

UPDATED

11/02/2009

NCAA DIII South/Southeast Regional Cross Country Championships

November 14, 2009

Hosted by Guilford College

The Meadows @ Guilford College

Greensboro, North Carolina

Introduction

The participation manual for the 2009 NCAA Division III Men's and Women's South/Southeast Regional Cross Country Championships will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. Further, this official participant manual will provide specific information on hotel arrangements, travel, dinner tickets and a schedule of events at the championship site. This 2009 championship event occurs November 14 at the Meadows @ Guilford College in Greensboro, North Carolina.

Similar to your team, we understand that thorough preparation is the key to success. That is why we are most excited about the upcoming championships. Good luck!

Entries: ** You can enter a maximum of 10 runners, ONLY 7 runners can run!

Go to www.directathletics.com Entries are due by Sunday, November 8th by 5 p.m. local host time the Sunday prior to the regional championships. Received entries will be posted at www.guilford.edu/athletics/mxc by 5 p.m. Monday, November 9, 2009. Entries received after the deadline (up until 5 p.m. Tuesday) must be approved by the NCAA regional representative (Barbara Crousen). A late fine will be assessed ((\$100.00 per team/per gender). No entries will be received after 5 p.m. Tuesday.

Meet Director: Bill Cason

5800 W. Friendly Avenue Greensboro, NC 27410

Phone: 336-316-2167(Work) 336-734-3009 (cell)

Fax: 336-316-2953 E-mail: casonw@guilford.edu

Co-Meet Director: Heidi Pinkerton, pinkertonha@guilford.edu Cell: 336-681-1057

Meet Program: Please submit any extra information on your top runners you would like in our Meet program. We'll include a 2009 Team Photo and action photos of your top runners if submitted by 11/08/09.

Hotel Accommodations: [Clarion Hotel Greensboro Airport](http://www.clariongreensboro.com) is our host hotel. A special rate of \$59.99 has been established for anyone attending the South/Southeast Regional Championships. The rate is available to teams, fans, parents, etc. that mention the special rate for the Regionals. We are hosting two other Championships on November 14th, so book your rooms now.

www.clariongreensboro.com
415 S Swing Rd
Greensboro, NC 27409-2011
(336) 299-7650

Team Pasta Dinner: Friday, 11/13/09 Guilford College Athletics is hosting a catered Buffet style Pasta dinner with 1964 Olympic Gold Medalist, Billy Mills as the guest speaker. Advance tickets are \$15 per person, \$20 the night of the event. The event is open to the public.

Contact Coach Bill Cason for ticket information: 336-734-3009 or casonw@guilford.edu . Team tickets can be paid for when you arrive, but I need a firm number of attendees by 11/07/09.

TIMING AND RESULTS:

Chip Timing will be provided by East Carolina Road Racing for the official results with a Ipico Sport timing system with a video system used as the back-up (Full instructions will be in your packets). Unofficial results will be made available very quickly after each race and official results will be made available at the awards ceremony. In addition, results will be available on the Guilford College website (www.guilford.edu/athletics/mxc) as soon as they become official.

COURSE:

The course is on natural terrain on the campus of Guilford College. Spikes are recommended since the majority of the course is on grass and trails. Road crossings are few and brief with asphalt covered with padded outdoor carpet. A solid white line and flagging will mark the course. The start and finish are in close proximity and much of the course is spectator friendly. The course is new and not considered fast. Runners will experience rolling grass and dirt trails along the way.

Course Records: 6K Jenny Feinberg (Emory University) 23:15.7 (10/17/09)

8K Sean Whitson (Virginia Wesleyan University) 26:54.4

Schedule of Events

Thursday, November 12

3p.m. – 6 p.m. Course open for inspection.

Friday, November 13

9 a.m. - 5 p.m. Course open for inspection.

6:00 p.m. Buffet Pasta Dinner: (Spaghetti, baked chicken, Italian bread, various sauces (meat and vegetarian) salad, cookies, tea, water. Location: Alumni Gym on campus at Guilford College.

Cost: \$15 per person in advance. \$20 at the door.

Doors open at 6 p.m.

**Special Guest Speaker: Billy Mills,
1964 Olympic Gold medalist at 10,000m**

8:00pm Coach's Meeting and Social on campus in Gilmer Room in Founders Hall. (200m from Alumni Gym) **Race Packets available at the Billy Mills dinner at 5:00pm.**

Saturday, November 14

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

Women's 6,000-Meter Regional Championship Race

10:30 a.m. First gun fired (30 minutes to start).

