



PARTICIPANT
2025-26 MANUAL
Regionals

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Meet Personnel

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
Meet Director	Levi Dorsett Asst. AD for Track & Field and Cross Country Levi.dorsett@okstate.edu	Office: (405) 744-2102 Cell: (205) 405-0265
Sports Information Contact	Mason Harbour SID for Track & Field and Cross Country Mason.harbour@okstate.edu	Office: (405) 744-3188 Cell: (405) 436-9144
Sports Medicine Contact	Brookke Mahaffey Head Athletic Trainer- XCTF Brookke.mahaffey@okstate.edu	Cell: (717) 372-4886
Event Management	Tanner Taylor Event Coordinator Tanner.taylor10@okstate.edu	Office: (405) 744-2363



**CROSS
COUNTRY**

2025-26 DIVISION I MEN'S AND WOMEN'S CROSS COUNTRY AND TRACK & FIELD OVERSIGHT COMMITTEE

The current committee roster can be accessed at:

<https://web1.ncaa.org/committees/#/reports/roster?committeeCode=1TRACKOC>

Secretary-Rules Editor Mark Kostek Cell: 515-208-8300 Email: kostekmt@gmail.com	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	NCAA Demetria Young Coordinator Championships and Alliance P.O. Box 6222 Indianapolis, Indiana 46206 Office: 317-917-6270 Email: dyoung@ncaa.org
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SCHEDULE OF EVENTS

(All times are Central Standard Time, unless listed otherwise)

Monday, November 3

8 a.m. (Eastern)

Declarations open on www.directathletics.com.

Thursday, November 6

5 p.m. (Eastern)

On-time entry deadline on www.directathletics.com.

Friday, November 7

5 p.m. (Eastern)

Late entry deadline with fine on www.directathletics.com. Fine will be assessed to any new entries or changes you may make to initial entries during the late window. Entries officially close at this time.

Tuesday, November 11

1 p.m. Central Time

Mandatory virtual coaches' meeting.

Virtual link: [Midwest Regional Championship | Technical Meeting](#)

Thursday, November 13

8 a.m. -6 p.m.

Course inspection/practice.

Weather permitting. Please visit @runokstate for frost warning or severe weather updates on practice day if needed.

10 a.m. – 2 p.m.

Packet pickup.

Located at the clerking tent at Greiner Family OSU Cross Country Course.

Friday, November 14

7:30 a.m.

Course opens to competitors.

Please visit @runokstate for frost warning or severe weather updates on race day if needed.

8:30 a.m.

Late packet pickup available at clerking.

9:10 a.m.

Clerking procedure begins for women's race.

10:00 a.m.

First gun fired (30 minutes to start of women's race).

10:05 a.m.

National Anthem.

10:10 a.m.

Second gun fired (20 minutes to start of women's race).
Final check-in at clerk's tent for women's competitors.
Clerking procedure begins for men's race.

10:20 a.m.	Third gun fired (10 minutes to start of women's race).
10:30 a.m.	Women's 6K championship race.
11:00 a.m.	First gun fired (30 minutes to start of men's race).
11:10 a.m.	Second gun fired (20 minutes to start of men's race). Final check-in at clerk's tent for men's competitors.
11:20 a.m.	Third gun fired (10 minutes to start of men's race).
11:30 a.m.	Men's 10K championship race.

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

ACCOMODATIONS

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

Area Hotels- Information regarding local hotels is available at:

<https://www.visitstillwater.org/lodging/hotels/>

COURSE MAPS

Men's and women's course maps:

Course maps can be found here: <https://static.okstate.com/custompages/ncaaxc-25/>

LOCKER ROOMS/SHOWERS

No dressing room facilities are available at the Greiner Family Cross Country Course.

MOTHER'S ROOM

A private Mother's Room will be made available, on request, for use at the competition venue. To secure such a room, please notify Tanner.taylor@okstate.edu at least 24 hours prior to arrival.

