

2009 NCAA DIVISION II MEN'S AND WOMEN'S
CROSS COUNTRY CHAMPIONSHIPS
PARTICIPANT MANUAL



**2009 CROSS COUNTRY
CHAMPIONSHIPS**

DIVISION II • EVANSVILLE, INDIANA

Saturday, November 21, 2009
UNIVERSITY OF SOUTHERN INDIANA
University of Southern Indiana Cross Country Course

2009 NCAA Division II Men's and Women's Cross Country National Championships

University of Southern Indiana Championship Personnel

Athletics Office

General Information (812) 464-1846
FAX (812) 465-1129
Web Address <http://www.gousieagles.com>

Tournament Director/Game Management

Jon Mark Hall, Athletics Director (812) 465-7164 (W)
(812) 471-2973 (H)
(812) 760-0140 (C)
jmhall@usi.edu

Jay Newton, Asst. Athletics Director (812) 464-1841 (W)
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sjnewton@usi.edu

Maisha Palmer, NCAA Championship Manager
(317) 917-6548 (W)
(317) 614-5626 (C)
mpalmer@ncaa.org

Bruce Smith, PAC Supervisor (812) 465-1054

Athletic Trainers

David Maldonado, ATC (812) 465-1298 (W)
(812) 760-8278 (C)

Becky McGinnis, ATC (812) 464-1955 (W)
(812) 319-8099 (C)

Sports Information

Ray Simmons (812) 465-1622 (W)
(812) 760-9582 (C)

Dan McDonnell (812) 465-1121 (W)
(812) 589-2956 (C)

USI Men's & Women's Cross Country Coach

Mike Hillyard (812) 465-1232 (W)
(812) 760-8307 (C)

2009-10 NCAA DIVISION II MEN'S & WOMEN'S



TRACK AND FIELD COMMITTEE

Ms. Sylvia Barnier Associate Director of Athletics/SWA Minnesota State University Moorhead 1104 7th Avenue South Moorhead, MN 56563 <i>Term Expires: 9/10</i>	Central Region Women's Track Phone: 218/477-2401 Fax: 218/477-5825 Cell: 701/361-6596 E-mail: barniers@mnstate.edu
Mr. Mike Mead Assistant Athletics Director/ Head Cross Country & Track and Field Coach 2000 Clayton State Blvd. Morrow, GA 30260 <i>Term Expires:</i>	Southeast Region Men's Track Phone: 678/466-4679 Fax: 678/466-4699 Cell: 404/694-1373 E-mail: mikemead@clayton.edu
Mr. Kirk Pedersen Co-Head Track and Cross Country Coach University of Central Missouri 500 South Washington Warrensburg, Missouri 64093 <i>Term Expires: 9/12</i>	South Central Region Women's Track Phone: 660/543-8309 Fax: 660/543-8034 Cell: 660/864-3866 E-mail: Pedersen@ucmo.edu
Ms. Kristene Kelly Associate Athletics Director Saint Augustine's College 1315 Oakwood Avenue Raleigh, North Carolina 27610 <i>Term Expires: 9/13</i>	Atlantic Region Women's Track Phone: 919/516-4239 Fax: 919/516-5810 Cell: E-mail: kmkelly@st-aug.edu
Mr. Adam J. Siepiola SID/Coordinator of Media Relations/ Head Track and Field Coach Adelphi University 1 South Avenue Garden City, New York 11530 <i>Term Expires: 9/10</i>	East Region Women's Track Phone: 516/877-4293 Fax: 516/877-4237 Cell: 516/668-6180 E-mail: siepiola@adelphi.edu
Mr. Jamie Moreno Head Men's and Women's Track and Field Coach Florida Southern College 111 Lake Hollingsworth Drive Lakeland, Florida 33801 <i>Term Expires: 9/13</i>	South Region Men's Track Phone: 863/680-5013 Fax: 863/680-4122 Cell: E-mail: jmoreno@flsouthern.edu
Mr. Lou Andreadis Assistant Cross Country/Track and Field Coach Grand Valley State University 1 Campus Drive FH 91 Allendale, Michigan 49401 <i>Term Expires: 9/11</i>	Midwest Region Men's Track Phone: 616/331-3042 Fax: 616/331-3232 Cell: 616/204-0790 E-mail: andreadl@gvsu.edu
Mrs. Kim Duyst, chair Associate Athletics Director/SWA California State University, Stanislaus One University Circle Turlock, CA 95382 <i>Term Expires: 9/11</i>	West Region Men's Track Phone: 209/667-3312 Fax: 209/667-3084 Cell: 209/535-1449 E-mail: kduyst@csustan.edu

Schedule of Events

Thursday, November 19

Noon – 6:00 P.M. Course available for team practice USI XC Course

Friday, November 20

9:00 AM – 5:00 P.M. Course available for team practice USI XC Course

9:00 A.M. – 10:15 A.M. Final declarations and packet pick-up by coaches
USI University Center-2nd floor; Carter Hall D

