



PARTICIPANT
2024-25 MANUAL
Regionals

Contents

SECTION 1 – Introduction.....	1
SECTION 2 – Host Personnel and Contact Information.....	2
SECTION 3 – NCAA Division III Track and Field Committee and Staff Liaisons.....	3
SECTION 4 – Championship Location and Competition Site.....	4
SECTION 5 – Entry Procedures and Championship Format.....	4
SECTION 6 – Squad Size.....	10
SECTION 7 –Awards.....	10
SECTION 8– Host City Spectator Information.....	10
SECTION 9 – Championships Operations.....	10
Appendix A – Chips/Bibs Special Instructions.....	12
Appendix B – Sample Schedule of Events.....	13
Appendix C – Women’s 6,000 Meter Course Map.....	14
Appendix D – Men’s 8,000 Meter Course Map.....	15
Appendix E - Parking Map.....	16
Appendix F – Sample Safety and Security Plan.....	17
Appendix G – Coaches’ Checklist.....	21

Introduction.



The NCAA Division III Cross Country Regional Championships Participant Manual is intended to serve as a guide to the policies and procedures of the 2024 NCAA Division III Cross Country Regional Championships. Included in this manual is information about the championship location, site, entry procedures, travel, lodging and reimbursement. Coaches are strongly encouraged to read the entire manual and make use of the coaches' checklist.

SECTION 2 – Host Personnel and Contact Information

Title	Name/Title/Email	Contact Numbers
Meet Directors	Chris Reed / Head TF/XC Coach. reedj@lclark.edu (all pre-meet questions, details, etc.) Sarai Seekamp / Assistant TF/XC Coach. sseekamp@lclark.edu (day-of point-person)	W: 503.768.7068 C: 503.779.6662 W:503.768.7025 C: 503.422.5499
Division III NCAA Site Representative	Kennadi Carlisle / Asst. Athletic Director / SWA kennadi.bouyer@plu.edu	W: 253.535.7339 C: 253.355.6077
NCAA Championships Liaison	Laura Peterson-Mlynski Championships and Alliances	C: 317-544-9425 E: lpeterson@ncaa.org
Media Coordinator	Seth Orensky / Director of Athletic Communications / orenskys@lclark.edu	W:503.768.7067 C: 301-821-7199
Head Athletic Trainer	Jeremy Loew / Head Athletic Trainer / jloew@lclark.edu Courtney Richardson / Assistant Athletic Trainer / crichardson@lclark.edu	W: 503.768.7032 C: 503.803.4962 W: 503.768.7081 C: 541.217.1409
Volunteer Coordinator	Jordan Latt / Assistant TF/XC Coach / jordanl@lclark.edu	C: 503.764.8170
Hospitality Coordinator	Macy O'Hara / Assistant TF/XC Coach macy.ohara24@gmail.com	C: 303.520.9040

SECTION 3 – NCAA Division III Track and Field Committee

Division III Track and Field Committee and Staff Liaisons.

<u>Region I (East)</u> Jason Linders Director of Athletics Gordon College Term expires: September 2026	<u>Region II (Mideast)</u> David Nicholson Head Cross Country/Track and Field Coach Eastern Connecticut State University Term expires: September 2027
<u>Region III (Niagara)</u> Jackie Nicholson Director of Athletics Rochester Institute of Technology Term expires: September 2027	<u>Region IV (Mid-Atlantic)</u> Jessica Cooper Director of Cross Country/Track & Field Grove City College Term expires: September 2025
<u>Region V (Metro)</u> Jonathan D'Ottavio Asst. Cross Country/Track and Field Coach Moravian University Term expires: September 2025	<u>Region VI (Great Lakes)</u> Ayanna Tweedy Director of Athletics Rose-Hulman University Term expires: September 2026
<u>Region VII (South)</u> Andrew Marrocco Head Track and Field Coach Shenandoah University Term Expires: September 2026	<u>Region VIII (North)</u> Josh Henry Head Men's Cross Country/Track & Field Coach Carthage College Term expires: September 2027
<u>Region IX (Midwest)</u> Denise Udelhofen Director of Athletics Loras College Term expires: September 2027	<u>Region X (West)</u> Kennadi Carlisle Asst. Athletic Director/SWA Pacific Lutheran University Term expires: September 2026

SECTION 4 – Championship Location and Competition Site

Competition Site.

