



PARTICIPANT
2025-26 MANUAL
Regionals

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Host Personnel

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Web: <http://www.rapidresultstiming.com/home.html>

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Starters:

Ed Behling

Pat Osness

Bobby Tillman

Meet Referee:

Tim Mondragon

Schedule of Events

(All Times Are Mountain TIME)

Thursday, November 6

Noon to 5:00 p.m.

The CSU Pueblo Thunderbowl track will be available upon request.

Friday, November 7

1:00 to 5:00 p.m.

Course open for practice
Trainers available on site

2:30 to 4:00pm

Packet Pick-up
Location: Walking Stick Clubhouse

Saturday, Nov. 8

7:00 a.m.

Course available for participants (Barring any delays for frost on the course)

8:00 a.m.

Gates open to spectators

9:15 a.m.

Competition Course closed to competitors

Please advise runners that the competition course becomes closed to runners at 9:15am, however the adjacent warm-up course (mile loop) as well as areas around the stadium are available. The course will be closed for cool-down during the women's race.

Women's 10,000-Meter Race

8:40 a.m.

Women's competitors clerking procedure begins

9:40 a.m.

Women's competitors called to the start line

9:45 a.m.

National Anthem

9:50 a.m.

Second call to the start line (10 minutes to start)

9:55 a.m.

Start line is cleared of all non-competitors (5 minutes to start)

9:57 a.m.

Runners at the start line for instructions

10 a.m.

Start of women's 6,000-meter race

Men's 10,000-Meter Race

9:55 a.m.

Men's competitors clerking procedure begins

10:55 a.m.

Men's competitors called to the start line

11:00 a.m.

Second call to the start line (10 minutes to start)

11:10 a.m.

Start line is cleared of all non-competitors (5 minutes to start)

11:12 a.m.

Runners at the start line for instructions

11:15 a.m.

Start of men's 10,000-meter race

Immediately after the second race, recognition of top runners and teams adjacent to the finish line

Accommodations

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

Hotels in the Area

Identify yourself as participants in the NCAA Men's and Women's Cross Country Regional Championships. All accommodations are within 10 miles of the course. A comprehensive list of Pueblo area hotels can be found at the following link:

[https://gothunderwolves.com/documents/2025/8/18/Athletics -
Restaurants and Hotels.pdf](https://gothunderwolves.com/documents/2025/8/18/Athletics_-_Restaurants_and_Hotels.pdf)

Courtyard Marriott
Downtown 110 W City Center Dr., Pueblo, CO 81003
719-542-3200

Extended Stay America
6020 N Elizabeth St., Pueblo, CO 81008
720-776-1700

Restaurants in the Area

We have over a hundred restaurants in the area. On our website is a list of the corporate sponsors of CSU Pueblo who assist us in having the resources to put on events such as this. We highly encourage you to visit our corporate sponsors as a show of support. This greatly enhances our ability to work with more local businesses who know that we and our other institutions will visit their businesses. A comprehensive listing of Joplin area restaurants can be found at the following link:

[https://gothunderwolves.com/documents/2025/8/18/Athletics -
Restaurants and Hotels.pdf](https://gothunderwolves.com/documents/2025/8/18/Athletics_-_Restaurants_and_Hotels.pdf)

Mandatory Administrative Meeting

Coaches are required to attend the virtual mandatory administrative meeting on Wednesday, November 5 at 1:00 p.m. Mountain Standard Time. The meeting can be accessed at the following link:

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 267 412 643 040 8

Passcode: Rf64db2m

Clerking Procedures

The window for check-in will open 80 minutes before the start of the first race and will close 20 minutes before each race. Coaches must check in during this time period. Coaches will need to check in their team or individual athletes and the coach will be asked to verify that the start list is correct, that everyone is starting the race and that everyone has all bib numbers, hip numbers and proper uniforms. Failure to comply with these championship policies and the requirements surrounding uniform and logo rules may result in fines and or disqualification.

Reminder: Teams may not run more than seven student-athletes.

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

All the information regarding the regionals can be found at the link below (including maps, schedules, lodging, course description, credential requests, etc.) which is also listed as a button on the athletic webpage for CSU Pueblo Cross Country at the top the following link:

<https://gothunderwolves.com/sports/2025/9/17/2025-ncaa-diviison-ii-south-central-regional-xc-championships.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.

Dressing Rooms

No locker rooms are available at the Cross Country Course. If a team needs to have a place to shower after the competition, please contact Adam Duncan adam.duncan@csupueblo.edu or at 719-549-2013 prior to Friday at noon regarding space available on campus.

Parking

Teams may park South of the Walking Stick Golf course, immediately off Walking Stick Blvd in the CSU Pueblo Dorm Parking Lots. We ask that the teams park in a manner that will allow for appropriate car movement in and out of the lot. Please follow the team parking signage. There is a path through to the warm-up/Team Tent area from the parking lot.

Spectator parking can occur in the parking lot of Walking Stick Golf Course, overflow parking can also park across the street in the CSU Pueblo Dorm Parking Lots.

Participant/Spectator Entrance

Participants/Spectators should enter near the East Side of the Clubhouse.

Restrooms

Portable units are located near the clubhouse should be used by spectators at the race. Participants should use the portable units by the start line.

Starting Boxes

Starting boxes will be assigned to teams and individuals by a random draw. Starting box assignments will be posted 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.

