



2022 DIVISION I

# **CROSS COUNTRY CHAMPIONSHIPS**

STILLWATER, OK • Oklahoma State University, Host

# **PARTICIPANT 2022-23 MANUAL**

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**Dear NCAA Cross Country Championship Participants:**

**Congratulations and welcome to Oklahoma State University, the Greiner Family OSU Cross Country Course and to Stillwater for the 2022 NCAA Division I Cross Country Championships! You have been on the #RunToStillwater your entire season and now you have made it. Only the most accomplished runners have qualified to arrive here at the ultimate finish line to compete for a national championship, marking you as one of the best of the very best.**

**The OSU Greiner Family Cross Country Course was constructed in 2019 for the sole purpose of hosting championship level events. It is an honor to host you for one of the greatest amateur championships in the world. Our goal is for every runner and coach to have a terrific and memorable experience. 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 weekend 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 to you at any time during your stay.**

**Good luck!**



**Chad Weiberg  
Director of Athletics  
Oklahoma State University**

## Schedule of Events (all times CST)

### Tuesday, November 15

Noon

#### **Mandatory Virtual Coaches Meeting**

Link will be provided to qualifying team head coaches after selections.

### Thursday, November 17

9 a.m. – 5 p.m.

#### **Course Inspection**

Greiner Family OSU Cross Country Course

### Friday, November 18

9 a.m. – 5 p.m.

#### **Course Inspection**

Greiner Family OSU Cross Country Course

10 a.m. – 2 p.m.

#### **NCAA Declarations & Packet Pickup**

East Lobby of Gallagher Iba Arena  
200 Athletics Center  
Stillwater, OK 74078

2 – 3 p.m.

#### **NCAA Press Conference**

Gallagher Iba Arena Theater Room  
200 Athletics Center  
Stillwater, OK 74078

### Saturday, November 19

7 a.m.

Course opens for participants

(Check Twitter at @run4okstate for possible frost or weather delays)

8 a.m.

Parking and gates open for spectators

8 a.m.

Clerking begins for women's competitors

8:50 a.m.

Clerking begins for men's competitors

9 a.m.

First gun fired (20 minutes until start of women's race)

Final check-in at clerk's tent for women's competitors

9:10 a.m.

Second gun fired (10 minutes until start of women's race – all women should report to start line)

9:12 a.m.

National Anthem

9:17 a.m.

Third gun fired - NO MORE RUNOUTS (3 minutes until start of women's

race)

**9:20 a.m.**

#### **Women's Championship 6K Race**

9:50 a.m.

First gun fired (20 minutes until start of men's race)

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

10 a.m.

Second gun fired (10 minutes until start of men's race – all men should report to start line)

10:07 a.m.

Third gun fired - NO MORE RUNOUTS (3 minutes until start of men's race)

**10:10 a.m.**

#### **Men's Championship 10K Race**

Approx. 11 a.m.

Presentation of Awards

**2022-23 DIVISION I MEN’S AND WOMEN’S CROSS COUNTRY/TRACK & FIELD COMMITTEE**

<p><b>Dave Smith</b>          Director – Track and Field and Cross Country          Oklahoma State University          220 Athletic Center          Stillwater, Oklahoma 74078          Office: 405-742-0725          Email: <a href="mailto:dave.smith@okstate.edu">dave.smith@okstate.edu</a></p>	<p><b>Sydney Griffin</b>          Asst. Athletic Director– Strategy &amp; Operations          U.S. Military Academy          639 Howard Road          West Point, New York 10996          Office: 678-75-6163          Email: <a href="mailto:Sydney.griffin@westpoint.edu">Sydney.griffin@westpoint.edu</a></p>
<p><b>Kerri Gallagher</b>          Director of Cross Country/Track and Field          Manhattan College          4513 Manhattan College Parkway          Riverdale, New York 10471          Office: 202-270-8205          Email: <a href="mailto:kgallagher01@manhattan.edu">kgallagher01@manhattan.edu</a></p>	<p><b>Jay Arther</b>          Track and Field Director of Operations          Indiana University, Bloomington          Assembly Hall          1001 East 17<sup>th</sup> Street          Bloomington, Indiana 47408          Office: 812-855-5576          Email: <a href="mailto:jdarter@indiana.edu">jdarter@indiana.edu</a></p>
<p><b>Ervin Lewis</b>          Senior Associate AD of Facilities and Operations          University of North Florida          1 UNF Drive          Jacksonville, Florida 32224          Office: 904-620-1534          Email: <a href="mailto:e.lewis@unf.edu">e.lewis@unf.edu</a></p>	<p><b>Matt Roe</b>          Head Coach Cross Country/Track &amp; Field          Butler University          510 West 49<sup>th</sup> Street          Indianapolis, IN 46208          Office: 317-940-9921          Email: <a href="mailto:mroe@butler.edu">mroe@butler.edu</a></p>
<p><b>Elvis Forde</b>          Head Coach Cross Country/Track &amp; Field          Temple University          1800 North Broad Street          McGonigle Hall Room 106A          Philadelphia, Pennsylvania 19122          Office: 215-204-8258          Email: <a href="mailto:elvis.forde@temple.edu">elvis.forde@temple.edu</a></p>	<p><b>Connie Price-Smith</b>          Head Track and Field &amp; Cross Country Coach          University of Mississippi          328 Hill Drive          University, Mississippi 38677          Office: 253-249-8705          Email: <a href="mailto:cmprices@olemiss.edu">cmprices@olemiss.edu</a></p>

