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November 2016

Dear Cross Country Championship Participants:

Welcome to the 2016 NCAA Men’s and Women’s Cross Country Championships! Indiana State is pleased and honored to, once again, host this exciting event on the acclaimed LaVern Gibson Cross Country Course. I hope that you find your stay in Terre Haute enjoyable.

Congratulations to all of you for your tremendous achievements. Juggling the demands of an academic course load with those of high-level competition is never easy, and I commend you for your dedicated work in the classroom and on the course.

Best wishes to all of the competitors and their coaches. To the fans, we extend sincere appreciation for your support of intercollegiate athletics. Your encouragement plays an important part in the success of these fine young people.

Our athletics department staff, coaches, faculty, staff, students and other volunteers work very hard to put on an exceptional championship event. We hope that you enjoy the experience.

Good luck to one and all!

Sincerely,

Daniel J. Bradley
Dear Coaches,

It is with great anticipation that Indiana State University will once again host the NCAA Division I Men’s and Women’s Cross Country Championships. On November 19, 2016, the sport’s most talented collegiate athletes will compete in Terre Haute, Indiana – Cross Country Town, USA – at the LaVern Gibson Championship Cross Country Course. Recognized as one of the finest cross country venues in the nation, the course is designed to challenge runners while providing spectators with an expansive view of the action.

Please review the enclosed information when making your travel arrangements. Indiana State University, in collaboration with the NCAA Championship Committee, the great city of Terre Haute, the Terre Haute Convention and Visitors Bureau, and scores of volunteers have planned activities and events that are sure to provide a memorable championship experience for all student-athletes, coaches, parents, and fans.

The entire ISU community is honored to be a part of these extraordinary championships. The opportunity to witness supremely skilled student-athletes compete for the biggest prize in intercollegiate sports is truly awe-inspiring. Already, the excitement generated throughout the Wabash Valley is palpable. As you plan your itinerary, feel free to contact an athletics department staff member should you have questions or need assistance of any kind. We will do our best to ensure all needs are met.

Good luck with the remainder of the 2016 cross country season. We look forward to your safe arrival.

Warmest regards,

Sherard Clinkscales
Director of Athletics
Indiana State University

Department of Intercollegiate Athletics
Terre Haute, Indiana 47809

(812) 237-4040
Fax (812) 237-4913
Schedule of Events (all times are Eastern Standard)

**Thursday, November 17**
9 a.m. – 5 p.m.  
Course Inspection  
Wabash Valley Family Sports Center

5 – 6:30 p.m.  
**NCAA Cross Country Championships Banquet**  
Buffet dinner at Hulman Center, 200 N. Eighth St. Terre Haute, IN

7 – 9 p.m.  
**Blue Carpet Event, USTFCCCA Awards & Concert**  
Special concert featuring the band New Hollow at the Indiana Theatre, 683 Ohio Street, Terre Haute, IN

**Friday, November 18**
9 a.m. – 5 p.m.  
Course Inspection  
Wabash Valley Family Sports Center

10 a.m. – 2 p.m.  
**NCAA Declarations & Packet Pickup**  
Main Building, Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803

2 - 3:30 p.m.  
**NCAA Press Conference**  
Main Building, Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803

4 - 5 p.m.  
**NCAA Mandatory Technical Meeting for Coaches**  
Main Building, Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803

**Saturday, November 19**
8:00 a.m.  
Course open for participants & spectators  
(Please call 231-578-8302 or check Twitter at @IndStTrackField or @XCTownUSA for possible frost or weather delays)

9:40 a.m.  
Clerking begins for women’s competitors

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

10:40 a.m.  
Second gun fired (20 minutes to start)  
Final check-in at clerk’s tent for women’s competitors  
Clerking begins for men's competitors

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

10:52 a.m.  
National Anthem

11 a.m.  
**Women’s Championship 6K Race**

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

11:40 a.m.  
Second gun fired (20 minutes to start)  
Final check-in at clerk’s tent for men’s competitors

