



PARTICIPANT
2025-26 MANUAL
Regionals

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Schedule of Events

(All Times Are Eastern Time)

Wednesday, Nov. 5

1:00 PM

Virtual Coaches Meeting – Join Zoom Meeting
<https://us02web.zoom.us/j/85806756183>

Friday, Nov. 7

12:00pm to 5:00pm

Course available for practice.

2:00pm to 4:00pm
Location:

Packet pick-up.
Holloway Park
2402 Holloway Park Dr,
Lakeland, FL 33803

Saturday, Nov. 8

6:00 a.m.

Course opens to competitors.

Please call the Meet Director, Marc Zimmerman, 863-860-0562 for severe weather updates on race day if needed.

6:00 a.m.

Gates open to spectators

Women's 6,000-Meter Race

6:20 a.m.

Women's competitors clerking procedure begins (80 minutes prior to start)

7:20 a.m.

Women's competitors called to the start line (approximately 20 minutes to start)

7:25 a.m.

National Anthem

7:30 a.m.

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

7:35 a.m.

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

7:35 a.m.

Runners at the start line for instructions

7:40 a.m.

Start of women's 6,000-meter race

Men's 10,000-Meter Race

7:35 a.m.

Men's competitors clerking procedure begins (80 minutes prior to start)

8:35 a.m.

Men's competitors called to the start line (approximately 20 minutes to start)

8:45 a.m.

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

8:50 a.m.

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

8:50 a.m.

Runners at the start line for instructions

8:55 a.m.

Start of men's 10,000-meter race

Accommodations

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

Hotels in the Area

<https://visitcentralfloridasports.com/events-info/#/events/cc3bc7f7-fc13-443d-b665-26ab784613a9>

Mandatory Administrative Meeting

Coaches are required to attend the virtual mandatory administrative meeting on Wednesday, November 5, at 1:00 p.m. (Eastern), **Virtual Coaches Meeting –**

Join Zoom Meeting <https://us02web.zoom.us/j/85806756183>

Meeting ID: 85806756183

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

Men's and Women's Course Maps *The Mens 10K Championship will follow the 5K course shown on the map, run twice. The Womens 6K Championship will follow the 3K course shown on the map, run twice. Here is the link to the maps:

<https://www.lakelandgov.net/departments/parks-recreation-and-cultural-arts/holloway-park/>

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 locker rooms will be available during this event.

Parking

Parking is Free on-site

Participant/Spectator Entrance

Participants and Spectators are able to use any entrance from the parking lot into the facility. Holloway Park is located at 2402 Holloway Park Dr, Lakeland, FL 33803

Restrooms

Porta-potties on-site with hand washing stations.

Starting Boxes

Starting boxes will be assigned to teams and individuals by a random draw. Starting box assignments will be posted on [NCAA.org](https://www.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 packet pick-up will be held from 2:00p.m. to 4:00 p.m. (eastern) time, Friday, Nov. 7, at (Holloway Park, 2402 Holloway Park Dr, Lakeland, FL 33803). 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, teams will shelter in their vans or busses. Spectators will shelter in their personal vehicles.

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 Finish lynx system. Two Lynx cameras will be on each of the finish line mats. A secondary video system will be used as a backup. Timing mats will be used on the course at select marks.

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

Merchandise

Merchandise will **not** be available during Friday practice for purchase. However, merchandise will be available for purchase on Saturday from 6:00 a.m. (eastern), 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

The course will be available for practice from 12:00pm to 5:00pm, (eastern), Friday, Nov. 7 and 6:00am to 7:30am (eastern time), Saturday, Nov. 8. A certified athletic trainer will be available during these times. The course will be officially marked by 12:00pm, Friday, November 7.

Protest Procedures/Appeals

All protests shall be written on the carbon copy NCAA Cross Country/Track and Field Protest Form, which will be located (Holloway Park, adjacent to the event trailer behind 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 <https://www.elitetiming.net>.

At the meet, results will be posted at the event trailer near the finish line. Contact Marc Zimmerman (zimm@visitcentralflorida.org, 863-860-0562) at Visit Central Florida Sports for more information.

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, [NCAA DII Cross Country South Regional Championship | Events - Central Florida's Polk County Sports Marketing](#) 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 tent located near the finish line 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 race 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 will be available at the course the duration of practice and competition.

Friday 12:00 p.m. – 5:00 p.m.

Saturday 6:45 a.m. – End of the event.

The athletic trainer is located (at the Holloway Park Finish Line). If you have any special needs, please contact Florida Southern Athletic Trainer, Bryana Mammana at 941-237-1232 or Bmammana@flsouthern.edu

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

There will be water at the midway point of each race. Water and sport drink will be located at the finish line. The finish line location will be available starting at 6:30am and will remain open until the awards ceremony concludes.

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

The team tent area is located between the start field and the finish line and will be marked with signage. If a team does not have a tent, Visit Central Florida Sports has a limited number of 10x10 tents they will provide complimentary on a first-come, first-serve basis. Please contact Jaclyn Schnier, jaclyn@visitcentralflorida.org to reserve a tent.

Tickets

No tickets for event.

Prices

Admission is complimentary courtesy of Visit Central Florida Sports.

Transportation/Travel Information

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

Directions to Course

The Holloway Park Cross Country course is located at 2402 Holloway Park Dr, Lakeland, FL 33803.

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.