



**2021 DIVISION II  
CROSS COUNTRY  
CHAMPIONSHIPS**

**EVANSVILLE, IN** • *University of Southern Indiana  
and Evansville Sports Corporation, Hosts*

***PARTICIPANT  
2021-22 MANUAL  
Regionals***



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### Host Personnel

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## Finish-Line Procedure

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 trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish.

Two HD cameras will be used as a backup. Timing mats will be used on the course at select marks.

## Merchandise

Merchandise will be available for purchase next to the course on Friday, Nov. 5 from 1:00 p.m. to 5:00 p.m. (CST) and Saturday, Nov. 6, starting at 9:00 a.m. (CST) through the conclusion of the second race.

## Participant Expectations and Guidelines

### Code of Conduct

Action: Review form with all individuals traveling to championship competition in advance of departure. Signature page for all participants should be signed and kept on file at the institution. The sport administrator and head coach must also complete the online attestation form located here <https://forms.office.com/r/DLyG3xrVum>. All institutions participating at the regional-qualifying meet must submit the attestation form in the link above by 5 p.m. on Friday, November 5<sup>th</sup>. **INSTITUTIONS THAT HAVE NOT SUBMITTED THE CODE OF CONDUCT FORM BY THE DEADLINE WILL BE ADDRESSED A \$200 FINE PER TEAM PER GENDER.**

### 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 expects 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 athletics 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, including the online form required for the sport administrator and head coach, 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.

### 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.**”

### 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.

### 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 championship event. The penalties include, but are not limited to the following:

- 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 participating in one or more future championships of the sport involved.
- d. Cancellation of payment to the institution of the Association's travel guarantee for the individual involved.
- e. Banishment of the institution from participation in one or more future championships in which itsteam in that sport otherwise would be eligible to participate.
- f. Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships.
- g. Cancellation of all or a portion of the honorarium for hosting an NCAA championship.
- h. Financial or other penalties different from (a) through (g) above, but only if they have prior approval of the Championships Committee.

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 championship 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 Thursday, Nov. 4 from 3:00 p.m. to 5:00 p.m. (CST) and Friday, Nov. 5 from 8:00 a.m. to 5:00 p.m. (CST). 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 near the results and finish area. 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](http://NCAA.com) after the completion of each race. Live results will be available at <http://tothefinishtiming.com/quick-results.html>

At the meet, results will be posted in the clerking tent at the protest table once the results are official. Contact Dan McDonnell from the University of Southern Indiana at [dmcdonne@usi.edu](mailto:dmcdonne@usi.edu) or his office at (812) 465-1121 for more information.

### Championship Websites

The official website for the championships is available at [ncaa.com](http://ncaa.com). Additional information specific to participants is located on [ncaa.org](http://ncaa.org). Locally, [Evansville Sports Corporation](http://Evansville Sports Corporation) 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 medical tent 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, Nov. 5           8:00 a.m. – 5:00 p.m.  
Saturday, Nov. 6       7:30 a.m. – Race Conclusion

The training tent is located near the start/finish line. If you have any special needs, please contact Laura Heline at [lheline@usi.edu](mailto:lheline@usi.edu) or at her office (812) 464-1955

### 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](http://www.NCAA.org/health-and-safety).

### Hydration

Water will be available to participants and coaches in the starting area. In the finish area there will be water, sports drink, and limited snacks available for the competitors immediately at the exit from the finish corral.



Participating institutions are welcome to bring their own hydration products to the course.

### 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 set up in the large field area on the course side of the bridge beginning Friday, Nov. 5. This area will not be secured, so each institution is responsible for any lost or damaged property. We recommend that you do not leave any personal or valuable items at the course overnight.

### **Tickets**

#### Prices

\$10 for adults

\$5 for students

Free admission for ages 2 and under

### **Transportation/Travel Information**

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

#### Directions to Course

The Angel Mounds course is located at 8215 Pollack Avenue, Evansville, IN 47715

[Online Directions to Angel Mounds State Historic Site](#)

### **Uniforms**

Please see Rule 4-3 in the 2021 and 2022 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.

# Appendix A

## WOMEN'S 6K / MEN'S 10K COURSE MAP

