# Table of Contents

Introduction/Welcome .................................................................1  
Host Welcome and Information ......................................................1  
NCAA Staff/Committee ...............................................................2  
Host Personnel ........................................................................3  
Schedule of Events ......................................................................3  
  Practice ..................................................................................3  
  Declarations/Packet Pick-up .......................................................4  
  Administrative Meeting ............................................................4  
  Community Engagement ............................................................4  
  Race Day Schedule ..................................................................5  
  Banquet ..................................................................................5  
  Clerking Procedures ..................................................................6  
Awards .........................................................................................7  
Championship Format ....................................................................8  
Competition Site ...........................................................................8  
  Course Information/Maps ..........................................................8  
  Facility Regulations ..................................................................8  
  Parking ..................................................................................9  
  Participant Entrance ...............................................................9  
  Team Tents ...........................................................................9  
  Starting Boxes .......................................................................9  
Drug Test ......................................................................................9  
General Information .....................................................................10  
  Banners and Artificial Noisemakers ...........................................10  
  Championship Websites ..........................................................10  
  Championship Merchandise ......................................................10  
  Concessions ..........................................................................10  
  Emergency Plans ....................................................................10  
  Hospitality ...........................................................................12  
  Lost and Found .......................................................................12  
  Programs ................................................................................12  
  Restrooms ............................................................................12  
  Scoring/Timing .......................................................................13  
  Security ................................................................................13  
  Spectator Entrance .................................................................13  
  Spectator Guidelines ...............................................................13  
  Webcast Information ...............................................................13  
Media Services .............................................................................13  
  Championship Websites ..........................................................13  
  Credentials for Media ...............................................................13  
  Interview Policies ....................................................................13  
  Media Interview Area ...............................................................14  
  Media Parking ........................................................................14  
  Media Services .......................................................................14
Results .................................................................................................................. 14
Videotaping/Photography .................................................................................. 14
Webcast Information ........................................................................................ 15
Medical .................................................................................................................. 15
   Ambulance ....................................................................................................... 15
   Athletic Trainers/Physicians ......................................................................... 15
   Concussion Management ............................................................................ 16
   Credentials for Medical Personnel ........................................................... 16
   First Aid ......................................................................................................... 16
   Hospitality and Emergency Services Information .................................... 17
   Medical Examinations ............................................................................... 17
Participant Expectations and Guidelines .......................................................... 17
   Code of Conduct Form ............................................................................... 17
   Competitor Numbers .................................................................................. 17
   Credentials .................................................................................................. 17
   Equipment and Uniform Check .................................................................. 18
   Participant Pronunciation Form ................................................................. 18
   Post Championship/Competition Site Evaluation ...................................... 18
   Protest Procedures/Appeals ...................................................................... 18
   Sports Wagering .......................................................................................... 19
   Squad Size .................................................................................................... 19
   Substitutes ..................................................................................................... 19
   Tobacco Ban .................................................................................................. 19
   Uniforms ......................................................................................................... 19
   Logo Policy .................................................................................................. 20
Tickets .................................................................................................................. 21
Travel/Transportation ......................................................................................... 21
   Directions ....................................................................................................... 21
   Institutional Travel Arrangements ............................................................. 21
   NCAA Travel Policies ................................................................................ 21
   Expenses/Reimbursement ......................................................................... 21
   Travel Party .................................................................................................. 21
   Band/Spirit Squad/Mascots.......................................................................... 22
   Lodging ........................................................................................................... 22
   Restaurants .................................................................................................. 22
   Local Attractions ........................................................................................ 22

APPENDIXES
   Course Maps ................................................................................................. A
   Participant Pronunciation Form ................................................................. B
   Directions ..................................................................................................... C
   Local Hotel Information .............................................................................. D
   Restaurants and Attractions ....................................................................... E
Introduction/Welcome

Congratulations on your selection to the 2016 NCAA Division II Men’s and Women’s Cross Country Championships! This manual includes important information regarding the championships. This manual is a supplement, not a substitute, for the 2016 NCAA Division II Men’s and Women’s Cross Country Pre-championships Manual. Additional information regarding the championships is available on NCAA.com and on NCAA.org (go to Division II, Championships, Cross Country (M/W)).

Host Welcome and Information

On behalf of the faculty, staff, and nearly 360 student-athletes of Saint Leo University, I would like to welcome the participating student-athletes, coaches, support staff, and fans to the 2016 NCAA Division II Men’s and Women’s Cross Country Championships!

At the heart of Saint Leo University is the belief in six Core Values that are rooted in the 1,500-year old Benedictine tradition. Two among those six Core Values are Community and Excellence. While you are with us for your short visit, we want welcome you into our Saint Leo community and hope you enjoy the hospitality of our University Campus home. We are all extremely proud to be your host this week in what I know will be a showcase for the Excellence represented in NCAA Division II athletics. I congratulate all the teams and individuals who have qualified for this national championship through their achievements at the regional championship level.

Our goal is to create a championship experience like none other – one filled with memories that you will keep for years to come. All of us within Saint Leo Athletics stand ready to fulfill this pledge, and I invite you to let me or any of my staff know how we may enhance your stay within our Saint Leo community.

Congratulations again on your qualification to the 2016 NCAA Division II Men’s and Women’s Cross Country Championships, and welcome to Saint Leo!