Milo McIver State Park, 24101 S. Entrance Road, Estacada, OR 97203
Off OR 211, 25 miles southeast of Portland

Competition Site Maps.

The men's and women's course maps are included as **Appendices C and D**.

For additional information, please go to the host website located at the following link:
<https://lcpioneers.com/sports/2024/9/30/2024-west-cross-country-regionals.aspx>

Directions.

From PDX Airport: Take I-205 S for 10.7 miles. Take exit 13 for OR-224 toward Estacada/Milwaukie. Turn right onto OR-224. After 2.1 miles, use the left 2 lanes to turn left onto OR-212 E / OR-224E. After 1.6 miles, turn right onto OR-224 E. After 1.1 miles, turn left onto S Springwater Rd. After 8.5 miles, take a left into the park. Follow signs to XC Parking (see parking map in [Appendix E](#)).

Locker Rooms.

No showers or locker rooms are available on site.

There will be restrooms and port-a-potties provided on site near the start and finish lines. Restrooms are also located throughout the park.

Parking / Admission.

Admission to the regional cross country meet is free.

Parking is available for \$5 in advance, \$10 on the day of the meet. Parking Lot A is reserved for teams and officials. Parking Lots B-D are designated for spectators and overflow parking. After drop-off, all buses need to Park in Parking Lot E.

Pre-paid parking passes can be purchased via the link posted on the meet webpage: <https://lcpioneers.com/sports/2024/9/30/2024-west-cross-country-regionals.aspx>

SECTION 5 – Entry Procedures and Championship Format

Entry Procedures.

Entry Forms. Only the 10 student-athletes listed on the entry form may compete in the regional championship meet. Coaches will be able to change the 10 student-athletes on the entry form should the team qualify for the national championships. (See the [Pre-Championships Manual](#) for guidelines.)

Online entries will be available on DirectAthletics at 8 a.m. Eastern time beginning Monday, October 21 at 8 a.m. Eastern time. **Coaches must submit the forms ONLINE by 11:59 p.m. Eastern time, Sunday, November 10. Institutions submitting late entries are subject to a fine of \$400 per gender. The deadline for late regional entries is 5 p.m. Eastern Time, Tues. Nov. 12.** Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the Track and Field and Cross Country Committee and NCAA championship manager, Laura Peterson-Mlynski (lpeterson@ncaa.org). **Each institution should print a copy of its entry forms to hand-carry to the regional should any issues arise.**

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. After the regional championships, coaches will have until 9 p.m. Eastern standard time the Sunday before nationals to change their roster for the national championship on Direct Athletics. **The system will shut down at 9 p.m. Eastern time sharp so please give yourself enough time to make the necessary changes to your rosters. If there are no changes to the 10 student-athletes on the entry form after regionals NO ACTION IS REQUIRED to declare for the national championships.** Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the committee and NCAA championship manager.

Administrative Meeting.

The NCAA site representative and meet director will conduct a **mandatory VIRTUAL** administrative meeting Wednesday, Nov. 13 at 11 a.m. Pacific time. It is **mandatory** that each institution is represented at the meeting. An institution missing the meeting will be assessed a \$200 fine per gender unless prior arrangements have been made with the NCAA liaison (Laura Peterson-Mlynski, lpeterson@ncaa.org) at least 48 hours prior to the meeting.

Final Declaration – Clerking and Check-In Procedure.

FINAL DECLARATION AND CHECK-IN: The head coach of each institution will be allowed to complete the check-in process on behalf of their team(s) and/or student-athlete(s). Coaches will be required to ensure student-athletes comply with all uniform and logo requirements as well as ensuring their student-athletes report to the starting line not only wearing their hip numbers, bibs and chips, but wearing the **proper** hip numbers, bibs and chips. Uniform and logo rules contained in Rule 22-3 of the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply. Failure to comply with these championship policies and the requirements surrounding uniform and logo rules may result in disqualification.

Coaches must check-in their student-athletes with the clerks at the assigned clerking location up to 80 minutes prior to the start of their race. Coaches are encouraged to check-in as soon as possible, but not later than 20 minutes prior to the race. Check-in will **NOT** be allowed at the start line and coaches must check-in all teams/student-athletes at the assigned clerking location. Again, be reminded that if an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

Please note that teams and/or individuals that are checked-in late and not in accordance with the times outlined in this manual will jeopardize participation in their race, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.