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

Noon  
**Men’s Championship 10K Race**

Approx. 1 p.m.  
**Presentation of Awards**
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>University/Location</th>
<th>Office/Email Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trey Clark</td>
<td>Head Track and Field Coach</td>
<td>Lamar University</td>
<td>211 Redbird Lane, Beaumont, Texas 77710; Office: 409-880-8318; Email: <a href="mailto:trey.clark@lamar.edu">trey.clark@lamar.edu</a></td>
</tr>
<tr>
<td>Andy Eggerth</td>
<td>Director of Track and Field/Cross Country</td>
<td>Kennesaw State University</td>
<td>590 Cobb Avenue – Mailbox 0201, Kennesaw, GA 30144; Office: 470-578-2801; Email: <a href="mailto:aeggerth@kennesaw.edu">aeggerth@kennesaw.edu</a></td>
</tr>
<tr>
<td>Herman Frazier</td>
<td>Deputy Athletics Director/Chief of Staff</td>
<td>Syracuse University</td>
<td>1301 East Colvin Street, Syracuse, New York 13244-5020; Office: 315-443-2561; Email: <a href="mailto:hrfrazie@syr.edu">hrfrazie@syr.edu</a></td>
</tr>
<tr>
<td>Sean Harris</td>
<td>Assistant Director</td>
<td>Pac-12 Conference</td>
<td>360 3rd Street, 3rd Floor, San Francisco, California 94107; Office: 253-249-8705; Email: <a href="mailto:sharris@pac-12.org">sharris@pac-12.org</a></td>
</tr>
<tr>
<td>Nicole Harvey</td>
<td>Assistant Commissioner/Compliance</td>
<td>Western Athletic Conference</td>
<td>9250 East Costilla Avenue #300, Englewood, Colorado 80112; Office: 303-962-4211; Email: <a href="mailto:nharvey@wac.org">nharvey@wac.org</a></td>
</tr>
<tr>
<td>Angie Lansing, Chair</td>
<td>Senior Woman Administrator</td>
<td>Indiana State University</td>
<td>401 North 4th Street, Arena 104B, Terre Haute, Indiana 47809; Office: 812-237-4091; Email: <a href="mailto:angie.lansing@indstate.edu">angie.lansing@indstate.edu</a></td>
</tr>
<tr>
<td>Julie Levesque</td>
<td>Senior Woman Administrator</td>
<td>University of Texas at El Paso</td>
<td>500 West University Avenue, El Paso, Texas 79968; Office: 915/747-7698; Email: <a href="mailto:jmlevesque@utep.edu">jmlevesque@utep.edu</a></td>
</tr>
<tr>
<td>Wendy McFarlane</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>University of Delaware</td>
<td>621 S. College Avenue, 134 Delaware Field House, Newark, Delaware; Office: 302-831-8738; Email: <a href="mailto:wendym@udel.edu">wendym@udel.edu</a></td>
</tr>
<tr>
<td>Sharlene Milwood-Lee</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>Farleigh Dickinson University</td>
<td>1000 River Road, Teaneck, New Jersey 07502; Office: 201-692-2242; Email: <a href="mailto:sharlene_milwood-lee@fdu.edu">sharlene_milwood-lee@fdu.edu</a></td>
</tr>
<tr>
<td>Ben Paxton</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Winthrop University</td>
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</tr>
<tr>
<td>Dave Smith</td>
<td>Director of Track and Field/Cross Country</td>
<td>Oklahoma State University</td>
<td>Stillwater, Oklahoma 74078; Office: 405-744-2108; Email: <a href="mailto:smidavm@okstate.edu">smidavm@okstate.edu</a></td>
</tr>
<tr>
<td>Matt Utesch</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Lehigh University</td>
<td>641 Taylor Street, Bethlehem, PA 18015; Office: 610-758-5188; Email: <a href="mailto:mau4@lehigh.edu">mau4@lehigh.edu</a></td>
</tr>
<tr>
<td>Secretary-Rules Editor</td>
<td>Mark Kostek</td>
<td></td>
<td>Cell: 515-208-8300; Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></td>
</tr>
<tr>
<td>NCAA</td>
<td>Jeff Mlynski</td>
<td>Assistant Director</td>
<td>Championships and Alliances, P.O. Box 6222, Indianapolis, Indiana 46206; Office: 317/917-6503; Fax: 317/917-6237; Cell: 317/874-7154; Email: <a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></td>
</tr>
<tr>
<td>NCAA</td>
<td>Anjellica Rospond</td>
<td>Coordinator</td>
<td>Championships and Alliance, P.O. Box 6222, Indianapolis, Indiana 46206; Office: 317/917-6075; Fax: 317/917-6237; Email: <a href="mailto:arospond@ncaa.org">arospond@ncaa.org</a></td>
</tr>
</tbody>
</table>
2016 Meet Officials

Meet Referee: Phil Henson
Clerk of the Course: George Brattain
Assistant Clerks: Bruce Cook, Phil Dant, Bill Farney, Larry Henning, Jim Teegardin
Head Starter: Nathan Smurdon
Recall Starters: Steve Barr, Larry Bemis, Lil Brunson, Bob Munoz, Tom Sawyer, Ed Stuffle
Start Line Marshalls: Stan Druckrey, Harry Keehn, Rod Leadley, Mike Mulrooney,
Announcer: Dennis McNulty
Announcer Assistants/Lead Carts: Jerry Aydt, Tom Dever, Justin Kunz, John Mascari
Timing: Record Timing
Video Coordinator: Mike Dason
Head Finish Line Official: Pat Rowland
Finish Area Coordinators: Tim Fears, Michelle Fowler, Pat Martin
Head Chute Coordinators: Erin Gilreath, Joe Sanders
Head Umpire: Merv Nolot
Umpires: John Blakely, Mark Borman, Jo Bormann, Les Chih, Damon Clements, Robert Flott, John Fuhs, Mary Beth Godsey, Charles Grady, Craig Hopkins, Linda Keuneke, Paul Knott, Lori Leo, Alfred Mendel, Curt Parrish, Mike Pennington, Al Perone, Ed Wallace, Kris Wallace
Marshalls: Rob Abraham, Tom Cierniak, Doug Cobb, Brian Conley, Dan Cummins, Todd Dion, Curtis Donley, Matt Holbrook, Kay Ireland, Mike Ireland, Robert Kissel, Jon Lee, Josh Lee, Jim Murray, Charlie Osborne, Elaine Osborne, Phillip Pillin, Don Richards, Bob Schulz, Jonathan Stevens, Bill Terry, Max Tuttle, Greggmar Swift, Dave Voltmer, Adarius Washington, Kirk Wrightsman
## Indiana State University Championship Planning Committee