DRUG TESTING

Student-athletes who compete in this championship round may be subjected to a drug test in accordance with bylaws 18.4.1.5 and 31.2.3, and may be determined to be ineligible as a result thereof. If drug testing occurs at this session of the championships, couriers will make contact with the student-athletes immediately following the 10-minute cooling off period. The student-athletes who are to be tested will be escorted to the drug-testing area within one hour after the conclusion of the competition. Student-athletes selected for drug-testing should first attend any post meet interviews (if designated by the sports information director) before reporting to the drug-testing area.

Please also be aware of the following as it relates to drug testing for record ratification purposes:

1. **If NCAA drug testing occurs during this championship round**, Drug Free Sport (DFS) will be onsite and has the authority to conduct testing for tests required outside of the standard championship protocol (e.g., national record, world junior record, etc.) for United States athletes ONLY.
2. **If NCAA 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.), or your athlete is an international athlete**, it will be the responsibility of the student-athlete's school to contact the appropriate drug testing agency (e.g., USADA, DFS, etc.) as authorized by the appropriate national/governing body to set up and confirm the necessary test during the event. Schools that anticipate a possible record requiring drug testing for ratification, are encouraged to be proactive in contacting an authorized testing agency in advance to inform them of a possible need for testing.
3. Additionally, any cost associated with such a test will be the responsibility of the tested student-athlete's school.

Please see the 2025 NCAA Division I Cross Country Pre-Championship Manual for information.

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. **Teams are strongly encouraged to maximize their rosters by submitting names to fill all 14 allowable spots when submitting your entries.**

The entry form will be available beginning at 8 a.m. Eastern time, **Monday, November 3. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 6.** The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 7. A late fine will be assessed in the amount of \$400 per team/per gender. A fine will be assessed to any changes you may make to initial entries during the late window. **Entries officially close at this time and 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).

Entries will be posted by the host at [2025 Midwest Regional Championship](#) by 5 p.m. local time on Monday, November 10.

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 associated with 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.

NOTE: If you do not receive a confirmation of entry, the registration was not submitted. Please ensure you receive a confirmation email to validate the entries.

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

DECLARATIONS: Onsite declarations will be held during packet pickup from 10:00 a.m. – 2:00 p.m., Thursday, November 13 at the at the clerking tent at the Greiner Family OSU Cross Country 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. Late packet pickup will be available the morning of the race at the clerks tent beginning at 8:30 a.m.

FINAL DECLARATION AND CHECK-IN (RACE DAY): If during initial declarations during packet pickup the institution declared down to seven athletes, or the institution is only contesting an individual(s) and not a team, there is no further action required the day of the race. The only check-in or declaration required the day of the race is for teams that did not declare down to a final seven, for teams that must make a change to the seven declared during packet pickup, or for teams that have to scratch an athlete that will not start (DNS). The head coach of each institution should complete the final check-in process, if necessary, 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 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 needing to complete the final check-in/declaration process the day of the race must do so, with the clerks, at the assigned clerking location up to 80 minutes prior to the start of their race. Coaches needing to complete this process on race day are encouraged to check-in/declare 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 needing to complete this process on race day, 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/policies 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. Shelter locations are not available at the Greiner Family OSU Cross Country Course. As such teams and spectators are responsible for their own safety and should use their best judgement in the event of inclement weather. Teams will be asked to return to their vehicles in the event of inclement weather. Areas of refuge are available on the OSU campus and can be located by visiting <https://safety.okstate.edu/safety-resources/weather/severe-weather-refuge-locations.html>.

Severe Weather Policy for NCAA Cross Country Regional Championships

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

1. The meet director and NCAA cross country/track and field committee will monitor the weather during the week and morning of the championships.
2. Information on delays and/or postponements will be available at @run4okstate on X. 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

Color digital high-resolution photo-finish cameras, from Lynx System Developers, on the finish line will provide timing images. A reverse angle camera will be placed to provide images from both sides of the finish line for a clear determination of placement in the race. Primary and

backup front view video cameras for identifying athletes by their front bib number that integrates into the photo finish system. Side angle cameras and front view cameras are time synced allowing you to move frame by frame through the front video as you move through the photo finish image. A disposable bib tag timing system will be used so timing chips do not need to be recovered following each race.

Runners should continue racing through the line of mats at the finish line. Once runners have crossed the mats, runners should continue to move through the finish chute as quickly possible. Runners need not maintain their order of finish in the chute. Water and medical staff will be available at the end of the finish area.