SQUAD SIZE: Teams are limited to a maximum of seven (7) competitors. A team running more than seven will be disqualified and the action will be considered misconduct. Institutions entering **five to seven** runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

Packet Pick-Up.

Packets will be available for pick up on Friday, Nov. 15, from 9:00 AM to 4:00 p.m. at the course. There will be a tent near Parking Lot A.

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

Practice Schedule.

Practice access to the course is limited to Friday and the day of competition, weather permitting. Practice will be from 9:00 AM to 4:00 p.m. Friday, Nov. 15. Athletic Trainers will be available from 12:00 noon to 4:00 p.m.

The course will be open at 8:00 AM the day of the race.

****Please check @LCPioneers Twitter feeds for severe weather updates on race day if needed.**

Finish-Line Procedures.

Details on the timing chips and championship bibs are located in **Appendix [A](#)**.

The order of finish will be verified. Two cameras will be on each of the finish line mats. A secondary video system will be used as a backup. Timing mats may be used on the course at select marks. Men's and women's splits and team scores may be collected and displayed in the final results. While student-athletes may run over mats at other locations, splits may only be taken at the designated locations.

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 to their designated box for retrieval of their warm up apparel. Runners need not maintain their order of finish in the chute. Water and athletic trainers will be available at the end of the finish chute. Coaches can wait for runners outside of the finish chute.

Results.

Results will be available digitally at live.athletictiming.net. Once all results are in, the protest period will begin. A timestamp for the beginning of that protest period will be listed on the live results page. Once the protest period has ended, results will become official and final.

Protests.

A protest/appeals table will be located in the Coaches/Officials Hospitality Tent by Parking Lot A. Forms will be available in the Coaches/Officials Hospitality Tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. The head referee's ruling and explanation will be posted along with the results of the race. The 15-minute protest period does not begin until the results of the final race have been posted. The protest fee is \$100.

Medical.

The following information pertains to athletic training and medical coverage for the championships:

- The medical tent on-site will be open from 12pm until 4pm Friday, Nov. 15 and will be supplied with ice and water. From 8am until 11am Saturday, Nov. 16, the tent will be supplied with muscle stim, ice and water.
- Athletic trainers will be available Friday in the Pamplin Sports Center training room. Saturday, athletic trainers will only be available in the medical tent on the course. In addition, physicians, EMTs and ambulance services, will be on-site Saturday.
- Student-athletes needing treatment on race day should go to the medical tent on-site. Treatments will be performed from 9am until 6 p.m. Friday, Nov. 15 in the Pamplin Sports Center training room. Each team is responsible for bringing a fully-stocked medical kit along with insurance and emergency contact information. Student-athletes needing treatment Saturday, Nov. 16 must schedule an appointment with the Lewis & Clark sports medicine staff.
- Any student-athlete needing modalities must have a signed letter from their certified athletic trainer or team physician stating the parameters of the treatment to be rendered.

Athletic Training Contact Information.

Jeremy Loew, Head Athletic Trainer

Office 503.768.7032

Cell 503.803.4962

Weather Policy.

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

1. The meet director and NCAA site representative will monitor the weather during the week and morning of the regional championships.
2. For information please check the @LCPioneers Twitter feed on delays and/or postponement to the following day. The meet directors can also be reached via phone call or text with weather questions on day of competition. The Twitter feed is @LCPioneers.
3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. All consideration should be taken in regard to the policies toward Sunday competition for each institution.
4. If the race has already begun and would have to be suspended in the middle of the competition, the track and field and cross country committee would recommend the following:

- a. **Women's 6,000 Meter.** If competition is suspended before the 2,000-meter mark, you may run the same day with a two-hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.
- b. **Men's 8,000 Meter.** If competition is suspended before the 3,000-meter mark, you may run the same day with a two-hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

** Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The games committee reserves the right to make changes to the above policies and schedules as they see fit.

Drug Testing.

NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championships events.

Although knowing before competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that postevent NCAA drug testing will occur at this regional championships event. Please inform your student-athletes that in the event they are notified of their selection for drug-testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. At individual championships, drug-testing couriers will be instructed to remind selected student-athletes of such.

Uniforms.

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the regional championships.

Uniforms for all cross country team members must meet the following criteria: (1) school issued; if they are singlets, they must be identical; (2) pants may be of any length but must have identical color; (3) visible undergarments must be of an identical solid color; and (4) other visible garments useful in team recognition (that is, T-shirts, arm-warmers, tights of any length, leg-warmers, each taken separately) worn by team members must be of an identical color. This does not apply to items of apparel above the shoulder or those covering the hands/feet. Uniforms must be clean and of a material and design so as not to be objectionable.

Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waistband when the competitor is standing.)

Uniforms must allow for competitors' numbers to be placed above the waist (front and back).

Logo Policy.

The provisions of NCAA Bylaw 12.5.3 indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) 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 (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, and parallelogram).

In addition, 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 restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

Gameday the DIII Way.

Division III promotes an atmosphere that is a respectful and engaging educational environment through athletics, for everyone through Gameday the DIII Way. Gameday the DIII Way establishes an expectation for championship hosts, coaches, student-athletes and spectators to focus on the common standards of safety, responsiveness, dignity and experience while participating or attending a championship event. We ask that each participant and attendee be personally accountable for their actions and do their part to ensure this event is a positive reflection of Gameday the DIII Way.

Misconduct.

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring incident to, en route to,

from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

Criticism of Officials.

Members of the coaching staff or other representatives of participating institutions or conferences shall not make public statements critical of officiating in any NCAA championship event. Failure to comply with this policy may subject the individual, institution or conference to the misconduct provisions of Bylaw 31.1.8.

Misconduct Incident to Competition.

If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (e.g., between races) 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 acts of misconduct may be dealt with at the governing sports committee's convenience.

SECTION 6 – Squad Size

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, student-athletes will compete as individuals.

SECTION 7 –Awards

Awards.

After the conclusion of the regional meet the top team per gender will be recognized in a brief awards ceremony as automatic qualifier to the 2024 Division III Cross Country Championship.

Awards Ceremony.

The awards ceremony will be held at 12:00 p.m. near the finish line.

In the case of inclement weather, meet officials may opt to move the awards ceremony to another location at McIver Park.

SECTION 8– Host City Spectator Information

Websites.

Please see the following websites for spectator and venue information:
<https://lcpioneers.com/sports/2024/9/30/2024-west-cross-country-regionals.aspx>

Tickets.

The cost of admission to the regional championship is free.

Parking.

Spectator parking is located in Parking Lots B-D at McIver State Park. Pre-paid parking is \$5 and can be paid via the link on the meet webpage:

<https://lcpioneers.com/sports/2024/9/30/2024-west-cross-country-regionals.aspx>.

Day-of-meet parking is \$10 and can be paid on-site via cash or card.

SECTION 9 – Championships Operations

Emergency / * Evacuation Plan.

**See [Appendix F](#) for an emergency/evacuation plan for the regionals.*

Lightning Policy. The purpose of this lightning policy is to provide a uniform code of procedures to follow during weather where the risk of lightning strike is high. This is done to protect the health and wellbeing of the student-athletes.

Ceasing Activity. The NCAA has made arrangements through Schneider Electric to provide a lightning-detection and weather-monitoring system. Weather will be monitored electronically. In case there are issues with the Schneider Electric weather monitoring system, the SkyScan Lightning Detector (portable, electronic) and Internet Doppler radar will be used.

The primary method of communication, in case of inclement weather, will be through the public address announcer. The PA announcer will inform all teams, fans and spectators to seek shelter immediately.

Flash-to-Bang Method. The flash-to-bang method will also be used as a visual reference.

Shelter Locations.

Covered shelters are located along the course. There are three covered shelters situated between Parking Lots B and C. An additional covered shelter is located near Parking Lot E.

Appendix A – Chips/Bibs Special Instructions

Packet pick-up will take place from 9:00 AM to 4:00 p.m. Friday, Nov. 15 at McIver State Park. The tent will be located near Parking Lot A.

Each packet will contain the following:

- Two championship bibs for each participant, one for the front and one for the back. (The bib with the timing chip shall be pinned on the front of the singlet.)
- Safety pins
- Course maps

Appendix B – Sample Schedule of Events

(All Times are local)

Wednesday, Nov. 13

11:00 a.m. MANDATORY Virtual Coaches' Meeting

Friday, Nov. 15

9:00 a.m. – 4:00 p.m. **Course inspection/practice.**

9:00 a.m. – 4:00 p.m. Packet pickup available at the course

12:00 p.m. - 4:00 p.m. Athletic Trainers available at the course

Saturday, Nov. 16

8:00 a.m. **Course opens.**

8:40 a.m. **Clerking begins.**
WOMEN: Clerking time period is from 8:40 to 9:40 a.m.
MEN: may begin clerking up until 10:40 a.m.

