PARTICIPANT 2025-26 MANUAL

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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 2025 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 Director	Chip Schneider Head Track & Field Coach UW-Eau Claire	C: 715-379-5439 E: schnechi@uwec.edu
Division III NCAA Site Representative	Josh Henry Head Men's Cross Country Coach Carthage College	C: 262-945-5735 E: jhenry2@carthage.edu
NCAA Championships Liaison	Laura Peterson-Mlynski Championships and Alliances	C: 317-544-9425 E: lpeterson@ncaa.org
Media Coordinator	Nick Hoven Sports Information Director	C: 507-429-5633 E: hovennk@uwec.edu
Head Athletic Trainer	Hannah Geisler Athletic Trainer	C: 262-378-9622 E: geislehe3250@uwec.edu
Promotions/Marketing	Nick Hoven Sports Information Director	C: 507-429-5633 E: hovennk@uwec.edu
Facilities Coordinator	Chip Schneider Head Track & Field Coach UW-Eau Claire	C: 715-379-5439 E: schnechi@uwec.edu
Volunteer Coordinator	Connor Dolan Assistant Cross Country Coach	C: 715-213-8378 E: dolancc@uwec.edu

SECTION 3 – NCAA Division III Track and Field Committee

Division III Track and Field Committee and Staff Liaisons.

Region I (East) **Jason Linders** Director of Athletics Gordon College **Term expires: September 2026**	**Region II (Mideast)** **David Nicholson** Head Cross Country/Track and Field Coach Eastern Connecticut State University **Term expires: September 2027**
Region III (Niagara) **Jackie Nicholson** Director of Athletics Rochester Institute of Technology **Term expires: September 2027**	**Region IV (Mid-Atlantic)** **Reava Potter** Director of Cross Country/Track and Field St. Mary's College of Maryland **Term expires: September 2025**
Region V (Metro) **Jonathan D'Ottavio** Asst. Cross Country/Track and Field Coach Moravian University **Term expires: September 2025**	**Region VI (Great Lakes)** **Kiana Verdugo-Maday** Interim Director of Athletics Alma College **Term expires: September 2029**
Region VII (South) **Andrew Marrocco** Head Men's and Women's Cross Country/Track & Field Coach Shenandoah University **Term Expires: September 2024**	**Region VIII (North)** **Josh Henry** Head Men's Cross Country/Track & Field Coach Carthage College **Term expires: September 2027**
Region IX (Midwest) **Denise Udelhofen** Director of Athletics Loras College **Term expires: September 2027**	**Region X (West)** **Kennadi Bouyer** Senior Woman Administrator Pacific Lutheran University **Term expires: September 2026**

SECTION 4 – Championship Location and Competition Site

Competition Site.

Whitetail Golf Course, E8414 760th Avenue, Colfax, Wisconsin 54730

Competition Site Maps.

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

For additional information, please go to the host website located at the following link: blugolds.com.

Directions.

Whitetail Golf Course

Coming from the East (from Eau Claire):
Head west on I-94 until reaching Exit 52 (12 & 29 east, to 40). Exit to the RIGHT off I-94 and proceed to the STOP Sign. Turn Left on 12/29 east/to 40, go less than a mile to Exit 61 (12 east, 40 north). Turn Right on 40 north, go five miles ... you will see course on right before reaching access road. Turn Right on access road which is 760th St.

Coming from the west (from Menomonie or Twin Cities):
Head east on I-94 until reaching Exit 52 (Hwy 29). Exit to the Right and proceed to the STOP Sign. Turn RIGHT on 12/29 east/to 40, go a little more than a mile to Exit 61 (12 east, 40 north). Turn Right on 40 north, go five miles ... you will see course on right before reaching access road. Turn Right on access road which is 760th St.

Directions to McPhee from Whitetail:
Turn Left from entrance of course on 760th St. Turn Left on Hwy 40, go five miles to Exit 60B which indicates EAST to Madison (do not turn on frontage road). Turn Left at Exit 60 B and proceed West on Highway 29 about one mile (go under I-94 and turn Left at entrance to I-94 East. Go 13 miles to Exit 65 (Hwy 37). Exit to the Right off I-94 and proceed to STOP sign. Turn Right on Hwy 37and go one mile (thru lights at Hamilton/Short St and thru lights at Craig Road). Turn Right on Clairemont Ave. and go 8/10ths of a mile to University Drive (go thru lights at Stein Blvd)

Locker Rooms.