9:00 A.M. – Noon Team gifts distributed
USI University Center-Carter Hall A, B, C

10:30 A.M. Mandatory Coaches and technical meeting
USI University Center-Carter Hall D

Saturday, November 21

9:00 A.M. Course facilities open and spectators begin to arrive

11:45 A.M. Women's participants check in on starting line

NOON Women's Championship begins

12:45 P.M. Men's participants check in on starting line

1:00 P.M. Men's Championship begins

6:00 P.M. Championship Awards Banquet
The Centre Exhibition Hall

Following Banquet – 11:00 P.M. Athletes' Dance/T-shirt exchange
The Centre Exhibition Hall

General Meet Information

Race Date and Time: Saturday, November 21, 2009
Noon- Women's Championship
1:00- Men's Championship

Driving Directions: http://www.usi.edu/sports/xcc_championships/Driving.asp
GPS address to campus: 8600 University Blvd. Evansville, IN 47712
GPS address to course: 7560 Broadway Ave. Evansville, IN 47712

Course Information: http://www.usi.edu/sports/xcc_championships/Maps.asp

Entry: Follow Entry procedures in the 2009 NCAA Cross Country Championships Handbook:
http://web1.ncaa.org/web_files/champ_handbooks/cross_country/2009/09_2_crosscountry.pdf

Declarations: Final Declarations must be made on Friday, November 20, from 9 a.m. to 10:15 a.m. in the USI University Center-2nd floor, Carter Hall D

Mementos: Team gifts will be distributed from 9 a.m. to Noon in the USI University Center-Carter Hall A, B, C.

Coaches Meeting: Mandatory coaches and technical meeting will take place at 10:30 a.m. in the USI University Center-Carter Hall D

Site: University of Southern Indiana Cross Country Course is on the campus of the University of Southern Indiana. For directions and other championship information go to: http://www.usi.edu/sports/XCC_Championships/index.asp

Sports Medicine: Athletic Training staff will be at the course during practice times on Thursday and Friday. The Athletic Training Room will be open on Thursday and Friday and the room is located on the first floor of the Physical Activities Center (PAC 119A).

Banquet: Saturday, November 21st at 6:00 p.m. at The Centre, Exhibition Hall

Directions to The Centre: Located on the corner of Locust Street and Martin Luther King, Jr. Blvd. in Downtown Evansville.

Travel Directions: From I-64 - Take US 41 South approximately 17 miles to the Lloyd Expressway Exit. Take the exit and turn to the right. Continue on the Lloyd Expressway to the Martin Luther King, Jr. Blvd. Exit. Take the MLK Blvd. exit and turn to the left, travel to the 5th stoplight which will be Locust Street. Turn left at the light and The Centre will be on your immediate right.

From Henderson and locations South of Evansville - Take US 41 North and take the Lloyd Expressway exit. At the exit turn to the left and continue to the Martin Luther King, Jr. Blvd. Exit. Take the MLK Blvd. exit and turn to the left, travel to the 5th stoplight which will be Locust Street. Turn left at the light and The Centre will be on your immediate right.

Banquet Tickets: Additional tickets will be \$30.00. Contact the USI Special Events Office at 812-464-1930 or by email (hbliddle@usi.edu) for reservations.

Awards: Awards will be presented to the top four women's and Men's teams, along with the top fifteen runners from the Women's and Men's races at the Awards and Hall of Fame banquet Saturday.

NCAA ACADEMIC RECOGNITION PROGRAM

Beginning with the 2009-10 championships season, the NCAA has instituted an academic recognition award program, which is entitled the Elite 88. The award will be presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA's 88 championships. Nomination forms will be sent at the end of October to all Director of Athletics, Faculty Athletic Representatives, Senior Compliance Administrators, Senior Woman Administrators and Sports Information Directors. For more information regarding this program or to receive a copy of the nomination form, please contact Mark Bedics, associate director of media coordination and championships at mbedics@ncaa.org <<mailto:mbedics@ncaa.org>> or 317/917-6541. The submission deadline for nomination for the NCAA Division II Men's and Women's Cross Country Championships is Wednesday, November 18.

NCAA Merchandise: Official NCAA Merchandise will be available for purchase:
Friday, 9:00 a.m. to 1:00 p.m. in USI Carter Hall
Saturday, 10:0 a.m. to 2:00 p.m. at the USI Cross Country Course

Spectator Admission: Fans will be charged \$5 per motor vehicle to park in the university parking lots. For parking information, see:
http://www.usi.edu/sports/xcc_championships/Parking.asp

Additional Information: <http://www.gousieagles.com/>
<http://www.ncaa.com/sports/c-xc/champpage/c-xc-div2-index.html>

Hotel Accommodations for the 2009 National Championships

LaQuinta Inns & Suites

8015 E. Division Street, Evansville, IN 47715

Telephone: 812/477-2677

Toll Free: 800/753-3757

Rooms blocked for Double queen Non-smoking:

11/19 – 11/21: 25 rooms

Group rate: \$67.00/night

Estimated miles: 13.1; Estimated minutes: 22

Evansville Airport Marriott

7101 Highway 41 North, Evansville, IN 47725

Telephone: 812/867-7999

Toll Free: 800/853-5728

Rooms blocked for Non-smoking:

11/17 - 11/18: 50 rooms

11/19 – 11/21: 100 rooms

Group rate: \$79.00/night

Estimated miles: 12.98; Estimated minutes: 20

Holiday Inn Conference Center

4101 Highway 41 North, Evansville, IN 47711

Telephone: 812/424-6400

Toll Free: 888/465-4329

Rooms blocked for Double Non-smoking:

11/19 – 11/21: 75 rooms

Group rate: \$60.00/night

Estimated miles: 10.87; Estimated minutes: 18

Holiday Inn Express (East)

301 Circle Front Drive, Evansville, IN 47715

Telephone: 812/473-2500

Toll Free: 888/465-4329

Rooms blocked for Double Non-smoking:

11/19—11/21: 15 rooms

Group rate: \$84.00/night

Estimated miles: 13.13; Estimated minutes: 22

Fairfield Inn Marriott Evansville West

5499 Weston Road, Evansville, IN 47712

Telephone: 812/429-0900

Toll Free: 800/228-2800

Rooms blocked for Standard Double Non-smoking:

11/19 – 11/21: 54 rooms

Group rate: \$70.00/night

Estimated miles: 3.04; Estimated minutes: 6

Comfort Inn East

8331 E. Walnut Street, Evansville, IN 47715

Telephone: 812/476-3600

Toll Free: 877/424-6423

Rooms blocked for Double Non-smoking:

11/19 – 11/21: 55 rooms

Group rate: \$69.00/night

Estimated miles: 13.12; Estimated minutes: 22

Hilton Garden Inn Evansville

220 Eagle Crest Drive, Evansville, IN 47715

Telephone: 812/476-4000

Toll Free: 877/782-9444

Rooms blocked for Double Non-smoking:

11/19 – 11/21: 30 rooms

Group rate: \$99.00/night

Estimated miles: 12.74; Estimated minutes: 21

Holiday Inn Express (West)

5737 Pearl Drive, Evansville, IN 47712

Telephone: 812/421-9773;

Toll Free: 888/465-4329

Rooms blocked for Double queen Non-smoking:

11/17—11/21: 24 rooms

Group rate: \$79.95/night

Estimated miles: 2.53; Estimated minutes: 6

For more hotel listings:

Evansville Convention & Visitors Bureau

Telephone: 812/421.2200

Toll Free: 800/433.3025

NCAA DIVISION II CHAMPIONSHIPS CODE OF CONDUCT

Conduct Policy Statement

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division II Championships Committee expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education, and promotes civility; therefore championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the championships committee will take strong action in response to any form of misconduct by student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and misconduct incident to the competition.

Misconduct

The championship handbook and NCAA Division II Manual Bylaw 31.02.3 defines misconduct as: **“... is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.”**

Expectations

Each games committee shall hold a pretournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct (as defined in Bylaw 31.02.3). The Division II Championships Code of Conduct is to be part of the championship packet, and delivered to all institutional representatives attending the championship events.

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 (i.e., between rounds of a basketball tournament) 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 actions of misconduct shall be dealt with in a timely manner by the governing sports committee.

Expectations for Student-Athletes, Coaches and Administrators

- Cooperate and participate in game ceremonies, team meetings, community engagement and championship ceremonies.
- Discuss misconduct and possible consequences with all members of the travel party.
- Have an administrator or designee present at all competitions.
- Communicate issues and concerns in an honest and timely manner with NCAA staff.
- Follow team, university and NCAA guidelines throughout all championship-related activities.
- Be respectful of other participants, spectators, coaches, administrators and other individuals at the championship site.
- Abide by state and federal laws, and facility requirements throughout the championship event.
- Display acceptable behavior on and off the playing field to ensure a positive experience for all participants.

Possible Penalties for Misconduct

In accordance with Bylaw 31.1.8.3, the governing sports committee (or the games committee authorized to act for it) may impose any one, or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the championship event. The penalties include, but are not limited to:

- Public or private reprimand of the individual;
- Disqualification of the individual from further participation in the NCAA championship involved and/or banishment of the individual from participating in one or more subsequent championships of the sport involved;
- Cancellation of payment of the Association's travel guarantee to the institution for the individuals involved;
- Withholding of all or a portion of the institution's share of revenue distribution;
- Banishment of the institution from participation in one or more subsequent championships in which its team in that sport otherwise would be eligible to participate;
- Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships; and/or
- Cancellation of all or a portion of the honorarium for hosting an NCAA championship.

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. Participation in these championship events is a privilege for the student-athletes, coaches and administrators and should be treated as such. Again, congratulations to you and your team. We hope this year's championships experience is one that you will cherish for years to come.