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 13, from 10:00 – 2:00 p.m. at the clerking tent of the Greiner Family OSU Cross Country Course. Late packet pickup will be available the morning of the race at the clerks tent beginning at 8:30 a.m.

Course maps and descriptions will also be available during Thursday packet pickup 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 11 at 1 p.m. CT at [Midwest Regional Championship | Technical Meeting](#). **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 from 10:00 a.m. – 2:00p.m. Thursday and on Friday from 9:00 a.m. through the conclusion of the second race.

PRACTICE SCHEDULE

Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 8:00 a.m. – 6:00 p.m.. The course will be open at 7:30 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

****Please visit @run4okstate on X on race and practice days before leaving for the course for frost warning or severe weather updates if necessary.**

PROTESTS

A protest area will be located near the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook.

The head referee's ruling 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 unofficial 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/SPORTS INFORMATION

Results.

- Results will be posted [here](#). No paper results will be provided. All results will be available at the above link.
- At the meet - members of the media may pick up results after each race upon request to our SID. It is recommended visiting [here](#) for live results.
- Contact Mason Harbour at mason.harbour@okstate.edu for more information.

SPORTS MEDICINE

Two Athletic Training Rooms will be available for use. The OSU Track & Field Complex has an Athletic Training Room with access to tables, hot packs, ice, and e-stim/ultrasound units. This space is limited and recommended for smaller group or individual treatment needs. The Athletic Training Room at Gallagher Iba Arena is a much larger space, recommended for team treatments, with access to tables, hot packs, ice, laser, diathermy, and e-stim/ultrasound units.

Both Athletic Training Rooms are located, roughly, two and a half blocks from the Greiner Family Cross Country Course. Written documentation or a prescription, from the institutions Medical Staff, must be provided for modalities or tapings to be completed on student-athletes traveling without an Athletic Trainer.

Operating hours for the Athletic Training Rooms will be as follows:

Thursday November 13	8:00 a.m.– 5:00 p.m.
Friday November 14	7:00 a.m. – 10:00 a.m.

If access is needed outside of these times, please reach out to Brooke Mahaffey at 717-372-4886 or Brookke.Mahaffey@okstate.edu.

There will be an OSU Athletic Trainer available at the finish line of the course from 8:00 a.m. - 5:00 p.m. on Thursday. There will be hydration stations available at the start line and finish line. Ice and Emergency Equipment will be located at the finish line. An OSU Athletic Trainer will be available at the course beginning at 8 a.m. on Friday.

Athletic Trainers traveling with competitors are not permitted within the finish chute. If a student-athlete is injured or ill at the finish line, the affiliated Athletic Trainer will be contacted and escorted to the student-athlete. An ambulance will be onsite for both races.

TENTS

Tent, table, and chair requests can be made at the link [here](#). REVELxp will call individual teams for payment following the institutions request.

The deadline to reserve a tent is Friday, November 7 at 4 p.m. CT. Payment must be completed no later than 12 p.m. CT on Monday, November 10, 2025.

If teams elect to bring their own institutional tents, they must ensure they are securely fixed to withstand wind and that they are set-up in host approved locations.

TRANSPORTATION/PARKING

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

Directions to Course.

The Greiner Family Cross Country course is located at 1405 N. Walnut. Driving directions to the course can be located here <https://static.okstate.com/custompages/ncaaxc-25/>.

Team parking will be available as indicated in the parking map located in Appendix B.

SHOE REQUIREMENTS – NEW FOR 2025

In accordance with NCAA rules, legally worn shoes are required during competition as recognized by World Athletics. Shoe checking will occur post competition. Athletes and coaches must be sure to confirm their shoes are on the legal shoe list and approved to be worn in cross country competition prior to the competition. A full list of approved shoes can be found at <https://certcheck.worldathletics.org/>. A QR code, linking to the approved shoe list, will be available at clerking and all competitors must check the list to ensure their shoes are legal for cross country competition. If their shoes are NOT on the list then they are considered illegal and should NOT be worn. Make special note that some shoes are legal for certain events (track and field, road race, etc.), but may not be legal for cross country – make special note of the events for which the shoes are approved. Coaches and athletes are responsible for checking their shoes prior to competition to confirm they are on the list of approved shoes, for cross country, found on the World Athletics site.