Post-event locker rooms and showers are available at the UW-Eau Claire McPhee Athletic Building on the UW-Eau Claire campus. 509 University Drive, Eau Claire, Wisconsin 54701

Parking / Admission.

Parking is $10 per vehicle at the course, admission to the meet is free.

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 20 at 8 a.m. Eastern time. **Coaches must submit the forms ONLINE by 11:59 p.m. Eastern time, Sunday, November 9. 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. 11.** 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 prior to nationals (Nov. 16) to make changes to 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. 12 at 12 p.m. local 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 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-atheltes 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 Friday, Nov. 14, from 1 to 4 p.m. located in clerking tent.
Packets will also be available on Saturday, Nov. 11 from 10 to 10:30 am at the Results/Protest tent.
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 1 to 4:30 p.m. Friday, Nov. 14. The course will be open at 10am the day of the race.

**Please call 715-836-5878 or check @UWECBlugolds X (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.

Coaches can pick-up a copy of results at Results/ Protest Tent near the finish line. Official results will also be posted on the host website in a printable format.

Protests.

A protest/appeals table will be located at Protest Tent by the coaches' only results area. Forms will be available in the team packet 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 last race have been posted. The protest fee is $100.

Medical.

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

Each team is responsible for bringing a fully-stocked medical kit along with a copy of each student athlete's insurance card, emergency contact information, and a signed treatment letter as needed

Schedule:

- Friday November 14th (Course Preview Day)
  - o Time: On-site medical tent will be open 1:30 - 4:30 PM
  - o Personnel: Certified Athletic Trainers/Student Athletic Trainers
  - o Supplies Available: Water, ice, hot packs, electrical modalities including and electrical stim. Tape, first aid & emergency equipment (splints, wraps, crutches, AED).

- Saturday November 15th (Race Day):
  - o Time: On-site medical tent will be open 10AM - 2:30PM
  - o Personnel: Certified Athletic Trainers/Student Athletic Trainers for the duration. EMS, ambulance, and team physician will be on site 30 min prior to the first race.
  - o Supplies Available: Water, ice, hot packs, and electrical stim. Tape, first aid & emergency equipment (splints, wraps, crutches, AED).

- Treatments requested to be done by UWEC staff (not credentialed traveling team ATC) must have a signed letter from a certified athletic trainer or team physician stating the parameters of the treatment to be rendered unless they have been evaluated for a new injury on-site.

- Please contact the UWEC staff athletic trainer by email (GEISLEHE3250@uwec.edu) to schedule any treatments outside the listed on-site hours or that require additional equipment/modalities. These will be completed on campus in our main Athletic Training Facilities in the Olson addition of the McPhee PE Center.

Address: UWEC McPhee Physical Education Center, 509 University Dr, Eau Claire, WI 54701

Athletic Training Contact Information.

Hannah Geisler, Head Athletic Trainer
Office 715-836-5206
Cell 262-378-9622

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. A phone number to call for information or Twitter feed on delays and/or postponement to the following day. The host can leave a message at that number alerting coaches of different start times or a delay in course inspection times due to inclement weather. This number (715-836-5878) will be placed in the information with the coaches' packets and on the meet website. The X feed is @UWECBlugolds

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 2025 Division III Cross Country Championship.

Awards Ceremony.

The awards ceremony will be held at approximately 2 p.m. at Whitetail Golf Course.

SECTION 8– Host City Spectator Information

Websites.

Please see the following websites for spectator and venue information: blugolds.com

Tickets.

The cost of admission to the regional championship is free.

Parking.

Spectator parking is located at Whitetail Golf Course drinving range for a per vehicle fee of $10.

Emergency / * Evacuation Plan.

See Appendix E 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.

Teams should take shelter in Team Buses or Team Vans.

