



2021 DIVISION I
**CROSS COUNTRY
CHAMPIONSHIPS**

SACRAMENTO, CA

California State University, Sacramento

WEST REGION
PARTICIPANT
2021-22 MANUAL

Table of Contents

Meet Personnel..... 3

Division I Men’s and Women’s Cross Country/Track and Field Committee Members 4

Schedule of Events..... 5

COVID-19 Code of Conduct Attestation and Pre-Arrival Requirements.....6

Accommodations 6

Course Diagrams/Information 6

Dressing Rooms..... 6

Drug Testing 6

Entry Procedures..... 6

Declarations 9

Evacuation/Severe Weather Plan 9

Finish Line Procedure and Timing/Results..... 11

Packet Pickup 11

Mandatory Coaches’ Meeting 11

Merchandise 11

Practice Schedule..... 11

Protests 11

Results Pickup/Sports Information 12

Sports Medicine 12

Tents..... 12

Transportation/Parking Information 13

Uniforms and Logos 13

Misconduct.....14

Meet Personnel

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
Meet Director	Danielle Domenichelli Sacramento Running Association danielle@runsra.org	Cell: 916.719.0465
Sports Information Contact	Brian Berger Assistant Athletic Director Sacramento State Athletics bwberger@csus.edu	Office: 916.278.4313 Cell: 916.397.4325
Sports Medicine Contact	Sean Carrington Assistant Athletic Trainer s.carrington@csus.edu	Cell: (707) 430-7856
Event Director	Annie Mosley Director of Events Visit Sacramento amosley@visitsacramento.com	Cell: 916.539.0295
Operations Director	Matt Singer Associate Athletics Director, Facilities & Operations Sacramento State Athletics m.singer@csus.edu	Office: 916.278.3899 Cell: 201.892.8240
LOC Chair	David Eadie Director Sacramento Sports Commission deadie@visitsacramento.com	Office: 916.808.8187 Cell: 916.947.0654



2021-22 DIVISION I MEN’S AND WOMEN’S CROSS COUNTRY AND TRACK & FIELD COMMITTEE

<p>Blake Boldon Senior Associate Athletics Director & Director of Drake Relays Drake University 2507 University Ave. Des Moines, Iowa 50311 Office: 515-271-3007 Email: blake.bolden@drake.edu</p>	<p>Jason Drake Head Track and Field & Cross Country Coach California State University, Fresno 5241 N. Maple Ave Fresno, California 93740 Office: 206-240-3343 Email: jdrake@csufresno.edu</p>	<p>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</p>
<p>Kerri Gallagher Director of Cross Country/Track and Field Manhattan College 4513 Manhattan College Parkway Riverdale, New York 10471 Office: 202-270-8205 Email: kgallagher01@manhattan.edu</p>	<p>Shawn Green Associate AD for Compliance University of New Hampshire Field House, 145 Main Street Durham, NH 03824 Office: 603-862-0557 Email: shawn.green@unh.edu</p>	<p>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</p>
<p>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</p>	<p>Natasha Oakes Senior Woman Administrator University of North Texas 1155 Union Circle #311277 Denton, Texas 76207 Office: 940-369-7507 Email: Natasha.oakes@unt.edu</p>	<p>Connie Price-Smith Head Track and Field & Cross Country Coach University of Mississippi 328 Hill Drive University, Mississippi 38677 Office: 253-249-8705 Email: cmprices@olemiss.edu</p>
<p>Matt Roe Head Coach Cross Country/Track and Field Butler University 510 West 49th Street Indianapolis, IN 46208 Office: 317-940-9921 Email: mroe@butler.edu</p>	<p>TJ Shelton Associate Director of Athletics The Ohio State University 2400 Olentangy River Rd. 10th Floor Columbus, Ohio 43210 Office: 614-247-4531 Email: shelton.143@osu.edu</p>	<p>Dave Smith Director – Track and Field and Cross Country Oklahoma State University 220 Athletic Center Stillwater, Oklahoma 74078 Office: 405-742-0725 Email: dave.smith@okstate.edu</p>
<p>Secretary-Rules Editor Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com</p>	<p>NCAA Jeff Mlynski Associate Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Cell: 317-874-7154 Email: jmlynski@ncaa.org</p>	<p>NCAA Micaela Liddane Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6513 Email: mliddane@ncaa.org</p>

SCHEDULE OF EVENTS

(All Times are Pacific Standard Time)

Tuesday, November 9

1:00 p.m. **Mandatory coaches' meeting.**
Virtual link: <https://us02web.zoom.us/j/83425999880>

Thursday, November 11

11:00 a.m. – 6:00 p.m. **Course inspection/practice.**
Weather permitting.