**AREA CODE (812)**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Area Code</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Director</td>
<td>Jeff Martin</td>
<td>237-4332</td>
<td><a href="mailto:jeffrey.martin@indstate.edu">jeffrey.martin@indstate.edu</a></td>
</tr>
<tr>
<td>Asst. Meet Director</td>
<td>John Gartland</td>
<td>237-4019</td>
<td><a href="mailto:john.gartland@indstate.edu">john.gartland@indstate.edu</a></td>
</tr>
<tr>
<td>Asst. Meet Director</td>
<td>Dennis Darke</td>
<td>237-4158</td>
<td><a href="mailto:dennis.darke@indstate.edu">dennis.darke@indstate.edu</a></td>
</tr>
<tr>
<td>Budget</td>
<td>Angie Lansing</td>
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</tr>
<tr>
<td>Terre Haute CVB</td>
<td>David Patterson</td>
<td>249-5563</td>
<td><a href="mailto:david@terrehaute.com">david@terrehaute.com</a></td>
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<tr>
<td>Media Director</td>
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</tr>
<tr>
<td>Athletic Training</td>
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<td>237-4067</td>
<td><a href="mailto:Cody.Inskeep@indstate.edu">Cody.Inskeep@indstate.edu</a></td>
</tr>
<tr>
<td>Marketing/Promotions</td>
<td>Christina Lee</td>
<td>237-4092</td>
<td><a href="mailto:christina.lee@indstate.edu">christina.lee@indstate.edu</a></td>
</tr>
<tr>
<td>Officials &amp; Meet Personnel</td>
<td>Angie Martin</td>
<td>237-4165</td>
<td><a href="mailto:angela.martin@indstate.edu">angela.martin@indstate.edu</a></td>
</tr>
<tr>
<td>Technical Manager</td>
<td>John McNichols</td>
<td>237-4164</td>
<td><a href="mailto:john.mcnichols@indstate.edu">john.mcnichols@indstate.edu</a></td>
</tr>
<tr>
<td>Merchandise/Programs</td>
<td>Michelle Sorrell</td>
<td>237-4089</td>
<td><a href="mailto:michelle.sorrell@indstate.edu">michelle.sorrell@indstate.edu</a></td>
</tr>
<tr>
<td>Awards</td>
<td>Joel McMullen</td>
<td>237-4086</td>
<td><a href="mailto:joel.mcmullen@indstate.edu">joel.mcmullen@indstate.edu</a></td>
</tr>
<tr>
<td>Facility Set-up</td>
<td>Erin Gilreath</td>
<td>237-4044</td>
<td><a href="mailto:erin.gilreath@indstate.edu">erin.gilreath@indstate.edu</a></td>
</tr>
<tr>
<td>Facilities Coordinator</td>
<td>Matt Boll</td>
<td>237-4058</td>
<td><a href="mailto:mboll@indstate.edu">mboll@indstate.edu</a></td>
</tr>
<tr>
<td>Audio/Visual</td>
<td>Mike Dason</td>
<td>239-4207</td>
<td><a href="mailto:timingmd@gmail.com">timingmd@gmail.com</a></td>
</tr>
<tr>
<td>Banquet/Hospitality</td>
<td>Teresa Exline</td>
<td>237-7783</td>
<td><a href="mailto:Teresa.Exline@indstate.edu">Teresa.Exline@indstate.edu</a></td>
</tr>
<tr>
<td></td>
<td>Kay Ponsot</td>
<td>237-7768</td>
<td><a href="mailto:Kay.Ponsot@indstate.edu">Kay.Ponsot@indstate.edu</a></td>
</tr>
<tr>
<td>Blue Carpet Event</td>
<td>Kyle Walsh</td>
<td>237-4092</td>
<td><a href="mailto:kyle.walsh@indstate.edu">kyle.walsh@indstate.edu</a></td>
</tr>
<tr>
<td>Volunteers</td>
<td>Al Perone</td>
<td>237-8111</td>
<td><a href="mailto:aperone@indstate.edu">aperone@indstate.edu</a></td>
</tr>
<tr>
<td>Motor Pool</td>
<td>Tonya Sawyer</td>
<td>237-4173</td>
<td><a href="mailto:tonya.gimbert@indstate.edu">tonya.gimbert@indstate.edu</a></td>
</tr>
<tr>
<td>Public Safety</td>
<td>Ian Loomis</td>
<td>237-5555</td>
<td><a href="mailto:ianloomis@indstate.edu">ianloomis@indstate.edu</a></td>
</tr>
<tr>
<td>Sponsorships/VIP/</td>
<td>Jeremiah Turner</td>
<td>514-8574</td>
<td><a href="mailto:jturner@indstatefoundation.org">jturner@indstatefoundation.org</a></td>
</tr>
<tr>
<td>Ticket Manager</td>
<td>Jennifer Cook</td>
<td>237-3737</td>
<td><a href="mailto:Jennifer.cook@indstate.edu">Jennifer.cook@indstate.edu</a></td>
</tr>
<tr>
<td>Transportation</td>
<td>Pat Martin</td>
<td>208-9785</td>
<td><a href="mailto:Pat.Martin@terrehaute.in.gov">Pat.Martin@terrehaute.in.gov</a></td>
</tr>
<tr>
<td>Electrician</td>
<td>Tom Everett</td>
<td>237-8105</td>
<td><a href="mailto:Thomas.Everett@indstate.edu">Thomas.Everett@indstate.edu</a></td>
</tr>
<tr>
<td>Concessions/Parking</td>
<td>David Patterson</td>
<td>249-5563</td>
<td><a href="mailto:david@terrehaute.com">david@terrehaute.com</a></td>
</tr>
</tbody>
</table>
Indiana State University Athletic Training Services
2016 NCAA Cross-Country Nationals