<p><b>Shawn Green</b> Associate AD for Compliance University of New Hampshire Field House, 145 Main Street Durham, NH 03824 Office: 603-862-0557 Email: <a href="mailto:shawn.green@unh.edu">shawn.green@unh.edu</a></p>	<p><b>Blake Boldon</b> Senior Associate Athletics Director &amp; Director of Drake Relays Drake University 2507 University Ave. Des Moines, Iowa 50311 Office: 515-271-3007 Email: <a href="mailto:blake.boldon@drake.edu">blake.boldon@drake.edu</a></p>
<p><b>Jason Drake</b> Head Track and Field &amp; Cross Country Coach California State University, Fresno 5241 N. Maple Ave Fresno, California 93740 Office: 206-240-3343 Email: <a href="mailto:jdrake@csufresno.edu">jdrake@csufresno.edu</a></p>	<p><b>Diane Turnham</b> Deputy Athletic Director/SWA Middle Tennessee State University 1672 Greenland Drive MC 150A Box 77 MTSU Murfreesboro, Tennessee 37132 Office: 615-898-2938 Email: <a href="mailto:Diane.Turnham@mtsu.edu">Diane.Turnham@mtsu.edu</a></p>
<p><b>Secretary Rules Editor</b> <b>Mark Kostek</b> Cell: <a href="tel:515-208-8300">515-208-8300</a> Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></p>	<p><b>NCAA</b> <b>Jeff Mlynski</b> Associate Director Championships and Alliances P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6503 Fax: 317-917-6237 Cell: 317-874-7154 Email: <a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></p>

## **Meet Officials**

<b>Meet Referee:</b>	Terry Thurber
<b>Head Clerk of the Course:</b>	Katrina Semones-Murphy
<b>Assistant Clerks:</b>	Lil Brunson, Jeff Norton
<b>Head Starter:</b>	Larry Able
<b>Recall Starters:</b>	Michael Murphy, Jayme Kiraly, Chere Maxwell, Kelly Brown, Chuck Estill
<b>Head Marshal:</b>	Cordale Miller
<b>Head Umpire:</b>	Andre Warren
<b>Head Finish Line Official:</b>	John McKenzie
<b>Announcer:</b>	Mike Jay
<b>Timing and Results:</b>	PT Timing, Cody Branch

