuals.

NCAA Press Conference with select student-athletes and coaches: Tues. March 9, 2–3:30 p.m. CT

Approved media and participants will receive a copy of the virtual interview link from the Oklahoma State media coordinator, Gavin Lang.

**NOTE:** Failure to have an institutional representative present at 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:**
Results will also be available at the following websites:

- [http://ptti.me/20-NCAAXC](http://ptti.me/20-NCAAXC)
- [NCAA.com](http://www.ncaac.com)

**Tent Rental:**
Teams wishing to rent tents will need to click on the link below. Reservations should be made by 3/8/2021. Please note that due to severely limited tent inventory in Oklahoma related to COVID 19 testing sites, the only tents available are pop-up style. Teams are limited to one 10x10 tent per gender and teams are not allowed to bring their own tent for this event.

Each tent reservation will include:

- 10x10 Tent
- 3 Side Walls
- 6’ Table
- 4 Folding Chairs

Reservation Form: https://forms.office.com/Pages/ResponsePage.aspx?id=0xhxaPjcqUSZe8bDmTQinFyJDktOx4ICh2-UI-gzh_5UMVYSMu5PTktaNjJwTHV0wUUpQRk5EVy4u

**Additional Team Heater Options**

**Outdoor Patio Heaters**

- $100
- includes one 15lb propane tank
- heat lasts up to 8 hours on full heat
- cannot be placed under tents or in an enclosed space
- Additional Propane tanks $35

**Tent Heater (170,000 BTU)** – this is only recommended for tents over 800sqft

- $350
- Includes Propane Tank

Heat last up to 20 hours if tent is enclosed with sidewalls

**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, Thursday, March 11.

**Student-Athlete Participation Awards**
See next page.
HOW TO GET YOUR
Student-Athlete Participation Awards
For 2020-2021, 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.

After the championship, MainGate 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 an award, a member of your administration must place your team’s order, including size information, at 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@legends.net, Legends Global Merchandise (formally known as MainGate Inc.) (866-945-7267) or the NCAA championship manager.

Please add ehannoy@legends.net to your address book to allow us to send you emails.

Place your order at NCAA-Awards.com
Uniforms/Logos/Misconduct

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

Uniform and logo rules contained in Rule 4-3 and Bylaw 12.5.4 in the NCAA Manual 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.

The 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.

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.
2020 DIVISION I CROSS COUNTRY CHAMPIONSHIPS
STILLWATER, OK - Oklahoma State University, Host

6K COURSE

LOOP 1

LOOP 2

COACH / SPECTATOR PATH

OSU
EVENT INFO

1. CLERKING TENT
2. MEDICAL TENT / RESTROOMS
3. ATHLETE RECOVERY / MIXED ZONE
4. ESPN PRODUCTION STAGE
5. TIMING / PROTEST / COMMITTEE
6. AWARDS STAGE
7. HOSPITALITY
8. BUS PARKING

E – COURSE ENTRANCES
■ – TEAM TENTS (10’ x 10’)
X – TEAM DROP OFF (TESTED PERSONNEL ONLY)
COVID Testing Center and Packet Pick-up

2020 DIVISION I CROSS COUNTRY CHAMPIONSHIPS
STILLWATER, OK • Oklahoma State University, Host

OSU ATHLETICS CENTER
HOME OF GALLAGHER-IBA ARENA

PACKET PICKUP ENTRANCE & EXIT

TESTING ENTRANCE & EXIT

PARKING LOT 6B