Dear Athletic Trainer:

The athletic training staff at Indiana State University would like to welcome you to the 2016 NCAA National Championship Cross-Country meet held in Terre Haute, Indiana, on Saturday, November 19th. It is our hope that your team's stay will be safe and enjoyable. In order to enhance your experience at this meet we would also like to invite you to visit our Athletic Training Services Hospitality area where there will be food and beverages available. We hope that you will stop by, so that we can welcome you and provide you with an area to relax and interact with other professionals. The hospitality area will be located in the back of the medical tent adjacent to the main straightaway across from the finish line.

You will find a list of medical tent supplies listed below. Water and Powerade will be available at the start and finish lines. Members of our athletic training staff will be on the course at least two hours prior to the first race. We want to note that only Indiana State University Athletic Trainers will be allowed in the chutes. Your medical credential will be available for pickup from 10a-2p on Friday Nov 18th in the main building of the VFSC. Per the NCAA, we can only allow (1) credential per sport gender, per university; any additional medical credentials can be purchased for $10 on Friday at packet pickup. A certified athletic trainer will be available at the course with basic supplies while it is open for practice on Thursday & Friday; a physician will be present from 12p-3p on Friday. Our main athletic training facility is located in the Sycamore Center for Wellness and Applied Medicine on campus, and can be made available by prior arrangement. Please keep in mind this facility is located approximately 20 minutes from the course.

The following will be provided at the course on Saturday November 19th:

- Nationally Certified/Indiana Licensed Athletic Trainers
- (2) ALS Ambulances
- (2) Physicians
- Emergency equipment
- Water, Powerade, & Cups
- Ice
- Therapeutic Modalities (US, E-stim, & Hydrocollator)
- Basic First Aid Supplies
- Massage Therapy & Chiropractor tent (located next to the Medical Tent)
- Athletic Trainer Hospitality area (located in the back of the Medical Tent)

Below is a list of contact information to assist you in caring for your athletes.

- Cody Inskeep, M.S., LAT, ATC – Associate Director of AT Services, Head Track/XC Athletic Trainer
  
  (870) 405-8750 (Cell)  
  cody.inskeep@indstate.edu

- Shell Landis, M.Ed., LAT, ATC – Director of Athletic Training Services  
  (812) 237-4062 (Office)  
  (812) 917 9538 (Cell)  
  shell.landis@indstate.edu

- Brittany Todero, LAT, ATC – Graduate Assistant Athletic Trainer  
  (361) 241-7774 (Cell)

- Addam Kitchen, LAT, ATC – Graduate Assistant Athletic Trainer  
  (440) 752-2937 (Cell)

- Nico Merritt, LAT, ATC – Graduate Assistant Athletic Trainer  
  (312) 423-2499 (Cell)

- Janis Ingebrentsen, MD – Primary Care Physician  
  (812) 238-7878 (Office)  
  (812) 238-7911

- Terre Haute Ambulance, Fire, & Police
- Indiana State University Police  
  (812) 237-5555

- Union Hospital  
  (812) 238-7000

- Terre Haute Regional Hospital  
  (812) 232-0021

- Ambucare Clinic  
  (812) 232-5532

- Walgreens Pharmacy  
  (812) 234-5147

Please contact us if we can be of any assistance to you and your team. We look forward to seeing you at the 2016 NCAA Cross-Country National Championship!!!
## Athletic Training Services