**Host Institution  
Championship Planning Committee**

<b>Title</b>	<b>Name</b>	<b>Cell</b>	<b>Email</b>
Meet Director	Stacy Stanush	(210)-896-9646	<a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a>
Asst. Meet Director	Lisa Fischer	(440)-570-1793	<a href="mailto:lisa.fischer@okstate.edu">lisa.fischer@okstate.edu</a>
Asst. Meet Director	Ben Dyson	(405)-714-2227	<a href="mailto:ben.dyson@okstate.edu">ben.dyson@okstate.edu</a>
Athletic Training	Mike Barlow	(918)-961-8923	<a href="mailto:mike.barlow@okstate.edu">mike.barlow@okstate.edu</a>
Awards	Tanner Taylor	(918)-244-1034	<a href="mailto:tanner.w.taylor@okstate.edu">tanner.w.taylor@okstate.edu</a>
Concessions	Todd Kimmell	(206)-465-1399	<a href="mailto:Ronald.Kimmell@sodexomagic.com">Ronald.Kimmell@sodexomagic.com</a>
Facilities	Tracy Schneweis	(405)-996-6466	<a href="mailto:tracy.schneweis@okstate.edu">tracy.schneweis@okstate.edu</a>
Parking	Stetson DeHass	(405)-744-5248	<a href="mailto:sdehass@okstate.edu">sdehass@okstate.edu</a>
Marketing/Promotions	Emma Kelley	(405)-744-9197	<a href="mailto:emkelley@okstate.edu">emkelley@okstate.edu</a>
Media Relations	Gavin Lang	(405)-612-9274	<a href="mailto:gavin.lang@okstate.edu">gavin.lang@okstate.edu</a>
Merchandise/Programs	Tony Petro	(405)-744-7069	<a href="mailto:apetro@okstate.edu">apetro@okstate.edu</a>
Officials	Stacy Stanush	(210)-896-9646	<a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a>
Safety and Security	Lisa Fischer	(405)-744-6523 OSU PD	<a href="mailto:lisa.fischer@okstate.edu">lisa.fischer@okstate.edu</a>
Tickets	Dan Gish	(405)-744-9537	<a href="mailto:DGish@okstate.edu">DGish@okstate.edu</a>
Volunteers	Stacy Stanush	(210)-896-9646	<a href="mailto:stacy.stanush@okstate.edu">stacy.stanush@okstate.edu</a>

## NCAA Travel Information & Policies

### Travel Party

Please refer to the NCAA travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online [here](#). Please reference Appendix A of the travel policies for reimbursable travel party numbers.

### Travel Information

Air Travel. Based on the travel policies, if you are eligible for a flight, please contact Short's Travel Management at 866-655-9215 as soon as possible to arrange your air travel. At any time prior to selection announcements you may access the travel portal at [www.shortstravel.com/ncaachamps](http://www.shortstravel.com/ncaachamps) to update your team contact information, travel party roster, equipment manifest and any preferences. Entering this information prior to selections will help expedite the travel booking process required to issue tickets.

Your institution user ID and password login credentials, for the Short's Portal, were emailed to the university director of athletics prior to Fall championships. If you still need assistance with your Short's Portal user ID and password, please email [ncaaalo@shortstravel.com](mailto:ncaaalo@shortstravel.com) or [travel@ncaa.org](mailto:travel@ncaa.org).

Ground Travel. Individual sports will be reimbursed a mileage rate per person per mile in accordance with the NCAA travel policy. Individual sports who wish to drive instead of fly will be reimbursed mileage up to the cost of a commercial flight (quote to be obtained from Short's Travel).

Travel Expense System. Per diem will be provided for an official travel party. Please reference the NCAA travel policies for all information regarding transportation and per diem reimbursement. Per diem and other eligible expenses will be reimbursed through the Travel Expense System (TES). Please go to [www.travel.ncaa.org](http://www.travel.ncaa.org) to file for reimbursement or request a travel exception. Registration with an institutional email address is required to access TES through NCAA My Apps. The NCAA travel department may be reached at 317-917-6757, or by email at [travel@ncaa.org](mailto:travel@ncaa.org).

Please reference the NCAA travel policies as the NCAA travel policy is updated annually [here](#), and the travel policies supersede all other documents.

## 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 at the finish line area. The training tent is equipped with first-aid supplies, emergency equipment, treatment tables, hydration stations (water/Powerade), injury ice, and an emergency ice bath. If you have any special needs, please contact Mike Barlow at (918)-961-8923 or by email at [mike.barlow@okstate.edu](mailto:mike.barlow@okstate.edu).

### Training Tent Hours:

Thursday, November 17	8 a.m. - 6 p.m.
Friday, November 18	8 a.m. - 6 p.m.
Saturday, November 19	7 a.m. - End of Competition

**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 Gavin Lang of Oklahoma State University Sports Information Department at (405)-612-9274 or via email at [gavin.lang@okstate.edu](mailto: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 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](http://NCAA.COM) is the official website for the NCAA Division I Men's and Women's Cross Country Championships.

The below website will house additional meet information:

- [www.okstate.com/ncaaxc](http://www.okstate.com/ncaaxc)

### **Credential Requests**

For all media related credential requests, please visit <https://www.ncaa.com/media-credentials> to begin the application process for the NCAA Division I Cross Country Championships. A confirmation email with additional information for the media will be sent once the request has been approved. Should you experience any difficulties in applying for credentials, please contact Oklahoma State's Gavin Lang via email at [gavin.lang@okstate.edu](mailto:gavin.lang@okstate.edu).

## Meet Results

Meet results can be obtained online and in person.