9:30 a.m. First gun fired (30 minutes to start of women's race)

9:40 a.m. Second gun fired (20 minutes to start).
Women's competitors must report to assigned boxes.
Clerking process is completed for women's race.
Men's clerking remains open until 10:40 a.m.

9:50 a.m. Third gun fired (10 minutes to start).

10:00 a.m. **Women's 6,000-meter championship race.**

10:30 a.m. First gun fired (30 minutes to start of men's race).

10:40 a.m. Second gun fired (20 minutes to start).
Men's competitors must report to assigned boxes.
Clerking process is completed for men's race.

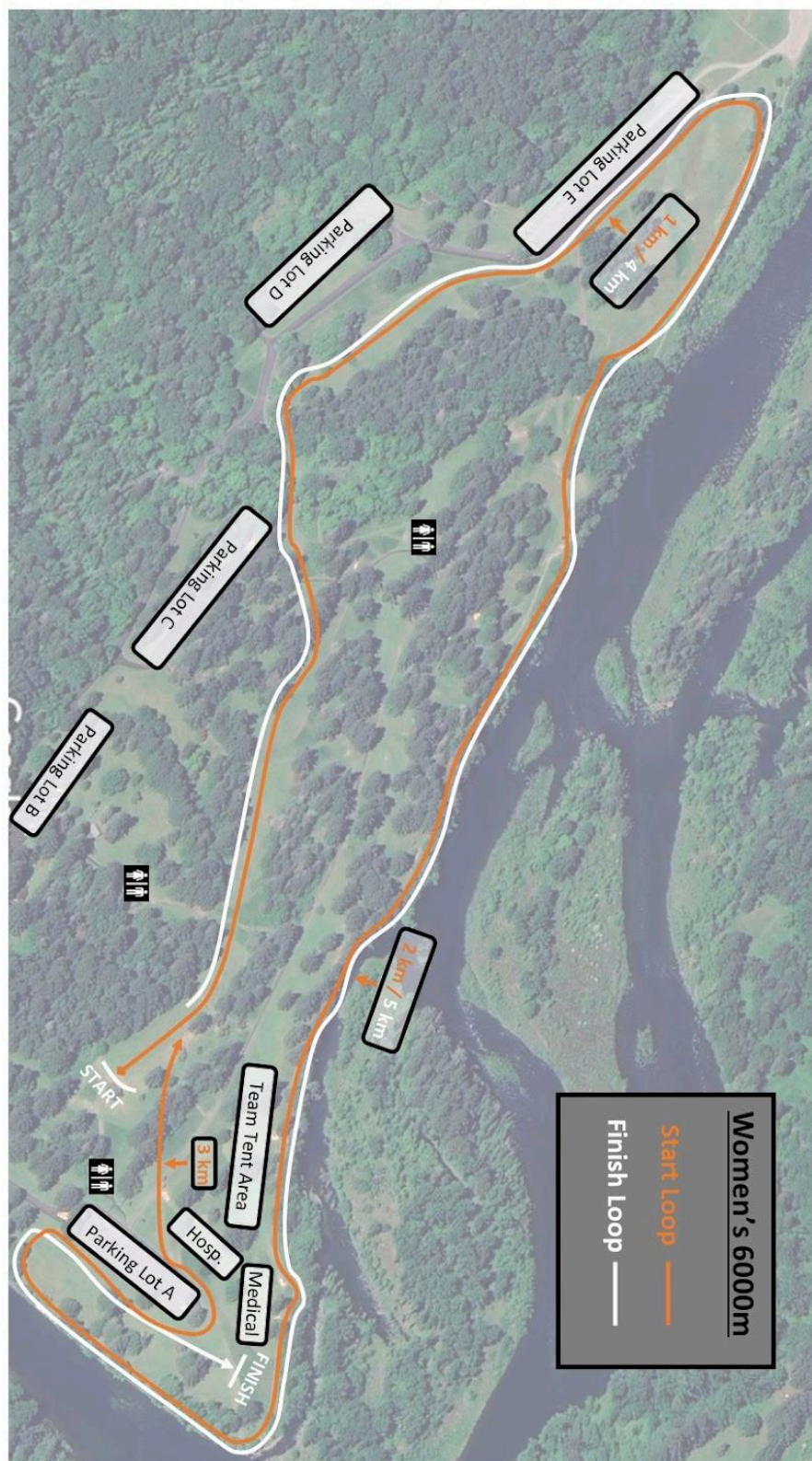
10:50 a.m. Third gun fired (10 minutes to start).