UNIFORMS AND LOGOS

Uniform and logo rules contained in 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.

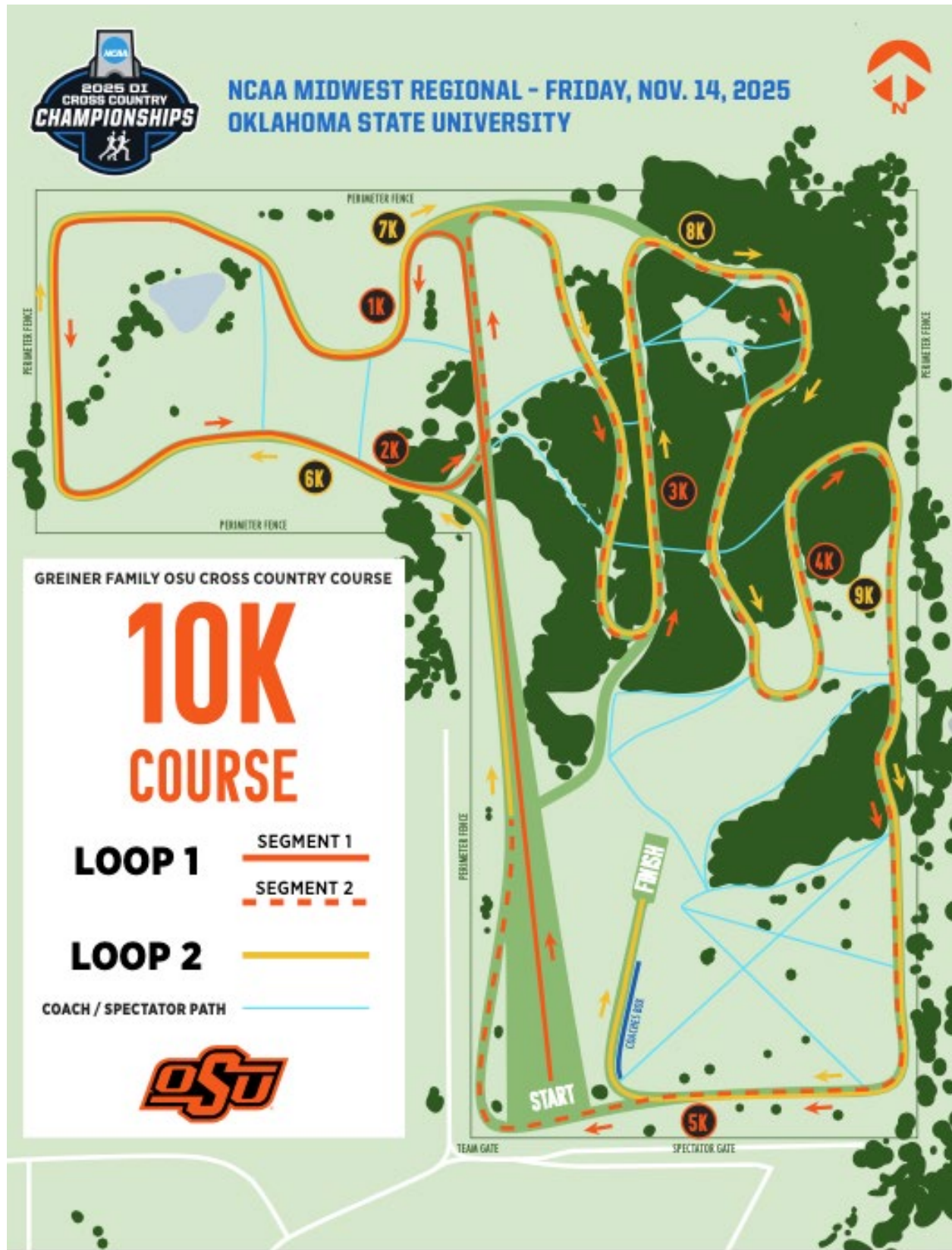
The bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.

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.



APPENDIX B