- Live results will be available on [PT Timing](#).
- At the meet, members of the media and any coaching staff may view results following the race near the finish line where they will be posted behind the timing tent.
- Additionally, at the conclusion of the championships and once the results have been deemed final, an email will be sent to all participating school SIDs and head coaches, from the host institution's SID, Gavin Lang ([gavin.lang@okstate.edu](mailto:gavin.lang@okstate.edu)).

## Press Conferences

### Pre-Race:

A pre-race press conference with selected coaches and student-athletes will be held in person and via Zoom from the Gallagher-Iba Arena theater room on Friday, Nov. 18, from 2 – 3 p.m. Contact Gavin Lang for the Zoom link ([gavin.lang@okstate.edu](mailto:gavin.lang@okstate.edu)). A member of the NCAA media team or Oklahoma State 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 Oklahoma State sports information staff will escort student-athletes to the mixed zone area, located just steps from the recovery tent. 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.

## Media Workspace

The media tent is located on the northwest corner of the course, at the north end of Walnut Avenue. Tables, power and internet are provided.

## 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:

[gavin.lang@okstate.edu](mailto:gavin.lang@okstate.edu)

## Meet Information

### **Awards**

Awards will be presented at the projected time of 11 a.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 at this time as well. The award ceremonies will take place in the awards area located on the stage near the finish line.

### **Banquet:**

The Division I Track and Field and Cross Country Committee has elected to provide enhanced gift options to the student-athletes this year in place of a formal banquet. Gifts will be distributed in conjunction with packet pickup. Gifts will only be provided to competing student-athletes (7 per qualified team and 1 per qualified individuals).

### **Credentials**

All credentials will be issued during packet pickup. Each institution that qualifies a team will receive a maximum of 19 credentials (14 student-athletes (seven declared and seven 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 17, 9 a.m. – 5 p.m.**
- **Friday, November 18, 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 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 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**

In the event of inclement weather, all teams will be asked to immediately make their way back to their team buses/vans. Spectator shuttles will be on standby to shuttle back to spectator parking lots.

### **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 Twitter account for information on delays and/or postponement has been established. The Twitter handle is @run4okstate. The host will leave a message on the Twitter account 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. in the East Lobby of Gallagher Iba Arena. 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 14 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, Final Declaration and Check-in Process**

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 (8 a.m. for the women and 8:50 a.m. for the men). 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.

### **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:**

Declarations and packet pick-up will be from 10 a.m. to 2 p.m. on Friday, November 18, in the East Lobby of Gallagher Iba Arena located at 200 Athletics Center, Stillwater, OK 74078.

### **Meetings:**

NCAA Mandatory Coaches Technical Meeting: Tuesday, Nov. 15: Noon  
Link will be sent to qualifying team head coaches after selections.

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

NCAA Press Conference with select student-athletes and coaches Friday, Nov. 18: 2-3 p.m.  
Gallagher Iba Arena Theater Room

### **Scoring:**

NCAA rules for cross-country scoring will be followed. For scoring procedures, please consult the 2021 and 2022 NCAA Cross Country/Track and Field Rules Book.

### **Results:**

Results will be available at the following websites. No hard copy results will be provided.

- [NCAA.COM](https://www.ncaa.com)
- <https://live.pttiding.com/XC-PTT.html?mid=5234>
- [www.okstate.com/ncaaxc](http://www.okstate.com/ncaaxc)

**Tent Rental:**

To submit rentals for tents and accessories please click [here](#). Tent and accessory rental submissions are due by Monday, November 14. If you have any questions about tent and accessory rental please contact Michael Wilson at [michael.wilson@revelxp.com](mailto:michael.wilson@revelxp.com) or call at 405-345-4459.

**Mother's Room:**

A private Mother's Room will be made available, on request, for use at the competition venue. To secure such a space, please notify Stacy Stanush at least 24 hours prior to arrival at [stacy.stanush@okstate.edu](mailto:stacy.stanush@okstate.edu).

**Merchandising and Programs:**

Official NCAA cross country championships merchandise and programs may be purchased at the course on November 18 from 10 a.m. - 2 p.m. and November 19 from 8 a.m. through the end of competition.

**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](mailto: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 15.

**Student-Athlete Participation Awards**

See next page.



