



2019 DIVISION II

CROSS COUNTRY CHAMPIONSHIPS

LOCK HAVEN, PA

Lock Haven University of Pennsylvania, Host

PARTICIPANT 2019-20 MANUAL

Regionals

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Schedule of Events

(All Times Are Eastern Time)

Friday, Nov. 8

Noon to 6 p.m.	Course available for practice.
3:30 to 5 p.m. Location:	Packet pick-up. Willis 118
5:15 p.m. Location:	Mandatory coaches meeting Willis 118

Saturday, Nov. 9

7 a.m.	Course opens to competitors. Please call 570-916-5716 for frost warning or severe weather updates on race day if needed.
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Women's 6,000-Meter Race

9:10 a.m.	Women's competitors clerking procedure begins (80 minutes prior to start)
10:10 a.m.	Women's competitors called to the start line (approximately 20 minutes to start)
10:15 a.m.	National anthem
10:20 a.m.	Second call to the start line (10 minutes to start)
10:25 a.m.	Start line is cleared of all non-competitors (5 minutes to start)
10:28 a.m.	Runners at the start line for instructions
10:30 a.m.	Start of women's 6,000-meter race

Men's 10,000-Meter Race

10:25 a.m.	Men's competitors clerking procedure begins (80 minutes prior to start)
11:25 a.m.	Men's competitors called to the start line (approximately 20 minutes to start)
11:35 a.m.	Second call to the start line (10 minutes to start)
11:40 a.m.	Start line is cleared of all non-competitors (5 minutes to start)
11:43 a.m.	Runners at the start line for instructions
11:45 a.m.	Start of men's 10,000-meter race

Immediately after the second race, recognition of top runners and teams.

Accommodations

Each participating institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Hotels and Restaurants in the Area

https://www.golhu.com/sports/2011/3/7/GEN_0307113047.aspx

Mandatory Administrative Meeting

Coaches are required to attend the mandatory administrative meeting at 5:15 p.m. (EST), Friday, Nov. 8, at 118 Willis.

Championship Format

Teams and individuals qualify for the national championships through participation in the regional meets. Teams are not reimbursed for participation in regional meets. A total of 34 teams and 24 individuals will be selected. The process for allocating the berths is as follows:

Teams (34)

- The top three teams from each regional meet will automatically advance to the championship finals (24 teams total).
- Ten at-large teams will be selected by the NCAA Division II Men's and Women's Cross Country Committee using the selection criteria found [here](#). There is no limit to the number of at-large teams that may be selected from any given region.

Individuals (24 minimum)

- The top two individuals who are not part of a qualifying team will automatically advance to the championship finals (16 individuals total).
- All individuals who finish in the top five at the regional meet and are not part of a qualifying team will automatically advance to the championships finals.
- The next eight individuals will be selected at-large.

The team and individual winning the regional will be recognized and presented with an NCAA trophy.

Clerking Procedures

The window for check-in will open 80 minutes before the start of each race. Teams are encouraged to check in as soon as possible, but not later than 20 minutes before to their race.

When teams check in at the clerking tent, they will be required to show that they have their hip numbers, chips on their spikes, bibs on their jerseys, and that their uniforms meet the NCAA logo requirements. The head clerk will apply a sticker to the bibs of student-athletes who have completed the check-in process. This will serve as a quick visual for assistant clerks at the start line that the student-athletes have completed the check-in process. Reminder: Teams may not run more than seven student-athletes.

Teams will not be allowed to check in at the start line. All teams must check in at the clerking tent, located at the large white tent at the finish line.

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

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

Competition Site

Maps, Campus Information And Race Preview

<https://www.golhu.com/sports/2019/9/25/2019-ncaa-atlantic-region-cross-country-championship-homepage.aspx>

Men's And Women's Course Maps

https://www.golhu.com/sports/2014/8/22/MCROSS_0822143319.aspx

Banners and Artificial Noisemakers

No banners may be posted at the tournament other than the NCAA approved banners. Artificial noise makers, air horns, and electronic amplifiers are not permitted and shall be removed on discovery.

Locker Rooms

No on-site locker rooms are available.

Parking

All parking is onsite. The park address is 42 Havenview Drive, Lock Haven, Pennsylvania.

Participant/Spectator Entrance

There is one entrance for all participants and spectators, located at 42 Havenview Dr, Lock Haven, Pennsylvania.

Restrooms

Portable restrooms are on site.

Starting Boxes

Starting boxes will be assigned to teams and individuals by a random draw. Starting box assignments will be communicated on NCAA.org.

Drug Testing

All student-athletes are subject to NCAA drug testing at all NCAA championships or in conjunction with all postseason certified events. The goal of the drug-testing program is to provide safe, fair and equitable competition as well as to protect the health and safety of all NCAA student-athletes participating in NCAA championships and postseason certified events.