Appendix A – Chips/Bibs Special Instructions

COACHES

All coaches will receive bib numbers and chips for each participant as part of the packet obtained during packet pick-up from 1 to 4 p.m Friday, Nov. 14 Each packet will contain the following:

- Two championship bibs for each participant, which should be pinned on the front and back of the participant's singlet.
- Sixteen safety pins.
- Timing chip(s).

RUNNERS AND COACHES

Participants must make sure their bib with the timing chip attached is worn on the front of their singlet in order to receive finishing time and place. The Finish Lynx system will record times and places; however, all close finishes will be verified by Lynx cameras, so bibs MUST be worn.

- Two championship bibs for each participant, which should be pinned on the front and back of the participant's singlet.
- Two hip stickers that can be secured to uniform using pins.
- Sixteen safety pins.

After the end of the races, the student-athletes can keep their timing chips as part of their championship experience.

Appendix B – Schedule of Events

(All Times are local)

Wednesday, Nov. 12

12 p.m.	MANDATORY Virtual Coaches' Meeting

Friday, Nov. 14

1 – 4:30 p.m.	**Course inspection/practice.**
1 – 4:00 p.m.	Packet pickup at Clerking Tent

Saturday, Nov. 15

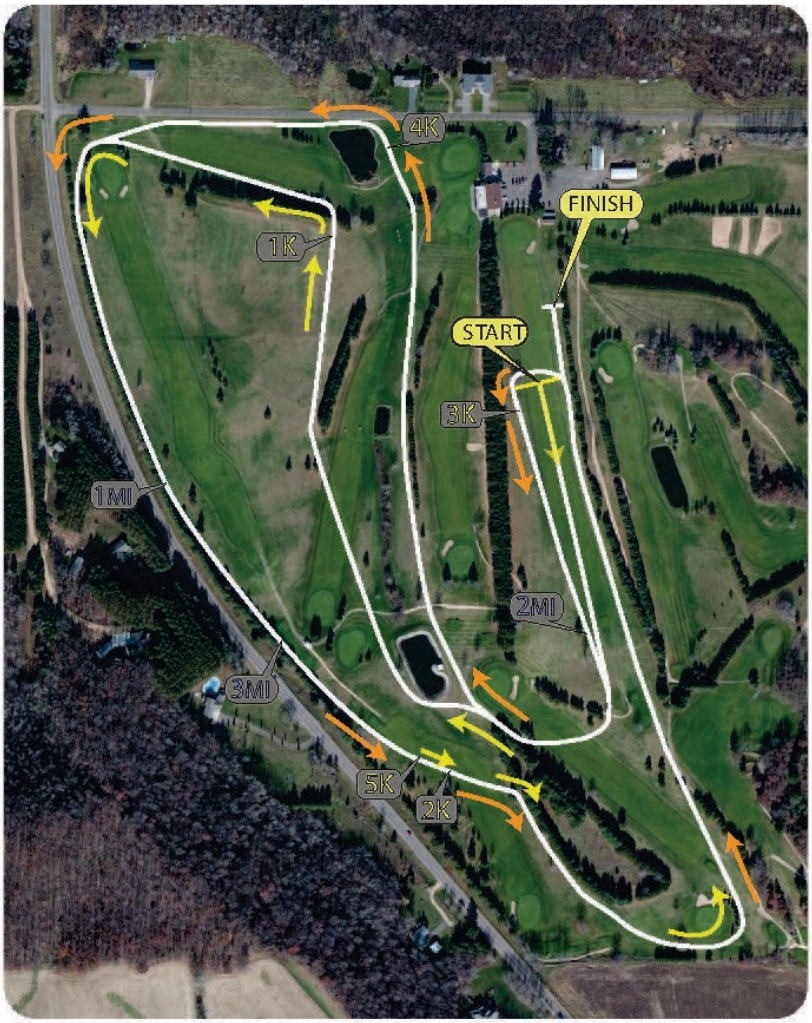
10 a.m.	**Course opens.**
10 – 10:30am	Packet Pickup at Results / Protest Tent
10:40 a.m.	**Clerking begins.** MEN: Clerking time period is from 10:40 to 11:40 a.m. WOMEN: may begin clerking up until 12:40 p.m.

