

PARTICIPANT 2026-27 MANUAL

South Central Regional

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Section 1: NCAA Staff/Committee

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Section 3: Schedule of Events

All Times Are Central Time, unless listed otherwise.

Monday, Nov. 9

8 a.m. (Eastern)	Declarations open on www.directathletics.com.

Monday, Nov. 16

11:59 p.m. (Eastern)	On-time entry deadline on www.directathletics.com.

Tuesday, Nov. 17

11:59 p.m. (Eastern)	Late entry deadline with fine on www.directathletics.com. Fine will be assessed to any new entries or changes you may make to initial entries during the late window. Entries officially close at this time.

Wednesday, Nov. 18

1:00 PM	Virtual Coaches Meeting MANDATORY– (Meeting Link) **Dial in by phone** +1 806-412-1478,,992883251# **Phone conference ID**: 992 883 251#

Thursday, Nov. 19

Noon to 5:00 p.m.	Course available for practice.

Friday, Nov. 20

8:00 a.m. - 6:00 p.m.	Course available for practice.
3:00 p.m. - 5:00 p.m.	Packet pick-up. Location: Lubbock Christian University Cross Country Course Club House, (Directions in Appendix C)

Saturday, Nov. 21

7:00 a.m.	**Course open to competitors.** Please call Austin Weyant or check the LCU Athletic page for frost warning or severe weather updates on race day if needed.
8:00 a.m.	Gates open to spectators
	Men's 10,000-Meter Race
7:40 a.m.	Men's and Women's competitors clerking procedure begins (80 minutes prior to start)
8:40 a.m.	Men's competitors called to the start line (approximately 20 minutes to start)
8:45 a.m.	National Anthem
8:50 a.m.	Second call to the start line (10 minutes to start)

8:55 a.m.	Start line is cleared of all non-competitors (5 minutes to start)
8:58 a.m.	Runners at the start line for instructions
9:00 a.m.	Start of men's 10,000-meter race
	Women's 6,000-Meter Race
8:55 a.m.	Women's competitors clerking procedure begins (80 minutes prior to start)
9:55 a.m.	Women's competitors called to the start line (approximately 20 minutes to start)
10:05 a.m.	Second call to the start line (10 minutes to start)
10:10 a.m.	Start line is cleared of all non-competitors (5 minutes to start)
10:13 a.m.	Runners at the start line for instructions
10:15 a.m.	Start of women's 6,000-meter race

Immediately following second race, recognition of top runners and teams.

Section 4: 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

Places to Stay in Lubbock, TX | Hotels, Rentals & Camping

Section 5: Mandatory Administrative Meeting

Coaches are required to attend the virtual mandatory administrative meeting on Wednesday, November 18th at 1:00 p.m. (central), Administrative Meeting link.

Section 6: Clerking and Declaration Procedures

Clerking

The window for check-in will open 80 minutes before the start of each race. Teams are encouraged to check in as soon as possible, but not later than 20 minutes before their race.

Coaches must check in their student-athletes at the clerking tent, they will be required to confirm that they have the correct hip numbers, timing chips, bibs on their jerseys, and that their uniforms meet the NCAA logo requirements. Reminder: Teams may not run more than seven student-athletes.

Teams will not be allowed to check in at the start line. All teams must check in at the clerking tent which will be located on the east side of the starting line.

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 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 the team/competitors report immediately to the tent for check-in.

Declarations/Packet Pick-Up

Declarations and packet pick-up will be held from 3:00 to 5:00 p.m. (Central) time, Friday, Nov. 20, at (LCU Cross Country Course Club House). 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/packet 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.

Section 7: Competition Mircosite/Course Maps

Microsite Link
https://lcuchaps.com/sports/2026/10/8/2026-ncaa-xc-south-central-regional.aspx

Campus Maps, Campus Information and Local Information
LCU Info: LCU: Lubbock Christian University
LCU Campus Map: LCU: Campus Map

Visit Lubbock: Events in Lubbock, TX | Concerts & Festivals | This Weekend

Competition Site Maps
Facility Layout map is located in Appendix D

Men's and Women's Course Maps
Men's and Women's course maps are located in Appendix A & B

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
THERE ARE NO LOCKER ROOMS AVAILABLE.