The drug-testing program involves collecting urine specimens from student-athletes at various times throughout an NCAA championship. Student-athletes may be selected for drug testing based on their place of finish, playing time, position and/or an approved random selection method. A student-athlete may be selected for drug testing on more than one occasion during the championship event. All urine specimens provided by student-athletes are analyzed by a World Anti-Doping Agency accredited laboratory and the results are then reported to the institution's director of athletics.

The WADA laboratory analyzes each urine specimen for substances and related compounds from a list of banned-drug classes developed by the NCAA Executive Committee. The NCAA Banned-Drug Classes List is comprised of substances that are performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The 2019-20 list includes drugs in the following classes: stimulants, anabolic agents, diuretics and other masking agents, peptide hormones and analogues, street drugs, beta blockers and alcohol (rifle only) beta-2 agonists and anti-estrogens. Refer to the 2019-20 Drug-Testing Programs booklet or the NCAA Web site (www.ncaa.org/drugtesting) for the published list of banned drug classes and the procedural guidelines for testing. Athletic administrators are urged to review the NCAA Drug Education and Testing video, the NCAA Banned Drug Classes List as well as the NCAA Drug-Testing Program booklet with all coaches and student-athletes in advance of any NCAA championship or postseason certified event. Student-athletes who test positive as a result of a drug test administered by the NCAA or who breach the NCAA drug-testing program protocol shall lose one year of eligibility and shall be charged with the loss of a minimum of one season of competition in all sports.

Additional information regarding the NCAA's championship drug-testing program is located at www.ncaa.org/drugtesting.

Entry Procedures

In order to be eligible for participation in the regional and national meets, institutions must have met outlined minimum qualification requirements (outlined in the pre-championships manual) and submit an online entry form through DirectAthletics during the outlined entry period. Coaches may enter up to 10 eligible student-athletes on the online entry form, of which no more than seven must be declared to participate during packet pick-up (regionals and nationals). Coaches may make changes to the 10 student-athletes listed on the entry form up through the end of the online entry period but will NOT be able to make changes to online entries if the team qualifies for the national championships. It is not necessary for student-athletes representing a qualified team at the finals to have competed in regional competition. Any student-athlete competing at regionals and/or nationals must be eligible for NCAA competition.

The online entry form will be available beginning at 8 a.m. Eastern time, Monday, Oct. 28. **All entry forms must be submitted by 11:59 p.m. Eastern time, Wednesday, Oct. 30. Late online entry form submissions may be considered by the committee until 11:59 p.m. Eastern time, Friday, Nov. 1. If allowed, late entry form submissions will result in a fine of \$400 per team per gender. Institutions wishing to submit a late entry form must email the NCAA liaison. No late entry form requests will be considered after 11:59 p.m. Eastern**

time, Friday, Nov. 1. Institutions that have not submitted an entry form by 11:59 p.m. Eastern time, Nov. 1, will not be eligible to compete at the regional meet.

The online entry form is located at 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).

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 log in 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 DA meets. If you know you have an account but have forgotten your username/password, you can click the “I forgot my password” link in 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 directed to the default Team Roster page. You can see which team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [e.g., 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 which 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 II 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 II 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 accidentally omitted someone from your roster, you can add them by 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 that if you are entering men AND women, you will now repeat Steps 2 and 3 for 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 committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

Declarations/Package Pick-Up

Declarations and packet pick-up will be held from 3:30 to 5 p.m. (EST) time, Friday, Nov. 8, at 118 Willis. Declarations must be made in person. The seven student-athletes competing in the meet must be declared at this time. Coaches can only declare student-athletes from the entry

form submitted on DirectAthletics during the declaration period on TFRRS. Medical circumstances for declaring a student-athlete not on the entry roster will be reviewed by the sport committee. A representative of the student-athletes' institution must declare for a team/individual. Missing declarations/packet pick-up will result in a fine.

Course maps and descriptions also will be available and host representatives will be there to answer questions about the course.

Substitutes

Substitutions are allowed up to 45 minutes before the start of the race at the championships. A certification of illness or injury by the designated meet physician/athletic trainer is required, and the substitution must be approved by the referee. All participating student-athletes must be eligible to compete. The possible substitute must be on initial entry form.

Squad Size

Teams are limited to a maximum of seven competitors. 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 and Weather Detection Service

Following NCAA protocol, the host will be using MxVision Weather Sentry online 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 an eight mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. Activities will not begin until 30 minutes have passed since the last lightning strike inside the warning ring.

Shelter Locations

In the case of dangerous weather, the loudspeaker system will be used in order to send everyone to their vehicles (spectators) or team buses/vans (teams). They will remain there until notified by meet officials. In the event that evacuation is necessary, spectators, fans, officials and competitors will be directed to Lock Haven University's Zimmerli Building. In the event that snow removal or rain damage occurs (trees down; excessive standing water), the games committee will work with Lock Haven University officials to rectify the situation as best is possible.