**NCAA-Awards.com**

# CONGRATULATIONS ON YOUR TEAMS' SUCCESS!

## HOW TO GET YOUR NCAA AWARD



The NCAA provides Legends with the email address of a designated point person for each sport & school. Make sure you have communicated to the NCAA the correct person to receive the email which will include your gift code. Once the email is sent, you will be instructed to the site to place your school's order: [www.NCAA-Awards.com](http://www.NCAA-Awards.com)

- Enter password: NC@W2023!!
- Choose your Season, Division, Sport from each drop-down menu
- Select your teams' full quantity of gifts and add to cart
- At checkout, enter the gift code sent to you in the email
  - This payment code can be used once
- Any amount over the designated spend from the NCAA, can be paid for with your credit card

[Click here to view user guide.](#)

### Questions?

Email [LGM-NCAA-Awards@legends.net](mailto:LGM-NCAA-Awards@legends.net)

Orders will ship within 3-5 weeks.



AWARDS ORDERS PLACED BY	
FALL	2/1/2023
WINTER	6/1/2023
SPRING	8/1/2023

We encourage you to redeem your gift code immediately. If gift code is not redeemed by the above date, a default gift will be sent.

**Place your order at [NCAA-Awards.com](http://NCAA-Awards.com)**



### **Tickets and Team Pass List Information**

Tickets will be \$10 per person. Two and under are admitted free with a paid adult. Tickets will be available for purchase both in advance and onsite. Advance ticket sales will begin November 1, 2022 and can be purchased at [www.okstate.com/ncaaxc](http://www.okstate.com/ncaaxc).

**Team Pass List Information:** Participating institutions are not entitled to complimentary tickets. Tickets must be purchased by each team, which are then issued to the guests of student-athletes. Please fill out the ticket pass form on page 26 of the participant manual and submit it to Dan Gish at [dgish@okstate.edu](mailto:dgish@okstate.edu).

All player-guest pass list tickets for the cross country championships will be mobile. All allocated tickets will be forwarded to each institutional designated ticket manager, who will then be responsible for transferring the tickets to the end user. In order to transfer the tickets, each guest's first and last name, email address, and phone number will be needed.

Competing institutions must submit any pass list requests on the pass list form on page 26 of this manual to Dan Gish at [DGish@okstate.edu](mailto:DGish@okstate.edu) by no later than Wednesday, November 16, at 5 p.m. Central with the name, cell phone number and email address of the institutional ticket representative who will be responsible for mobile ticket distribution. The institutional ticket representative should be available to address any issues or questions that may arise during competition.

Institutions will be permitted to assign a maximum of six (6) tickets per qualified student-athlete. For example, if an institution qualifies a team (7 student-athletes), they may assign a maximum of 42 tickets for the championship. All tickets are General Admission. Teams submitting a pass list will be invoiced by Oklahoma State University following the event and will be billed for all requested tickets to the championships whether they were used or not.

Changes/additions along with late requests will not be allowed. All NCAA pass list policies will be applied. Again, please note that all pass list tickets will be sent electronically to the email address of the institutional ticket representative provided, and it will then be the individual school's responsibility to disseminate tickets electronically to their player guests in advance of the championship competition.

If you have any questions regarding the pass list, please contact Dan Gish at the above email.

### **Uniforms/Logos/Misconduct**

*[Reference: Rule 22-3 in the NCAA Cross Country Track and Field Rules Book and Bylaw 12.5.4 in the NCAA Manual.]*