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 their whole roster 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 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. 27. **All entry forms must be submitted by 11:59 p.m. Eastern time, Monday, Nov. 3. Late online entry form submissions may be considered by the committee until 11:59 p.m. Eastern time, Tuesday, Nov. 4.** If allowed, late entry form submissions will result in a fine of \$1,500 per team per gender (men's and women's teams are considered separate teams). This includes corrections to the original submission or additions/deletions to the submission. 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, Tuesday, Nov. 4.

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).

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 "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 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 package pick-up will be held from 2:30 p.m. to 4:00 p.m. (Mountain Standard Time), Friday, November 7, at the Walking Stick Clubhouse. 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 official NCAA declaration period. 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/package 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 event of inclement weather the Walking Stick Clubhouse and Personal Vehicles have been declared emergency shelters. An announcement will be made by the public address system advising of the problem and occupants should at that time leave the area for the closest designated shelter. Do not leave the designated shelter until an all clear is advised by the department of public safety or a representative of the department of public safety.

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 cross country committee reserves the right to make changes to the above policies and schedules as they see fit.

Finish-Line Procedure

The order of finish will be verified with the chip system (with chips on the bib of the runner). For backup we will have Lynx cameras located on each side of the finish line for hip number review and finish as well as a frontal camera to review numbers. Timing mats will be used on the course at select marks yet to be designated.

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 and into the back half of the large finish corral as quickly as possible. Runners need not maintain their order of finish in the chute and corral area. Athletes will be ushered to the back of the corral. The chips and the bibs do not need to be returned anywhere once the race is completed.

Water, energy drinks and limited snacks will be available at the end of the finish area corral, immediately before the exit to the finish corral. Trainers and the Training Room Area are located immediately off of the finish chute; with access immediately from the finish corral for any athletes needing medical assistance. Coaches and fans can wait for runners outside of the finish corral. We would ask that only coaches enter the Training Room area. We need to keep the training room area clear for emergency and medical personnel.

Merchandise

Merchandise will be available for purchase from 3:00 p.m. to 5:30 p.m. Friday, November 7, near the Walking Stick Clubhouse. It will also be available at the course Saturday from 8:30 a.m. through the conclusion of the second race.

Participant Expectations and Guidelines

Code of Conduct

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. All members of the travel party must sign the [Division II Code of Conduct form](#) before the start of competition. The institution shall keep the signed form on file and make it available on request by NCAA staff or the sport committee. Additionally, the sport administrator must also **complete and submit** the online Division II Code of Conduct Attestation Form to the NCAA prior to competing in championship competition.

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

<u>Thursday, November 6, 2025:</u>	12:00pm – 5:00pm (Upon Request)
<u>Friday, November 7, 2025:</u>	1:00pm– 5:00pm
<u>Saturday, November 8, 2025:</u>	7:00am – 9:00am

The adjacent warm up course (mile loop), as well as the areas around the stadium, are available for warm-up. The course will be closed for cool-down during the Men's race. The course will be officially marked by Wednesday 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 in the tent near the finish line. 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.

Shoe Requirements – NEW 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.

Sports Information/Results

Official race results will be online at [NCAA.com](https://www.ncaa.com) after the completion of each race. Live results will be available at <http://www.rapidresultstiming.com/home.html>.

At the meet, results will be on the results board directly adjacent to the finish line.

Championship Websites

The official website for the championships is available at [ncaa.com](https://www.ncaa.com). Additional information specific to participants is located on [ncaa.org](https://www.ncaa.org).

Locally, <https://gothunderwolves.com/> will have all the information.

Sports Medicine

Ambulance

An ambulance will be on site Saturday during both races.

Athletic Trainers

Certified athletic trainer(s) will be available at the course and assist the participating institutions' sports medicine staff at any time during the scheduled practice on Friday, November 7, 2025. Certified athletic trainer(s), will be on site for practice, starting at 1:00pm until 5:00 p.m. on Friday. Certified athletic trainer(s), EMT's and the team physician(s) will be on site for each competition, starting at 8 a.m. on race day. The on-site training room will be located near the finish line. Water will be available during all designated practice times and competitions.

There will also be a training area set up on the course Saturday. If you have any special needs, please contact Jacob Heckman jacob.heckman@csupueblo.edu or at 231-286-0953.

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

Hydration stations will be located in the in the athletic training area near the finish line as well as near the clerking area.

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 near the start line. There will be designated spots that will be clearly mapped.

Tickets

There will be no admission charged for this NCAA South Central Regional Meet.

NO PETS ARE PERMITTED WITHOUT BEING A REGISTERED SERVICE DOG.

Transportation/Travel Information

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

Airport and Car / Van Rentals:

Colorado Springs Airport (40 Miles to Course):

Car Rentals – Enterprise, Hertz, Avis are all available at this Airport.

Denver International Airport (122 Miles to Course)

Car Rentals – Multiple Companies Available

Directions to Course

1. Head west from Downtown Pueblo toward US-50 / I-25
2. Get onto US-50 W / I-25 northbound ramp
3. From I-25, take Exit 101 toward State Highway 47 / César Chávez Boulevard
4. Stay on SH-47, then exit onto Walking Stick Boulevard
5. Continue on Walking Stick Blvd to reach 4301 Walking Stick Blvd — the golf course will be along this road.

Uniforms

Please see Rule 22-3 in the [2025 and 2026 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.