Team Parking
See Appendix C

Participant/Spectator Entrance
All participants and spectators should enter from the east side of the course on the corner of 26th St and Eileen Blvd.

Restrooms
Porta Johns will be available in multiple locations at the facility.

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

Section 8: Drug Testing

Student-athletes who compete in this championship round may be subjected to a drug test in accordance with bylaws 18.2.1.2, and may be determined to be ineligible as a result thereof. If drug testing occurs at this session of the championships, couriers will make contact with the student-athletes immediately following the 10-minute cooling off period. The student-athletes who are to be tested will be escorted to the drug-testing area within one hour after the conclusion of the competition. Student-athletes selected for drug-testing should first attend any post meet interviews (if designated by the sports information director) before reporting to the drug-testing area.

Please also be aware of the following as it relates to drug testing for record ratification purposes:

1. **If NCAA drug testing occurs during this championship round**, Drug Free Sport (DFS) will be onsite and has the authority to conduct testing for tests required outside of the standard championship protocol (e.g., national record, world junior record, etc.) for United States athletes ONLY.

2. **If NCAA drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g., national record, world junior record, etc.), or your athlete is an international athlete**, it will be the responsibility of the student-athlete's school to contact the appropriate drug testing agency (e.g., USADA, DFS, etc.) as authorized by the appropriate national/governing body to set up and confirm the necessary test during the event. Schools that anticipate a possible record requiring drug testing for ratification, are encouraged to be proactive in contacting an authorized testing agency in advance to inform them of a possible need for testing.

3. Additionally, any cost associated with such a test will be the responsibility of the tested student-athlete's school.

Please see the 2026 NCAA Division II Cross Country Pre-Championship Manual for information.

Section 9: 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, Nov. 9. **All entry forms must be submitted by 11:59 p.m. Eastern time, Monday, Nov. 16. Late online entry form submissions may be considered by the committee until 11:59 p.m. Eastern time, Tuesday, Nov. 17. 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. 17.

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.

Section 10: 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, all participants and spectators need to go back to their vehicles. See Appendix E.

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.

Section 11: Finish-Line Procedure & Timing/Results

A combination of RFID and Finish Lynx will be used for timing and placing. There will be 3 split points for both men and women and use Trident RFID system with bib chips. All places will be camera verified with both FinishLynx timing cameras as well as FinishLynx front facing Identilynx cameras.

Hytek will be used for scoring.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish area.

Section 12: Merchandise

Merchandise will be available during Friday practice for purchase from 3:00 p.m. to 4:30 p.m. (central) on Friday, and on Saturday from 7:00 a.m. (central), through the conclusion of the second race.

Section 13: 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.

Section 14: Practice Schedule

The course will be available for practice 12:00pm to 5:00pm, (central), Thursday, Nov. 19 and 8:00am to 6:00pm (central), Friday, Nov. 20. A certified athletic trainer will be available during these times. The course will be officially marked by Wednesday. Any weather delays that affect practice times or race day start times will be communicated through the meet director.

Section 15: 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 same tent as clerking near the team camp area.

One copy shall be posted, and the other copies shall be given to the referee. The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, and the other copy shall be placed in the committee's files. A $100 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.

Section 16: Sports Information/Results

Official race results will be online at NCAA.com after the completion of each race. Live results will be available at NTX Timing (NTX Timing | Results)

At the meet, results will be online at NTX Timing and viable on the video board located near the finish line, if there will be no paper results.

Media may contact Everett Corder (Everett.Corder@lcu.edu) for more information.

Section 17: 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 facility 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 all practice and race days.

Athletic Training Hours

Athletic trainers will be available at the course the duration of practice and competition.