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

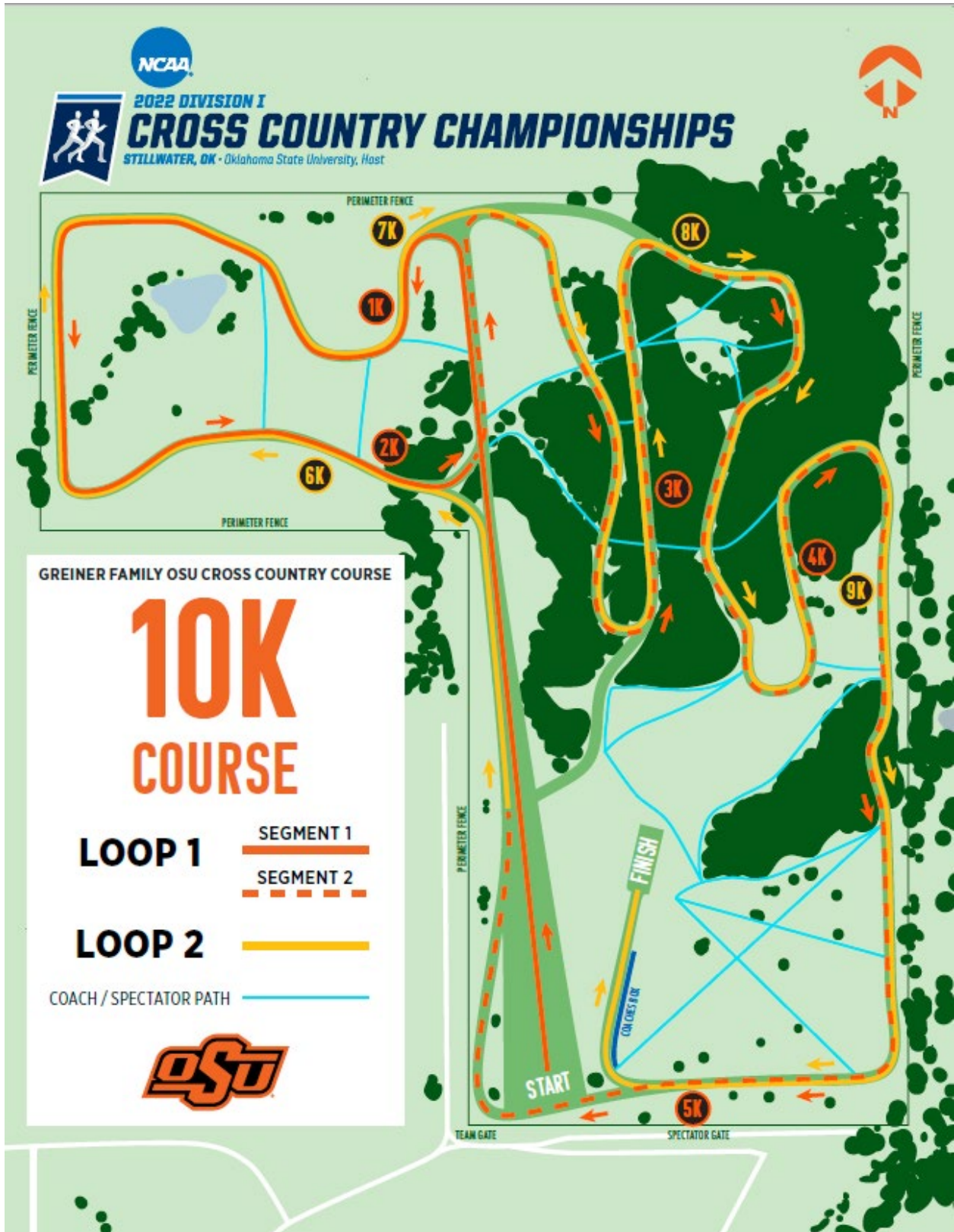
### **Misconduct (Bylaw 31.1.10)**

**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.











### **From Cimarron Turnpike US-412 (Tulsa)**

- Stillwater Exit is #27
- Take this turnpike spur to Stillwater. Go through the toll plaza and continue on the turnpike, ignoring Exit 21A (Perkins Road). The turnpike will end and merge with Washington Street heading south. Immediately after the intersection with Lakeview Road, veer right to remain on Washington Street.
- Continue to the intersection with McElroy Road, then turn right (west) at the stop light. Continuing through the campus housing section, look for the street sign for McDonald Street. Turn right (north) onto McDonald and continue north until reaching the OSU Cross Country Course.

### **From I-35 (OKC)**

- Stillwater Exit 174 is State Highway 51
- Stillwater is approximately 16 miles east on Highway 51. You will be making a left hand turn (north) onto Western Road.
- Once you have made that left hand turn, you will be on Western. Western will make a sweeping curve east and when it straightens out you will be on Hall of Fame Avenue.
- At the first stop light, make a left hand turn (north) onto Willis Street. Go to the stop sign and turn right (east) onto McElroy Road. About four blocks will be Garfield Street; turn left (north) onto Garfield and continue north until reaching the OSU Cross Country Course.



**PARKING**  
LOT 4

# PACKET PICKUP

**FRIDAY, NOV. 18**  
**10 AM - 2 PM**





# NCAA Cross Country National Championships

November 19th, 2022

Stillwater, OK

**School Attending:** \_\_\_\_\_

## **Ticket Ops Representative Information**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Quantity of Tickets Needed:**

Forms can be sent to Dan Gish at [dgish@okstate.edu](mailto:dgish@okstate.edu)

Tickets will be sent from [guest\\_tickets@okstate.edu](mailto:guest_tickets@okstate.edu)