Severe Weather Plan

For the safety of all spectators, student-athletes, officials and coaches the following procedures will be used in case of severe weather:

1. The meet director, NCAA championships manager and NCAA site representative will monitor the weather during the week and morning of the championships.

2. A text messaging system will be used to communicate a change in schedule to all coaches and officials. The host will send out a text message alert notifying coaches and officials of the start times or a delay in course inspection times due to inclement weather.
3. The NCAA site representative, in consultation with the NCAA championships manager, host and head referee, will determine whether the start of the meet will be delayed or if the meet will be postponed until the following day.
4. If the race has already started and a suspension would need to take place in the middle of the competition, the committee will recommend the following:

Men's 10,000-meter - if competition is suspended before the lead runner reaches the 3,000-meter mark, the race may be run the same day with a two hour delay from the time the race was stopped, weather permitting. If competition is suspended after the lead runner reaches the 3,000-meter mark, the race will be postponed until the next day.

Women's 6,000-meter - if competition is suspended before the lead runner reaches the 2,000-meter mark, the race may be run the same day with a two hour delay from the time the race was stopped, weather permitting. If competition is suspended after the lead runner reaches the 2,000-meter mark, the race will be postponed 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 will be communicated with all involved institutions.
- * The 2,000 and 3,000-meter marks for the course must be clearly marked to ensure above procedures can be adequately followed.
 - ** Appropriate provisions will be made to the competition site to ensure the safety of competitors and general public/spectators. The NCAA track and field and cross country committee reserves the right to make changes to the above policies and schedules as they see fit.

Finish-Line Procedure

Lexicon Timing uses chip technology. Each runner has a chip that will gather their chip start and finish time electronically for fast and accurate results. Race results and awards are immediate and accurate once the runner crosses the finish line mat.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Runners need not maintain their order of finish in the chute. Water and athletic trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish corale. After runners leave the area, they will need to remove their chips, and get them to their coach as soon as possible. Coaches should collect their chips and return them to the results pick up area.

The order of finish will be verified with Finish lynx system and secondary video back up systems. Timing mats will be used on the course at select marks.

Merchandise

Merchandise will be available for purchase from noon to 6 p.m. Friday, Nov. 8, and 8 a.m. to 2 p.m. Saturday, Nov. 9, underneath the white tent at the course.

Participant Expectations and Guidelines

Code of conduct

All institutions participating at the regional qualifying meet must submit a completed Code of Conduct form to their respective regional representative on the Division II Cross Country Committee by 5 p.m. Eastern time, Friday, Nov. 8, via electronic mail. **INSTITUTIONS THAT HAVE NOT SUBMITTED THE CODE OF CONDUCT FORM BY THE DEADLINE WILL BE ASSRSSED A \$200 FINE PER TEAM PER GENDER.** The code of conduct form is available online (NCAA.org, Division II, Championships, Cross Country).

Conduct Policy Statement

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division II Championships Committee expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education, and promotes civility; therefore championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the Championships Committee will take strong action in response to any form of misconduct by student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and a misconduct incident at the competition.

Any institution who fails to submit a complete and accurate Division II Code of Conduct form before the start of the first competition of the championship, will be issued a fine of \$500, with a private letter of reprimand to be sent to the to the conference commissioners, university president, university athletics director, senior woman administrator, sports information director and compliance director.

Expectations

Each games committee shall hold a pretournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct (as defined in Bylaw 31.02.3). The Division II Championships Code of Conduct is to be part of the championship packet, and delivered to all institutional representatives attending the championship events.

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 after this action. Other actions of misconduct shall be dealt with in a timely manner by the governing sports committee.

Expectations for Student-Athletes, Coaches and Administrators

- Submit an accurate and complete Division II Code of Conduct Form before the start of the first competition of the championship.
- Cooperate and participate in game ceremonies, team meetings, community engagement and championship events.
- Discuss misconduct and possible consequences with all members of the travel party.
- Have an administrator or designee present at all competitions.
- Communicate issues and concerns in an honest and timely manner with NCAA staff.
- Follow team, university and NCAA guidelines throughout all championship-related activities.
- Be respectful of other participants, spectators, coaches, administrators and other individuals at the championship site.
- Abide by state and federal laws, and facility requirements throughout the championship event.
- Display acceptable behavior on and off the playing field to ensure a positive experience for all participants.