There will be a training area set up at the course during practice on Thursday and Friday, and for Saturday's competition. The training tent will be located adjacent to the main straightway across from the finish line. The training tent is equipped with, Nationally Certified/Indiana Licensed Athletic Trainers, (2) ALS Ambulances, (2) Physicians, Emergency equipment, Water, Powerade, & Cups, Ice, Therapeutic Modalities (US, E-stim., & Hydrocollator) and Basic First Aid Supplies. A Massage Therapy & Chiropractor will be located next to the Medical Tent. We will be providing an Athletic Trainer Hospitality area located in the back of the medical tent for all visiting medical personal with an issued NCAA credential. If you have any special needs, please contact Cody Inskeep at 870-405-8750 or by email at cody.inskeep@indstate.edu.

### Training Tent Hours:

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 17</td>
<td>9 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Friday, November 18</td>
<td>9 a.m. – 5 p.m.</td>
</tr>
<tr>
<td>Saturday, November 19</td>
<td>8 a.m. – 2 p.m.</td>
</tr>
</tbody>
</table>

### Trainers on course:

Trainers will also be strategically placed throughout the course during competition and in a trail vehicle during each race. An ambulance will be onsite in case emergency transport is needed.

Student-athletes must present a prescription or letter of treatment from the institution’s certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions’ medical staff. Competing institution’s trainers will not be allowed on the course unless their student-athlete becomes injured or ill.

## Media/Press Conference Information

If you have any questions, please contact Tyler Wooten of the Indiana State University Sports Information Department at 812-237-4161 or via email at tyler.wooten@indstate.edu.

## NCAA Media Obligations

ALL STUDENT-ATHLETES AND COACHES MUST BE MADE AVAILABLE FOR MEDIA OBLIGATIONS.

Participation applies to all pre- and post-event press conferences and/or interview requests by the NCAA and its broadcast partners.

Failure to participate may result in misconduct, as determined by the NCAA Division I Cross Country/Track and Field Committee.

Student-athletes are allowed a maximum of a 10-minute cooling off period following their event before meeting with the media. If the student-athlete is ready prior to the 10 minutes, he or she can participate in interviews as soon as they are ready. However, they are not allowed to leave the competition area before conducting their media interviews. Interviews will be conducted in the mixed zone or interview room.
In the event that a student-athlete has been selected for drug testing, he or she must fulfill all media obligations before going to the drug testing center.

**Website**

NCAA.COM is the official website for the NCAA Division I Men’s and Women’s Cross Country Championships.

The below websites will house additional information relative to meet information, as well as information about Terre Haute, Indiana:

- [http://www.ncaa.org/championships/division-i-mens-and-womens-cross-country](http://www.ncaa.org/championships/division-i-mens-and-womens-cross-country)
- [www.XCTOWNUSA.COM](http://www.XCTOWNUSA.COM)
- [www.terrehaute.com](http://www.terrehaute.com)

**Media Credential Requests**

For all credential requests, please visit NCAA.com/media to begin the application process for the 2016 NCAA Division I Cross Country Championships. A confirmation email with additional information for media will be sent once the request has been approved. Should you experience any difficulties in applying for credentials, please contact Tyler Wooten, at Indiana State University, via phone 812-237-4161 or email tyler.wooten@indstate.edu.

**Meet Results**

Meet results can ONLY be obtained online.

- For those not attending the event, please visit either NCAA.COM or XCTOWNUSA.COM upon the completion of each race.
- At the conclusion of the championships and once the results have been deemed final, an email will be sent to all participating schools SID and head coach.

**Press Conferences**

**Pre-Race:**

A pre-race press conference with selected coaches and student-athletes will be held at the Main Building of the Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803 on Friday, Nov. 18, from 2 - 3:30 p.m. A member of the NCAA media team or Indiana State University sports information office will contact selected universities to participate in the pre-meet press conference.

**Post-Race:**

Media will have access to student-athletes after each race. Each student-athlete will be required to pass from the finish chute recovery tent through the media mixed zone tent following their allowable 10-minute cooling off period. Please be courtesy to each student-athlete by giving him/her time to cool down. Copies of coach and student-athlete quotes will be available in the media area located inside the Wabash Valley Family Sports Center to the east of the course. Video of the interviewees will also be made available through online and social media channels. We remind coaches and student-athletes that all appropriate NCAA regulations regarding participation in post-event press conferences and other regulations regarding apparel will apply.
Photography
There will be a photo box at the finish line area as well as near the start line. Photographers are expected to stay inside any roped off areas and must show credentials to gain admittance into media-only areas. You are permitted to shoot the runners on the course, but MAY NOT interfere with the participants directly or indirectly. Only photographers approved by the NCAA will be allowed into the finish chute area.