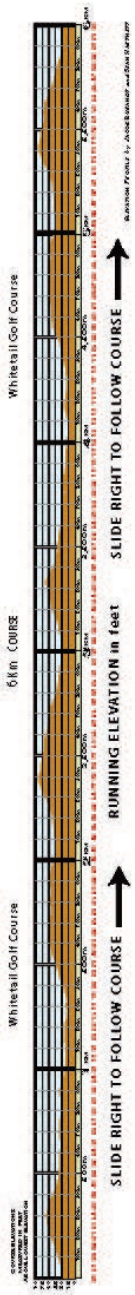
*Individuals who coach both genders can clerk their women's team in during the men's clerking window

11:30 a.m.	**First gun fired (30 minutes to start of men's race)**
11:35 a.m.	**National Anthem.**
11:40 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. Women's clerking remains open until 12:40 a.m.
11:50 a.m.	**Third gun fired (10 minutes to start).**
12 p.m.	**Men's 8,000-meter championship race.**
12:30 p.m.	**First gun fired (30 minutes to start of women's race).**
12:40 p.m.	**Second gun fired (20 minutes to start).** Women's competitors must report to assigned boxes. Clerking process is completed for women's race.
12:50 p.m.	**Third gun fired (10 minutes to start).**
1 p.m.	**Women's 6,000-meter championship race.**
~2 p.m.	**Awards ceremony.**

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

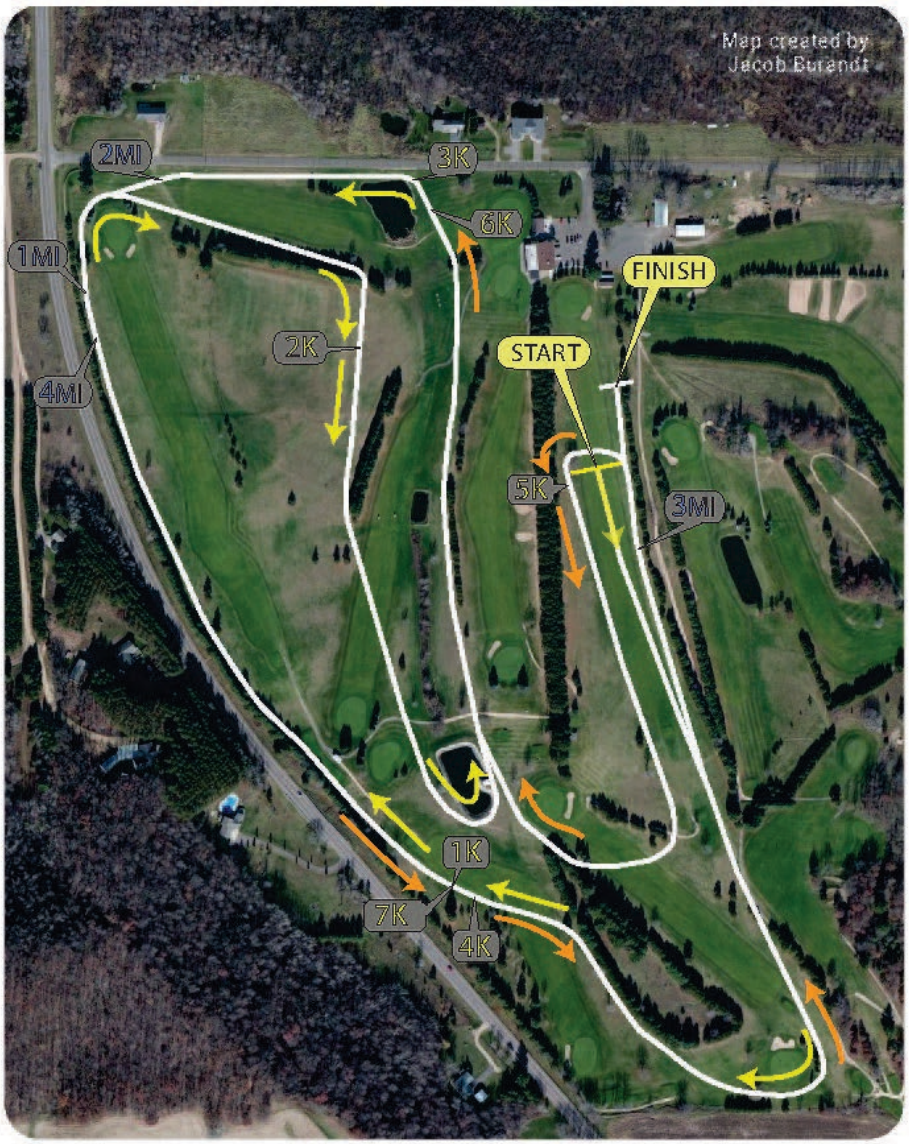
Whitetail
Cross Country Course
Women's 6k