Athletic Training Room Hours

Thursday	10:00 a.m. – 6:00 p.m.
Friday	10:00 a.m. – 6:00 p.m.
Saturday	6:00 a.m. at the course

The training room is located at the Rip Griffin Center. A training area also will be set up on the course. If you have any special needs, please contact Caleb Barrientez (Caleb.Barrientez@lcu.edu)

Student-athletes needing treatments on race day should go to the medical tent on-site. Each team is responsible for bringing a fully-stocked medical kit along with insurance and emergency contact information.

Any student-athlete needing modality treatment without their athletic trainer present must have a signed letter from their certified athletic trainer or team physician stating the parameters of the treatment to be rendered.

Hydration
The sports medicine staff will have hydration set-up at the finish line.

Section 18: Team Tents

The team area is located to the east of the starting line. See Appendix D for the map showing the location.

Section 19: Tickets

No Tickets will be sold

Section 20: Transportation/Travel Information

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

Directions to Course
The LCU Cross Country Course is located at 5610 26th St, Lubbock, TX 79407. You will continue down 26th St until you arrive at the LCU Cross Country Course on your left. Driving directions to the facility are located in Appendix C.

Section 21: Uniforms

Please see Rule 4-3 in the 2025 and 2026 Cross Country/Track and Field Rule Book.

Logo Policy
[Reference: 17.1.10 Bylaw in the NCAA Division II Manual.]
A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g., celebrations on the court, pre- or postgame press conferences), provided the applicable sports playing rules are satisfied and the following criteria are met. (Adopted: 12/15/22)

a. Athletics equipment (e.g., shoes, helmets, baseball bats and gloves, batting or golf gloves, hockey and lacrosse sticks, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and (Adopted: 12/15/22)

b. The student-athlete's institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g., socks, head bands, T-shirts, wrist bands, visors or hats, swim caps and towels) shall bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark), not to exceed four square inches in area (i.e., rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. (Adopted: 12/15/22, Revised: 7/21/26 effective 8/1/26)