11:00 a.m. **Men's 8,000-meter championship race.**

12:00 p.m. **Awards ceremony.**

Appendix C – Women's 6,000 Meter Course Map

NCAA DIII West Region Cross Country Championship
Milio McIver State Park | November 16, 2024

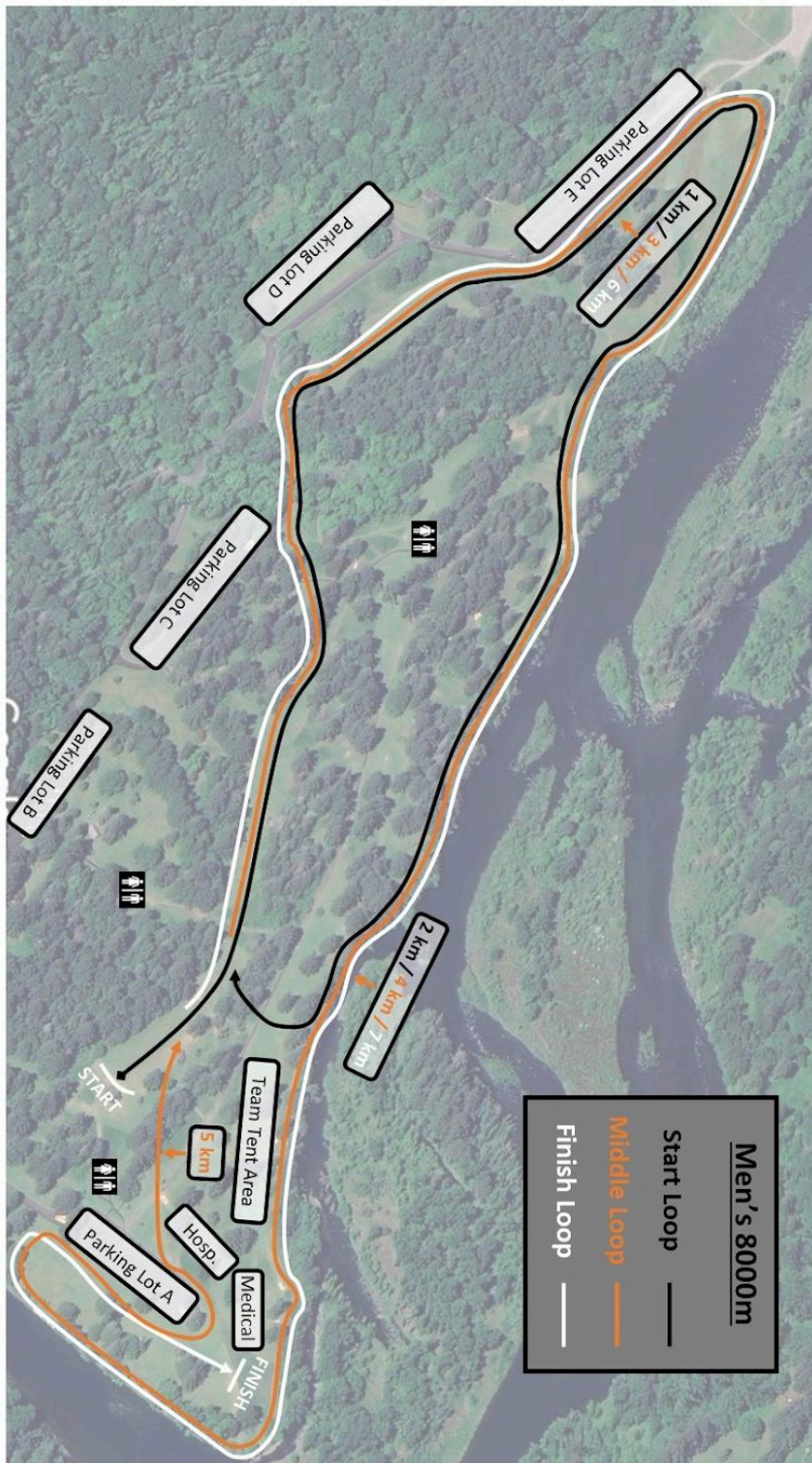


Parking notes:

- Parking Lot A will be for Meet Officials, Teams, and ADA only.
- Parking Lot B will be for overflow Team parking and spectators.
- Parking Lots C, D, and E will be for spectators.
- After drop-off, all busses need to park in Parking Lot E.