Press Materials
Please send all press materials, including notes and information guides, for the event to:

Indiana State University
401 N. Fourth Street
Arena 110B – Tyler Wooten
Terre Haute, IN 47809
Meet Information

Awards
Awards will be presented at the projected time of 1 p.m. for both the women and men. Team awards are presented to the top four teams. The top 15 individuals will be recognized and will receive an NCAA award. The USTFCCCA All America awards presentation, recognizing the top 40 individuals, will take place immediately following the conclusion of the NCAA awards ceremony. The award ceremonies will take place in the awards area located directly east of the finish line behind the green pole barn.

Banquet, Awards & Blue carpet event:

A special event for the 2016 NCAA Division I Men's and Women's Cross Country Championships will take place on Thursday, November 17th at the Indiana Theatre in Terre Haute, Ind. A special concert featuring the band New Hollow will take place for the student athletes and coaches that have qualified for the championships.

*New Hollow, formed in New Albany, Ohio, have been playing music since they were nine. They became a band by age 13. Citing influences including Pink Floyd, Jeff Buckley, The Smiths, Arctic Monkeys, Zeppelin, The Beatles, Sam Cooke, and Nirvana, New Hollow creates stellar harmonies and multi-instrumental skills that belie their ages. Their song “She Ain’t You” scored the teen trio a “Breakthrough Song” by Sirius XM’s The Pulse and was The Pulse’s #18 song of year, while Billboard cited them as one of the “Bands To Watch.”*

Festivities will begin at the ISU Hulman Center with an informal buffet dinner (inclusive of a carved turkey station, chicken sausage pasta, pasta with broccoli, green beans, cranberry cous cous & brown rice pilaf, fruit salad, rolls and assorted cookies and brownies for dessert). Teams can drop-in anytime from 5 to 6:30 p.m. Eastern. Teams may be dropped off on Cherry Street and enter and check-in at the south entrance of the ISU Hulman Center. Dinner parking for buses and team vehicles will be located in lot D which is located west of the ISU Hulman Center. A parking & drop off map has been included in the appendix.

Doors for the concert and awards ceremony will open to the Indiana Theatre at 6:30 p.m. Eastern with the program starting at 7 p.m. The USTFCCCA regional coaches and athlete awards will be presented during the concert. We encourage formal attire for those who plan to attend the event. Teams may be dropped off on Ohio Street at the main entrance of the theater. Parking for buses will be located in lot D which is located west of the ISU Hulman Center. Other team vehicles may park in the parking garage at 640 Ohio Street. See appendix for map.

Participating institutions will be required to request separate tickets for both the dinner and movie as is detailed in the following paragraphs. Note that the ISU Hulman Center and Indiana Theatre are separated by a quarter mile. Parking will be available at both venues and a free shuttle will be offered from the ISU Hulman Center to the Indiana Theatre following dinner.

Each institution that qualifies a team will receive seven (7) dinner and concert tickets for their student-athletes and an additional three (3) non-athletes per team to be used for coach(es), administrator(s) and/or manager(s). For teams that qualify 1-3 student-athletes they will receive
one (1) non-athlete ticket for the coach. For teams that qualify 4-6 student-athletes they will receive two (2) non-athlete tickets for use by coach and administrator or manager.

**The dinner and concert are considered separate events, so RSVP to both events is required.** Each team will be required to submit both their dinner and concert requests by no later than Tuesday, November 15 at noon Eastern to Anjellica Rospond, arospond@ncaa.org, as outlined in the selections letter. Teams will be responsible for utilizing the tickets requested or submitting payment for unused tickets. Additionally, tickets not requested by the deadline (Tuesday, November 15 at noon Eastern) will preclude teams from attending. Teams must check-in at the dinner and concert. A limited number of additional dinner tickets may be available for purchase onsite at the Hulman Center concourse for $20 each (IF seating is available), on a first-come, first serve basis. Cash and checks (made out to Indiana State University) will be accepted. NO CREDIT CARDS.

**Teams may pick up their banquet/concert wristbands on Thursday from 9 a.m. – 3:30 p.m. at the course in the press box and from 5:00 p.m. to 6:15 p.m. at the ISU Hulman Center south entrance concourse.**

**Credentials**
All credentials will be issued during packet pickup. Each institution that qualifies a team will receive a maximum of 13 credentials (eight student-athletes (7 declared and 1 replacement), three coaches, one administrator and one manager). Institutions qualifying individuals to the championships will receive a credential for each student-athlete and up to four additional (three coaches and one administrator/manager). Each institution will be allowed one additional credential if an athletic trainer or physician is accompanying the team. The medical credential will be administered by the host school’s sports medicine staff at packet pickup. All medical credentials require the individual to be present and show their photo identification to receive the credential.

Teams will also be allowed to purchase up to a maximum of **ONE** additional manager, administrator OR massage therapist credential at the cost of $10.

**Course Practice**
The course will be open for practice at the following times:

- **Thursday, November 17, 9 a.m. – 5 p.m.**
- **Friday, November 18, 9 a.m. – 5 p.m.**

The course MAY be closed due to weather or during early-morning hours if there is considerable frost on the race course. Runners will not be able to run on the course until it is cleared by meet management in order to preserve best possible course conditions for Saturday races. Please call 231-578-8302 or check Twitter at @IndStTrackField or @XCTownUSA for possible frost or weather delays.