10:35 a.m. National anthem.

10:40 p.m. Second gun fired (20 minutes to start).

Women's competitors must report to assigned boxes.

Begin clerking procedure.

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

11:00 a.m. **Women's 6k Championship race.**

Men's 8,000-Meter Regional Championship Race

11:30 a.m. First gun fired (indicating 30 minutes to start).

11:40 a.m. Second gun fired (20 minutes to start).

Men's competitors must report to assigned boxes.

Begin clerking procedure.

11:50 a.m. Third gun fired (10 minutes to start).

Noon **Men's 8k Championship race.**

1:15 p.m. NCAA Awards ceremony and results distribution at Start/finish area. If inclement weather, awards ceremony will be in Alumni Gym at 1:30pm.

Awards:

There will be an awards ceremony to recognize the competing teams and individuals who will advance to the NCAA finals as well as the All-Region teams beginning at 2:00 p.m. at the Start/Finish area. The top two teams and the top 35 men's and women's runners are named USTFCCCA All-Region, **provided that their programs are members of the USTFCCCA.** Robert Shankman and Stan Soper (the USTFCCCA South/Southeast regional reps) will be able to verify eligibility of the finishers for the award. Contact USTFCCCA if you have questions about your membership.

MEDICAL INFORMATION:

On Friday the Athletic Training Room in Alumni Gym on the Guilford College Campus will be open for regular hours from 11:00 a.m. to 5:00pm. Any athlete requiring ultrasound or electrical muscle stimulation on Friday must have a note from their Athletic Trainer.

On Saturday morning, starting at 9:30am the Athletic Trainers will be available at the medical tent by the start/finish line. There will be no modalities (heat, ultrasound, muscle stimulation) at the race site on Friday or Saturday. Ice and water will be available at the finish line.

Gary Rizza (Head Athletic Trainer)

5800 W. Friendly Avenue Greensboro, NC 27410

Phone: 336-316-2513 Fax: 336-316-2953

E-mail: rizzagn@guilford.edu

SPORTS INFORMATION:

Dave Walters, Sports Information Director: Phone: 336-316-2107 Fax: 336-316-2953

E-mail: dwalters@guilford.edu

NCAA MERCHANDISE:

A limited amount of NCAA merchandise will be available at the course on Friday between the hours of 1:00 p.m.-4:00 p.m. and all day on Saturday.

PARKING:

All team vans and buses will be parking in the two lots next to the start/finish area. ALL other vehicles will be directed to the large Meadow on the course, 600 meters down the street. Signage will be on the road. Parking attendants will direct all vehicles where to park. Once parked in the Meadows, no one will be able to leave until the conclusion of both collegiate races. Please let your parents and fans know the parking details.

SHOWERS/LOCKER ROOMS:

Limited locker room space will be made available in the Alumni Gym P.E. Center for changing and showering. Let us know if you will be taking advantage of our locker rooms & showers on Saturday. Send Email to: casonw@guilford.edu

NATIONAL CHAMPIONSHIP QUALIFIER ENTRY INFORMATION:

Teams (32 per gender) will be selected to the NCAA Championships in the following manner:

16 teams will automatically qualify (two per region);

16 at-large teams will be selected by the committee to be determined using the published criteria in the championships handbook. Only the top five teams in each regional will be considered. Forms for the at large entries can be found on the forms page.

Individuals (56 per gender) will be selected in the following manner:

56 Individuals will automatically qualify (7 per region)

All 7 members from the two automatic qualifying teams will be removed from the results and the remaining individuals (not with a qualifying team) will be renumbered to determine individual national qualifiers.

Accommodations – Championship Hotels

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

Clarion Greensboro Airport (Host Hotel) \$59.99 Special Meet Rate

415 S. Swing Road

Greensboro, NC 27409-2011

www.clariongreensboro.com

336-299-7650 Reservations

336-851-2380 fax rooming list

Wyndham Garden Hotel Greensboro Airport \$59.99 Meet Rate

Exit 211 off I-40

6426 Burnt Poplar Road

Greensboro, NC 27409

Reservations: 336-668-0421 Fax Rooming List: 336-668-071