Appendix D – Men's 8,000 Meter Course Map

NCAA DIII West Region Cross Country Championship
Milo McIver State Park | November 16, 2024

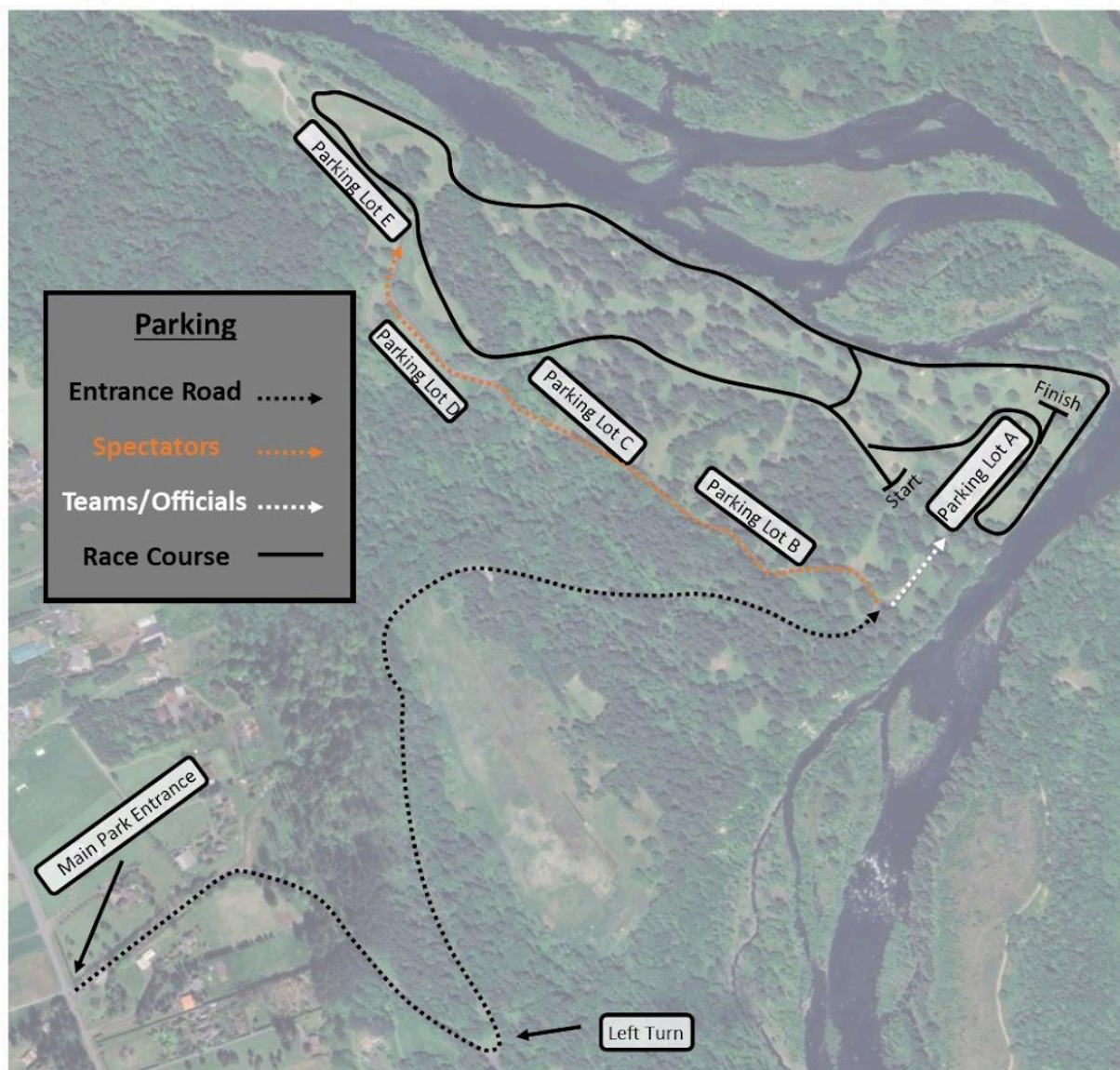


Parking notes:

- Parking Lot A will be for Meet Officials, Teams, and ADA only.
- Parking Lot B will be for overflow Team parking and spectators.
- Parking Lots C, D, and E will be for spectators.
- After drop-off, all busses need to park in Parking Lot E.