Misconduct

The championship handbook and NCAA Division II Manual Bylaw 31.02.3 defines misconduct as: **“...any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.”**

Possible Penalties for Misconduct

In accordance with Bylaw 31.1.8.3, the 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. The penalties include, but are not limited to:

- Public or private reprimand of the individual;
- Financial penalty;
- Disqualification of the individual from further participation in the NCAA championship involved and/or banishment of the individual from participating in one or more subsequent championships of the sport involved;
- Cancellation of payment of the Association’s travel guarantee to the institution for the individuals involved;
- Withholding of all or a portion of the institution’s share of revenue distribution;
- Banishment of the institution from participation in one or more subsequent championships in which its team in that sport otherwise would be eligible to participate;

- Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships; and/or
- Cancellation of all or a portion of the honorarium for hosting an NCAA championship.

All correspondence regarding violation of the Code of Conduct will be sent to the president/chancellor of the institution, with a copy to the director of athletics and person(s) involved.

Participation in an NCAA championship is an accomplishment and it is expected that individuals and teams are committed to ensuring that the championship is a positive experience for all participants, fans and volunteers. Participation in these championship events is a privilege for the student-athletes, coaches and administrators and should be treated as such. Again, congratulations to you and your team. We hope this year's championships experience is one that you will cherish for years to come.

Sports Wagering

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Tobacco Ban

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

Practices

The course will be available for practice from noon to 6 p.m., (EST), Friday, Nov. 8, and 7 a.m. to the start of the first race Saturday, Nov. 9. A certified athletic trainer will be available during these times. The course will be officially marked by Thursday afternoon.

Protest Procedures/Appeals

All protests shall be written on the carbon copy NCAA Cross Country/Track and Field Protest Form, which will be located at the white finish-line tent. One copy shall be posted, and the other copies shall be given to the referee. The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, and the other copy shall be placed in the committee's files. A \$50 deposit is required for all protests, which will be returned if the protest is successful in reversing the official decision. Protests will be accepted up to 15 minutes after the posting of the results of the last events.

Sports Information/Results

Official race results will be online at NCAA.com after the completion of each race. Live results will be available at www.LEXICONTIMING.COM.

At the meet, results will be posted on the results board next to the white finishline tent. Contact Doug Spatafore (dsptafo@lockhaven.edu / 570-484-2350) at Lock Haven for more information.

Championship Websites

The official website for the championships is available at ncaa.com. Additional information specific to participants is located on ncaa.org. Locally, <https://www.golhu.com/sports/2019/9/25/2019-ncaa-atlantic-region-cross-country-championship-homepage.aspx> will have all the information.

Sports Medicine

Ambulance

An ambulance will be on site during the championships.

Athletic Trainers

Certified athletic trainer(s) shall be available in the athletic training facility and assist the participating institutions' sports medicine staff. Certified athletic trainer(s) shall be on site for each scheduled practice or competition. Physician(s) shall be on call or on site for all practice and game days, depending on the sport. When applicable, the host institutions shall provide specialty physicians (e.g., dermatologists, orthopedic, ophthalmologist), dentist, X-ray technicians, emergency medical technicians (EMTs) or licensed massage therapists.

Athletic Training Hours

Athletic trainers must be available on the course the duration of practices.

Friday	Noon – 6 p.m.
Saturday	7 a.m. – conclusion of the awards ceremony

The training room is located at the Thomas Fieldhouse on the campus of Lock Haven University. A training area also will be set up on the course. If you have any special needs, please contact Jason Erlandson (jbe1007@lockhaven.edu; 570-484-229).

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championships, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" online at www.NCAA.org/health-and-safety.

Hydration

Hydration stations will be located at the athletic training area near the finish-line, as well as behind the starting line.

Medical Examinations

As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA tournament physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness or other medical condition (e.g., skin infection) may expose others to a significantly enhanced risk of harm and, if so, to disqualify the student-athlete from continued participation. For all other instances, the student-athlete's on-site team physician can determine whether a student-athlete with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA tournament physician will examine the student-athlete and has valid medical authority to disqualify him or her if the student-athlete's injury, illness or medical condition poses a potentially life threatening risk to himself or herself. The chair of the

governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Team Tents

Team tents can be put up between the start-line area and the bus/van parking lot.

Tickets

Admission is free.

Transportation/Travel Information

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

Directions to Course

The West Branch Cross Country Course is located at Lock Haven University's Stern Athletic Complex, 42 Haven View Drive, Lock Haven, Pennsylvania. Driving directions to campus are located at <http://www.golhu.com/facilities/?id=8>.

Uniforms

Please see Rule 4-3 in the 2019 and 2020 NCAA Cross Country/Track and Field Rule Book.

Logo Policy

Per NCAA Bylaw 12.5.4, an institution's official uniform and all other items of apparel (that is, team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2-1/4 square inches, including any additional material (that is, patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (that is, rectangle, square, parallelogram). An institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restriction. A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete's institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.