**Evacuation/Severe Weather Plan**

NCAA Lightning Policy
Following NCAA protocol, we will be using an online lightning detection and weather monitoring system. Once lightning enters a 30-mile radius of the competition venue, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within a ten-mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

**If competition has to stop or the competition facility has to be cleared due to the above NCAA policy, the following procedure should be followed.**

An announcement will be made over the facility's public address system to seek a safe shelter from the weather. If this announcement is made, all athletes, coaches, team personnel, officials, volunteers and spectators should seek a safe shelter as soon as possible.

**Safe Shelter Locations**

The LaVern Gibson Championship Cross Country Course Management considers the main building of the Wabash Valley Family Sports Center, the restrooms/concessions area and cars/buses to be safe shelters.

If activities have been suspended, outside activity can resume only when lightning or thunder has not been detected for 30 minutes within the ten-mile warning ring. The clock restarts every time lightning or thunder is detected during the 30 minutes. No persons should be outside within the competition facility until the all clear has been given.

Once the all clear has been given and the facility has reopened, an announcement will be made over the facility's public address system.

**Severe Weather Policy for NCAA Cross Country Championships**

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 cross country/track and field committee will monitor the weather during the week and morning of the championships.

2. A phone number and Twitter account for information on delays and/or postponement has been established. The phone number is 231-578-8302 and Twitter handle is @IndStTrackField or @XCTownUSA. The host will leave a message at both the phone number and Twitter handle alerting coaches of different start times or a delay in course inspection times due to inclement weather.

3. The NCAA Cross Country/Track and Field Committee, in consultation with the host and head referee, will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day.
4. If the race has already begun and would have to be suspended in the middle of the competition, the cross country/track and field committee would recommend the following:

   **Men’s 10,000 meter** - If competition is suspended before the 3,000 meters 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.

   **Women’s 6,000 meter** - If competition is suspended before the 2,000 meters 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.

5. If necessary, competition may be postponed until the next day, per NCAA policy, with similar if not the same start times. This information must be communicated with all involved institutions.

** Appropriate provisions will be made to the facility to ensure the safety of competitors and spectators. The NCAA Cross Country/Track and Field Committee reserve the right to make changes to the above policies and schedules as they see fit.

**Course Markings:**
Double white lines, natural boundaries, and fencing mark the course. Umpires will be stationed on the course. Kilometer and mile markers will be located at all men’s and women’s mile and kilometer locations.

**Declarations/Entry Forms:**
Institutions are required to declare during packet pickup on Friday between 10 a.m. and 2 p.m. at the Main Building of the Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803. The runners declared for the national championships may be different than those that competed at the regional meet, but all must have appeared on the original entry form submitted prior to the regional championships. If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth, etc., set of chips and bibs), those additional chips and bibs must be returned to meet management at the clerking tent no later than 20 minutes prior to the start of the race. For additional information regarding entry forms and declarations please see the Division I Cross Country Pre-Championship Manual.

**Championships Clerking/Check-in Process**
The window for check-in will open 80 minutes prior to the start of each race (9:40 a.m. for the women and 10:40 a.m. for the men). Teams are encouraged to check-in as soon as possible, and not later than 20 minutes prior to their race.

When teams check-in at the clerking tent, they will be required to show that they have their hip numbers, chips on their spikes, bibs on their jersey, and that their uniforms meet the NCAA logo requirements. The head clerk will apply a small colored dot sticker to the bibs of student-athletes who have completed the check-in process. This will serve as a quick visual for assistant clerks at the start line that the student-athletes have completed the check in process. The clerking tent is also where teams are required to return any extra chips/bibs for additional student-athletes beyond the seven (7) that were declared.
Reminder: 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.

**Teams will NOT be allowed to check-in at the start line. All teams must check-in at the clerking tent.**

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 they are at the start line and have them report immediately to the tent for check-in.

**NCAA Division I Cross Country Championships Protest Process**

A protest tent/area will be located near the finish line. Forms will be available at the 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. There will be no jury of appeals and the referee's decision will be final. There will be two 15-minute protest periods, one following each of the races (women and men). Each of the protest windows will begin when the results of the race have been posted at the protest tent. There is a $50 protest fee (cash only) for each protest. The $50 fee will be returned should the protest be upheld.

**Locker Rooms:**

Locker rooms and showers will be made available on race day. The showers will be located in the Indiana State University Arena (Fifth & Chestnut Streets) which is located on the Indiana State University Campus.

**Drug Testing:**

Please see the 2016 NCAA Division I Cross Country Pre-Championships Manual for information.

*Note: If championship drug testing is NOT taking place at the championship and an individual record is set, the NCAA will assist with coordinating the test, but it will be the institutions responsibility to pay for any costs associated with the testing.*

**Packet Pick-Up:**

Declarations and packet pick-up will be from 10 a.m. to 2 p.m. on Friday, November 18, at the Main Building of the Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803.