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

Whitetail
Cross Country Course
Men's 8k



Appendix E – Start / Finish Area and Tents Map

Appendix F – Safety and Security Plan

Emergency Action Plan
Department of Athletics
University of Wisconsin-Eau Claire
Revised 08/2025

Emergency Action Plan (Whitetail Golf Course)
UW- Eau Claire Athletics

Whitetail Golf Course Address: 8414 760th Ave, Colfax, WI; Directions turn right onto 760th Ave from WI-40 and destination will be on the right.

Emergency Personnel: Licensed Athletic Trainers and Athletic Training Students are on-site at Whitetail Golf Course for competition. Colfax EMS will be on-site for competition dates. There is no designated athletic training room at the golf course.

Emergency Communications: There is a fixed landline telephone located in the clubhouse at Whitetail Golf Course. Dial 911 to activate emergency.

Emergency Contacts:

Licensed Athletic Trainer: Garry Grant 715-495-0205; Janice Anderson 218-464-3088
UWEC Athletic Training & Treatment Center (McPhee Center): 715-836-5452
UWEC Health Services: 715-836-5360
UWEC Campus Police: 715-839-4972
Mayo Clinic Health System Emergency Room: 715-838-3311

Emergency Equipment: The following equipment can be located with the Licensed Athletic Trainer on site: split kit and rigid cervical collar.

- The **AED** can be located with the Licensed Athletic Trainer near the finish line at CC meets.
- The **First Aid** kit can be located with the medical staff and/ or coaches (if present).

ROLES OF THE FIRST RESPONDER

1. **PROVIDE** immediate care of the injured or ill victim
2. **ACTIVATE** EMS
   - Call 911 from a personal cell phone or fixed landline telephone.
   - Be prepared to provide the dispatcher:
     - Your name, address of your location **(8414 760th Ave)**, and your telephone number;
     - Number of victims, the age and condition of the injured person;
     - First aid treatment provided to victim;
     - Specific directions to venue (meet the ambulance at the clubhouse);
     - Other information as requested (stay on the phone with EMS personnel until they hang up or the rescue crew has arrived).
   - Retrieve emergency equipment
   - Direct EMS personnel to scene
     - Designate individual to meet emergency personnel at the entrance of golf course.
   - Provide scene control – Limit scene to first responders and move bystanders away from area

Emergency Action Plan
Department of Athletics
University of Wisconsin-Eau Claire
Revised 08/2025

Injuries to the Head and Spine:

- All significant injuries to the head should be treated as potential injuries to the spine. Because of the risk of permanent injury, head injuries must be treated with caution. If an athlete suffers an injury of the head or spine, follow the steps below.
    - Perform an initial assessment
    - Do not allow the athlete to move or allow a teammate to move the athlete
    - Stabilize the head
    - Call 911, notify the athletic training staff immediately
    - Continue stabilizing until EMS or the athletic training staff arrives. Monitor the ABCs (Airway, Breathing, Circulation) of the injured athlete.