11:30 – 6:00 p.m. **Packet pickup.**
Arcade Creek Pavilion (at the course)

Friday, November 12

7:00 a.m. **Course opens to competitors.**
Please visit @hornetsports for weather updates on race day if needed.

8:40 a.m. Clerking procedure begins for women's race.

9:30 a.m. First gun fired (30 minutes to start of women's race).

9:40 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.

9:45 a.m. **National Anthem.**

9:50 a.m. Third gun fired (10 minutes to start of women's race).

10 a.m. **Women's 6K championship race.**

10:30 a.m. First gun fired (30 minutes to start of men's race).

10:40 a.m. Second gun fired (20 minutes to start of men's race).

Final check-in at clerk's tent for men's competitors.

10:50 a.m. Third gun fired (10 minutes to start of men's race).

11:00 a.m. **Men's 10K championship race.**

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

COVID-19 CODE OF CONDUCT ATTESTATION AND PRE-ARRIVAL REQUIREMENTS

Each participating team will be required to attest that their team will adhere to the NCAA COVID-19 Code of Conduct throughout their time participating in the championships, as well as follow all pre-arrival requirements. Additional information on this process will be provided at a later date.

ACCOMODATIONS

The following link provides a list of area hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Area Hotels:

Sacramento-area hotels offering preferred rates to NCAA teams:

<https://www.hornetsports.com/sports/xc/2021-22/NCAAWestRegional21>

Other Hotels and Restaurants in the Area:

<https://www.visitsacramento.com/hotels/>

<https://www.visitsacramento.com/restaurants-and-drinks/>

COURSE DIAGRAMS/INFORMATION

Men's and women's course maps and additional information:

<https://www.hornetsports.com/sports/xc/2021-22/NCAAWestRegional21>

DRESSING ROOMS

Dressing/locker rooms are not available on-site.

DRUG TESTING

Please see the 2021 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 14 student-athletes on the entry form, of which no more than seven must be declared to participate prior to competition. Only the 14 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 14

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 1. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 4.** The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 5. 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. If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com; phone: 347-674-3002).

Entries will be posted by the host at <https://www.hornetsports.com/sports/xc/2021-22/NCAAWestRegional21> by 5 p.m. local time on Monday, November 8.

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 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.
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

DECLARATIONS: Onsite declarations will be held during packet pickup from 11:00 a.m. – 6:00 p.m., Thursday, November 11 at the Arden Arcade Pavilion (at the course). If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

FINAL DECLARATION AND CHECK-IN: The head coach of each institution will be allowed 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 their student-athletes report to the starting line not only wearing their hip numbers, bibs and chips, but wearing the **proper** hip numbers, bibs and chips. Uniform and logo rules contained in Rule 22-3 of the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply. Failure to comply with these championship policies and the requirements surrounding uniform and logo rules may result in disqualification.

Coaches must check-in their student-athletes with the clerks at the assigned clerking location up to 80 minutes prior to the start of their race. Coaches are encouraged to check-in as soon as possible, but not later than 20 minutes prior to the race. Check-in will **NOT** be allowed at the start line and coaches must check-in all teams/student-athletes at the assigned clerking location. Again, be reminded that if an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

Please note that teams and/or individuals that are checked-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 (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.

EVACUATION/SEVERE WEATHER PLAN

Lightning Policy. Following NCAA protocol, we will be using a 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. Should shelter be necessary due to inclement weather, teams will be directed to the clubhouse. Spectators will be instructed to return to their 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 @hornetsports. 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

Race timing will use bib chips.

The order of finish will be verified with Finish Lynx system. Two Lynx cameras as well as an integrated secondary video system will be used as a backup. Timing mats will be used on the course at select marks.

Runners should continue racing past both sets of mats at the finish line.