**Meetings:**

All meetings are scheduled for Friday, November 18 at the Main Building of the Wabash Valley Family Sports Center, 599 S. Tabortown St, Terre Haute, IN 47803.

NCAA Press Conference with select student-athletes and coaches  2 - 3:30 p.m.
NCAA Mandatory Coaches Technical Meeting 4 – 5 p.m.

**NOTE:** Failure to attend the coaches’ technical meeting will result in a $200 fine/gender/institution.

**Scoring:**
NCAA rules for cross-country scoring will be followed. For scoring procedures, please consult the 2015-2016 NCAA Men’s & Women’s Track and Field/Cross Country Rules Book.

**Results:**
Each participating team will receive one copy of the official results as soon as possible after the NCAA Committee has verified the finishes. Results will also be available at the following websites:

- NCAA.COM
- XCTOWNUSA.COM

**Tent Rental:**
Complete Outdoor is the ONLY authorized business to set up tents within the facility. If you are needing to rent a tent, chairs, tables, or heaters please call George Patterson at Complete Outdoor Rental at 812-299-1777.

**Merchandising and Programs:**
Official NCAA cross country championships merchandise and programs may be purchased at the course on November 18th & 19th. The merchandise tent will be open on Friday from 11 a.m. until 4 p.m. and on Saturday from 8:30 a.m. until 2 p.m.

**NCAA Academic Recognition Program – Elite 90 Award:**
The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA’s 90 championships. Each institution that has at least one student-athlete qualify for the finals round/site is eligible to nominate a student-athlete to win the award for that championship. All ties are broken by number of credits completed. For more information regarding this program, please contact Mark Bedics at elite90@ncaa.org or 317-917-6222. All documents, including eligibility and nomination forms can be obtained at the following location – Elite 90 forms. The deadline to submit your student-athlete is 5 p.m. Eastern, Tuesday, November 15.

**Student-Athlete Participation Awards**
This year, a jacket and a pair of socks will serve as the participation awards provided to student-athletes and their travel party who advance to the championship final site.

Examples of jacket styles available are as follows:
After the championship, Main Gate will send the head coach an email providing ordering process details, along with a unique Certificate Code (valid for one participation award per member of your travel party) which can be redeemed only at www.NCAA-Awards.com. In order to ensure that each participant receives his or her award, a member of your administration must place your team’s order, including size information, at www.NCAA-Awards.com using your Certificate Code.

If you would like to purchase additional awards, you will have the opportunity to do so online via personal credit card at the end of the checkout process.

Participation award items will be sent to your institution for distribution to your student-athletes within four to six weeks after your order is placed. If you do not receive information for ordering awards within two weeks of the conclusion of the championship, please contact Erin Hannoy (ehannoy@maingateinc.com), Customer Service (866-945-7267), or your NCAA championship manager.
Uniforms/Misconduct

[Reference: Rules 4-3.1, 4-3.3, 4-3.4, 4-3.5, and 8-8 in the Rules Book and Bylaw 12.5.4 in the NCAA Manual.]

Uniform and logo rules contained in Rules 4-3.1., 4-3.3, 4-3.4, and 4-3.5 shall apply, in addition to the following.

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

Uniforms for all cross country team members must meet the following criteria:
• All cross country team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team;
• Visible undergarments on top (e.g., t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g., tights of any length) must be of an identical solid color.

Logos. An institution’s official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, arm warmers, 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 2¼ 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, 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 restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2¼ 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 during the conduct of competition, which includes pre-race or post-race 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.

The logo restriction on student-athletes’ apparel set forth in Bylaw 12.5.4 shall apply during NCAA championships to all personnel (e.g., coaches, trainers, managers) who are on the team bench for practices and games or who participate in news conferences.
Please note that those contracts between institutions and apparel manufacturers or distributors that include logo specifications may be honored, provided such contracts were in effect prior to August 11, 1998. Also, the logo restriction on student-athletes’ apparel set forth in Bylaw 12.5.4 shall apply to commercial logos on uniforms worn by band members, cheerleaders, dance team members and the institution’s mascot during NCAA championships events.

**Misconduct (Bylaw 31.1.10)**

**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 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 following this action. Other acts of misconduct may be dealt with at the governing sports committee’s convenience.

**Penalty for Misconduct.** A 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 competition or practice:

(a) Public or private reprimand of the individual;
(b) Disqualification of the individual from further participation in the NCAA championship involved;
(c) Banishment of the individual from participation in one or more following championships of the sport involved;
(d) Cancellation of payment to the institution of the Association's travel guarantee for the individuals involved;
(e) Withholding of all or a portion of the institution’s share of revenue distribution;
(f) Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
(g) Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
(h) Cancellation of all or a portion of the honorarium for hosting an NCAA championship; and
(i) Financial or other penalties different from (a) through (h) above, but only if they have prior approval of the Championships/Sports Management Cabinet.