Cooling method for Heat Illness:

- Closest cooling source: Tub located near finish line at home CC meets (Whitetail Golf Course)

Lightning/ Inclement Weather Safety:

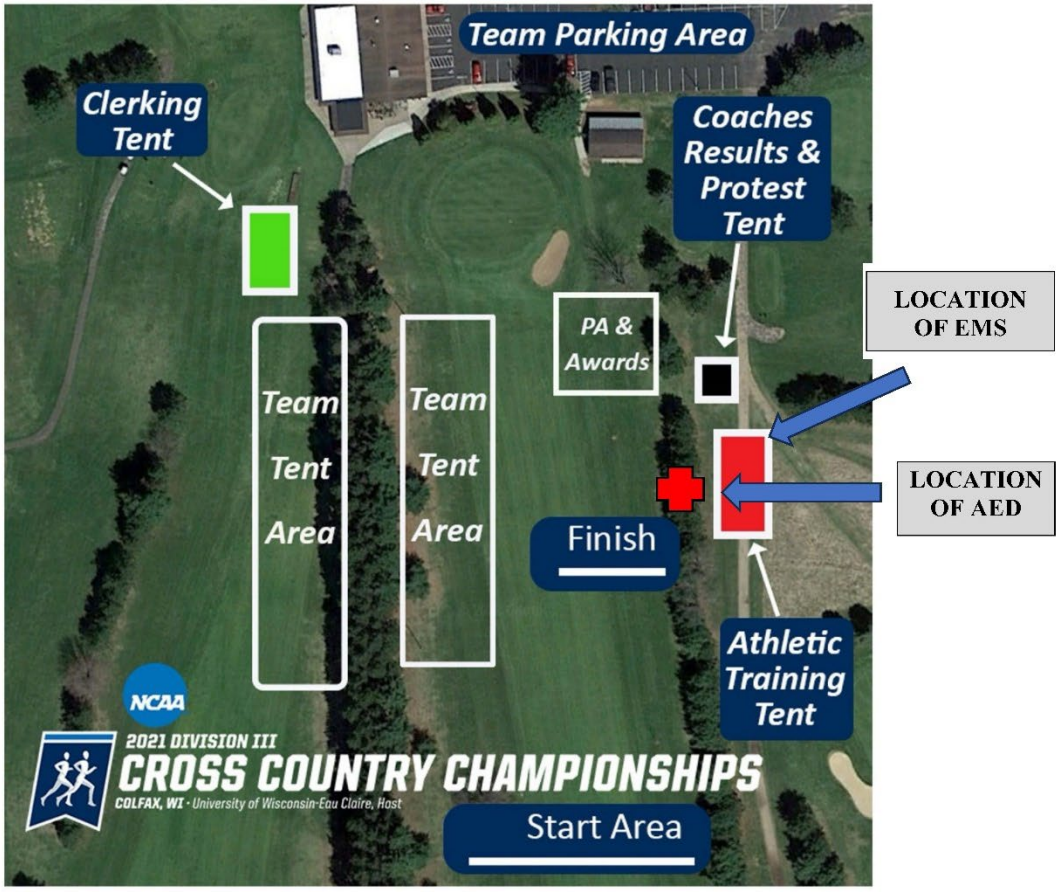
- Lightning can strike up to 10 miles away from the storm. At the first sight of lightning, please carefully follow the steps below:
    - Remove athletes from the course and take cover inside cars or clubhouse away from windows or open doors.
    - Notify athletic training staff of inclement weather.
    - Wait at least 30 minutes from the last sighted lightning strike before returning to the field.

Non-Emergent Injuries/Illnesses:

- Provide initial first aid
- Contact one of the following (numbers listed above in "Emergency Contacts")
    - Licensed Athletic Trainer
    - UWEC Athletic Training & Treatment Center in McPhee Center
    - UWEC Health Services for instruction
    - If no answer from any contact above, refer to Mayo Clinic Health System

Emergency Action Plan
Department of Athletics
University of Wisconsin-Eau Claire
Revised 08/2025

Emergency Action Plan (Whitetail Golf Course)
UW-Eau Claire Athletics



Emergency Action Plan
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University of Wisconsin-Eau Claire
Revised 08/2025

Emergency Action Plan (Whitetail Golf Course)
UW-Eau Claire Athletics

Women's 6k

EMS ENTRY SITE

Men's 8k

EMS ENTRY SITE

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 11:59 p.m. Nov. 16. **If no changes to the roster NO ACTION IS REQUIRED to be considered for selection to the national championships.**

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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.