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 11, from 11:00 a.m. – 6:00 p.m. at Arcade Creek Pavilion (at the course).

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 virtual coaches' meeting on Tuesday, November 9 at 1:00 p.m. at <https://us02web.zoom.us/j/83425999880>. **Failure to attend the mandatory virtual coaches' meeting will result in a minimum of a \$200 fine/gender/institution.**

MERCHANDISE

Merchandise will be available at the course for purchase during the regional championships.

PRACTICE SCHEDULE

Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 11:00 a.m. – 6:00 p.m. The course will be open at 7:00 a.m. the morning of the race unless there are weather concerns.

****Please visit @hornetsports on race and practice days before leaving for the course for 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.

- Hard copy results will be posted on the results board, and available online at <https://www.hornetsports.com/sports/xc/2021-22/NCAAWestRegional21>. Paper results will not be distributed.
- Contact Brian Berger at bwberger@csus.edu for more information.

SPORTS MEDICINE

There will not be an athletic training room located at the Haggin Oaks Golf Complex. There will be a medical tent set up at the course during practice on Thursday and competition on Friday. The medical tent will be equipped with the following:

- Treatment tables
- 10 gallon coolers of water
- First aid supplies
- Injury ice w/flexi-wrap and bags
- Crutches
- Vacuum splints
- AED
- Spine board
- Emergency ice bath & towels

The medical tent will be located near the finish line of the course. If you have any special needs, please contact Sean Carrington at (707) 430-7856 or by email at s.carrington@csus.edu.

Athletic Trainers at course:	Thursday, November 11	11:00 a.m. – 6:00 p.m.
	Friday, November 12	Beginning at 8:00 a.m.

Student-athletes must present a prescription or letter of treatment from the institution's certified athletic trainer in order to be administered treatment. Treatment will only be given with written permission from your institutions' medical staff. Competing institution's athletic 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

Teams wishing to rent tents should use the link below. Tent requests must be received no later than 12 noon PT in Monday, November 8. The host will coordinate the set-up in the designated team tent area and randomly assign team tent locations. Tents will be set-up by 11 a.m. on Thursday, November 11. Tents may also be reserved using the following link: <https://visitsacramento.regfox.com/2021-ncaa-cross-country-team-tent-rentals>. Please send questions to at dstormes@visitsacramento.com.

TRANSPORTATION/PARKING

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

Directions to Course.

Driving Directions for all non-bus vehicles:

Note - team vans are considered non-bus vehicles and should follow these directions

Please set your GPS as follows to avoid delays and detours:

Sacramento Softball Complex
3450 Longview Drive
Sacramento, CA 95821

Coming from Business 80 East (AKA I-80BL/Capital City Freeway) – Exit Watt Ave North, turn left onto Longview Drive, turn left into the Sacramento Softball Complex, proceed to the end of the road and then follow the coned lane until parked by parking attendants.

Coming from I-80 West – Exit Watt Ave, turn left onto Watt Ave., turn right onto Longview Drive, turn left into the Sacramento Softball Complex, proceed to the end of the road and then follow the coned lane until parked by parking attendants.

Coming from I-80 East – Exit Longview Drive, turn right into the Sacramento Softball Complex, proceed to the end of the road and then follow the coned lane until parked by parking attendants.

Driving Directions for full-sized buses only:

Bus drivers - please set your GPS as follows:

3645 Fulton Ave.
Sacramento, CA 95821

Buses exit Fulton Ave off of Business 80 (AKA I-80 BL/Capital City Freeway). Instead of turning left into the course parking lot turn right onto Haggin Oaks Drive, make a U-turn in the cul-de-sac at the end of the road, pull up along the curb as close to the intersections of Haggin Oaks Drive and Fulton Ave as possible and let athletes off on the sidewalk along the golf course's fence. The athletes will then follow the sidewalk into the venue. NOTE: Only buses will be able to do this. All other vehicles will be turned around before the Fulton Ave/Business 80 on and off ramps.

UNIFORMS AND LOGOS

Uniform and logo rules contained in Rule 22-3 of the NCAA Cross Country/Track and Field Rule Book 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

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 break in the continuity of the championship 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 the 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 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 individuals involved;
- (e) Withholding of all or a portion of the institution's share of the 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.