Appendix E - Parking Map

NCAA DIII West Region Cross Country Championship Milo McIver State Park | November 16, 2024



Parking notes:

- Parking Lot A will be for meet officials, teams, and ADA only.
- Parking Lot B will be for spectators and overflow Team parking
- Parking Lots C, D, and E will be for spectators.
- After drop-off, all busses need to park in Parking Lot E.

Appendix F – Sample Safety and Security Plan

In the event of an emergency, call 911

Fire Safety

If a fire begins here, leave the area and retreat to the safest area as indicated by public safety officials.

Severe Weather

In the event of lightning or severe weather, patrons, participants and officials should proceed to the vehicle they arrived in. They should stay there until the threat of lightning has passed.

General Safety

All individuals should remain in the designated safe areas until officials announce that the immediate danger has passed.

Emergency Situations and Who to Call

Emergency situations call for prompt action and common sense. For a major emergency, dial police or EMS/Fire directly at 911. For a minor emergency seek out on site athletic trainer or other Lewis & Clark officials or the onsite EMT team.

Lewis & Clark Emergency Action Plan for Mclver State Park

Mclver Park, Estacada, OR

Cross-Country

Activate the EAP:

- Any loss of consciousness
- Possible Spine Injury
- Dislocation, Open Fracture, Displaced Closed Fracture
- Difficulty or absent breathing or pulse
- Exertional collapse with central nervous system dysfunction
- Uncertainty of if you have a medical emergency

Emergency Personnel: Athletic trainer/student trainers on site for competitions.

Jeremy Loew	Head Athletic Trainer	Office: (503) 768-7032 Cell: (503) 803-4962
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Tara Boatman	Assoc. Head Athletic Trainer	Office: (503) 768-7551 Cell: (503) 329-2572
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Gina Parisi	Assistant Athletic Trainer	Office: (503) 768-7022 Cell: (503) 593-5078
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Courtney Richardson	Assistant Athletic Trainer	Office: (503) 768-7081 Cell: (541) 217-1409
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Emergency Communication: Cell phones carried by athletic trainers and coaches (911).

Emergency Equipment: First-aid kit, splints and AED with certified athletic trainer at competitions. EMS on-site for competitions.

Roles of First Responders:

- Immediate care of the injured or ill student-athlete.
- Retrieve or send someone to retrieve necessary emergency equipment.
- Activate Emergency Medical System (EMS):
 - Dial 911 from any cellular phone and provide the following information to the EMS operator:
 - YOUR NAME
 - ADDRESS of the emergency (See VENUE DIRECTIONS on the next page)
 - NUMBER of injured persons and a brief description of their CONDITION
 - Brief description of the FIRST-AID TREATMENT being given
 - Any additional information requested from operator
 - DO NOT HANG UP UNTIL TOLD TO DO SO BY EMS OPERATOR.
 - Notify CAMPUS SAFETY at 768-7777
- Direction of EMS to scene
 - Open appropriate gates.
 - Designate an individual to “flag down” EMS and direct to the scene.
 - Scene control: limit the scene to first aid providers and move bystanders away from the area.

Venue Directions: Northbound or Southbound on I-205 take Exit #12 to Estacada, proceed east for four miles; right onto Hwy 224 for one mile; right onto Carver Bridge and then left onto Spring Water Rd, continue for ten miles; take a left to Mclver Park entrance, proceed to Picnic Area C for the race course.

GPS Coordinates: 45.30291, -122.37425

Local Hospitals

Providence Willamette Falls

1500 Division St. Oregon City, OR 97045
503-656-1631

Kaiser Permanente - Sunnyside Medical Center

10180 SE Sunnyside Rd. Clackamas, OR 97015

Appendix G – Coaches' Checklist

Make hotel reservations and provide hotel with your team's rooming list.

Read and understand the [medical](#) section of this manual and act if needed.

Read and understand the [weather](#), [drug-testing](#), [uniforms](#) and, [logo](#) and [misconduct](#) policies.

Make any desired roster changes for national championships on DirectAthletics no later than 9 p.m. Nov. 17. **If no changes to the roster NO ACTION IS REQUIRED to be considered for selection to the national championships.**

Post Championship

Complete the championship evaluations survey. You will receive a link to the survey in an e-mail after the championships. All responses are confidential and used to enhance future championships.