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

Appendix A - Men's 10K Course Map



Appendix B - Women's 6K Course Map

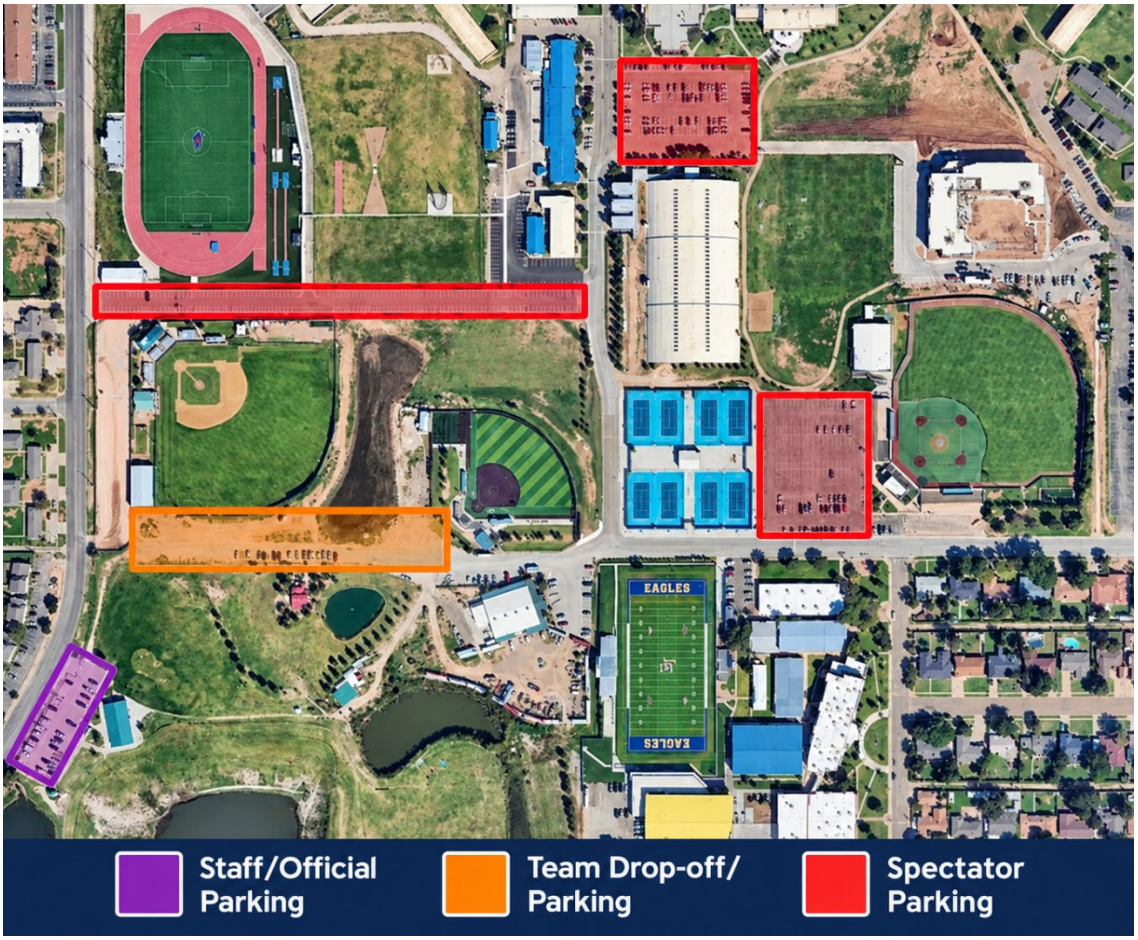


Appendix C - Parking Map

Facility Address

Lubbock Christian University Cross Country Course, 5610 26th St, Lubbock, Texas 79407

Directions: Enter through 26th St and Chicago | The address above takes you to Hays Field (Baseball), keep heading west on 26th, straight through the stop sign. Entrance to LCU Cross Country Course will be straight ahead and on the left.



Team Dropoff/Parking: Team drop-off and parking will be north of the LCU Cross Country Course and blocked off on race day. Teams will be provided with two parking passes in their packets to use the morning of the meet. There will be limited space for charter buses, teams that arrive in charter buses may be asked to park elsewhere on campus after dropping off the team.

Coaches Meeting: Will be in the building next to the Staff/Officials Parking. Coaches will need to park in the Team Drop-off/Parking area for that meeting.

Appendix D – Facility Layout



Appendix E – Emergency Action Plan

Lubbock Christian University Cross Country Facility

Emergency Personnel: Certified Athletic Trainer and/or student athletic trainer(s) on site for competitions; additional Sports medicine staff accessible on campus. Coaches are on site for all practices and are certified in First Aid and CPR/AED. ***Note:*** If a member of the Sports Medicine staff is not on site during an emergency, it is the coach's responsibility to initiate the Emergency Response Plan.

Emergency Communication: Sports Medicine staff and coaches should have quick access to a cellular phone and working landlines are in the Cross Country and Golf Clubhouse. (9) must be dialed first to access an outside line.

Emergency Equipment: Available with ATC are medical supplies in the Athletic Training Tent. Emergency equipment including an AED and splint bag. Other emergency equipment located at the event include: (trauma kit &first aid).
Roles of First Responders
Immediate care of the injured or ill student athlete
Activation of the emergency medical system (EMS)
Dial 911 (provide name; address; telephone #; # of individuals injured; condition of injured; first aid treatment; specific directions, including which entrance to use: the open gate off of Frankford Ave.
Notify LCU public safety at 806 – 928 – 6803 (mobile) or 806 – 720 – 7521 (office)
Emergency Equipment Retrieval
Direction of EMS to the LCU Cross Country and Golf Facility.
Cross Country and Golf Facility is located at: 2611 Frankford Ave, Lubbock, TX 79407
Designate individual to direct EMS to the scene
Scene control: limit scene to first aid providers and move bystanders away from the area

Venue Directions: Notify the cross country event staff that an ambulance is in route, which entrance it has been directed to, and where the injured person is located. Event staff personnel will meet the ambulance at 2611 Frankford Ave, Lubbock, TX 79407

Note: Please notify the staff Athletic Trainer responsible for the team as soon as possible if he/she is not present at the scene.



Athletic Training and Medical Tent will be near the Finish Line

Location of EMS during the NCAA DII Regional