Kindest regards,

Francis X. Reidy
Director of Athletics
Saint Leo University

Saint Leo University
Saint Leo University (www.saintleo.edu) is a modern Catholic teaching university that is firmly grounded in the liberal arts tradition and the timeless Benedictine wisdom that seeks balanced growth of mind, body, and spirit. The Saint Leo University of today is a private, nonprofit institution that creates hospitable learning communities wherever students want to be or need to be, whether that is a campus classroom, a web-based environment, an employer’s worksite, a military base, or an office park. Saint Leo welcomes people of all faiths and of no religious affiliation, and encourages learners of all generations. The university is committed to providing educational opportunities to the nation’s armed forces, veterans, and their families. Saint Leo is regionally accredited to award degrees ranging from the associate to the doctorate, and guides all
students to develop their capacities for critical thinking, moral reflection, and lifelong learning and leadership.

The university remains a faithful steward of the beautiful lakeside University Campus in the Tampa Bay region of Florida, where its founding monks created the first Catholic college in the state in 1889. Serving nearly 15,000 students, Saint Leo maintains a physical presence in seven states and provides highly respected online learning programs to students nationally and internationally. Boasting 19 NCAA Division II athletic teams, the Saint Leo Lions compete in the Sunshine State Conference. More than 82,000 alumni reside in all 50 states, in Washington, DC, in three U.S. territories, and in 76 countries.

NCAA Staff/Committee

Morgan DeSpain, championships manager
Phone: 317-917-6505
Email: mdespain@ncaa.org

Donisha Carter
Phone: 317-917-6652
Email: dcarter@ncaa.org

Rachel Seewald, playing rules liaison
Phone: 317-917-6141
Email: rseewald@ncaa.org

Mark Kostek, Secretary-rules editor
Phone: 515-208-8300
Email: kostekmt@gmail.com

NCAA Division II Track and Field and Cross Country Committee

Jody Russell, Atlantic Region
Faculty Athletics Director
Lock Haven University
Phone: 570-484-2704
Email: jrussel3@lhup.edu

Kelley Kish, South Region
Associate Director of Athletics
Nova Southeastern University
Phone: 954-262-8280
Email: kkish@nova.edu

Steve Blocker, Central Region
Head Track and Field/Cross Country Coach
Emporia State University
Phone: 620-757-0052
Email: sblocke1@emporia.edu

Ryan Dall, South Central Region
Head Track and Field/Cross Country Coach
Texas A&M University-Kingsville
Phone: 919-824-4955
Email: ryan.dall@tamuk.edu

Lorne Marcus, East Region
Head Track and Field Coach
St. Thomas Aquinas College
Phone: 914-772-2437
Email: lmarcus@stac.edu

Lee Glenn, Southeast Region
Associate Director of Athletics
University of North Georgia
Phone: 706-867-3250
Email: lee.glenn@ung.edu

Andrew Towne, Midwest Region
Head Track and Field/Cross Country Coach
St. Thomas Aquinas College
Phone: 517-607-3155
Email: atowne@hillsdal.edu

Preston Grey, West Region, chair
Head Cross Country/Women’s Track and Field Coach
Azusa Pacific University
Phone: 626-533-6003
Email: pgrey@apu.edu
Host Personnel

Meet Director
Mike Madagan, Associate Athletic Director
Office: 352-588-8224
Cell: 352-467-0727
Fax: 352-588-8290
Address: 33701 SR 52 Bowman Center-Athletics Saint Leo FL 33574
Email: michael.madagan@saintleo.edu

Director of Athletics
Fran Reidy
Office: 352-588-8246
Cell: 352-467-0043
Fax: 352-588-8290
Address: 33701 SR 52 Bowman Center-Athletics Saint Leo FL 33574
Email: fran.reidy@saintleo.edu

Marketing Coordinator
Erin Mykleby, Assistant Athletic Director-Marketing, Fundraising, and Community Engagement
Office: 352-588-8223
Fax: 352-588-8290
Address: 33701 SR 52 Bowman Center-Athletics Saint Leo FL 33574
Email: erin.mykleby@saintleo.edu

Media/Public Relations Coordinator
Pete Lefresne, Assistant AD/Communications
Office: 352-588-7285
Cell: 207-578-2750
Fax: 352-588-8290
Address: PO Box 6665 MC 2038 Saint Leo FL 33574
Email: peter.lefresne@saintleo.edu

Facility Manager/Tickets & Concessions
Tyler Savin-Assistant Director of Athletic Facilities & Operations
Office: 352-588-7309
Cell: 516-965-4489
Fax: 352-588-8290
Address: 33701 SR 52 Bowman Center-Athletics Saint Leo FL 33574
Email: tyler.savin@saintleo.edu

Merchandise Sales
Jesse VerVelde, Graduate Assistant-Athletic Business Office
Office: 352-588-8290
Cell: 920-629-5478
Fax: 352-588-8290
Address: 33701 SR 52 Bowman Center-Athletics Saint Leo FL 33574
Email: tyler.savin@saintleo.edu

Assistant Athletic Director for Sports Medicine
Barbara Wilson
Office: 352-588-8222
Address: PO Box 6665 MC 2038 Saint Leo, FL 33574
Email: barbara.wilson@saintleo.edu

Athletic Trainer
Thomas Spock, Assistant Athletic Trainer
Office: 352-588-81112
Address: PO Box 6665 MC 2038 Saint Leo, FL 33574
Email: thomas.spock@saintleo.edu

Schedule of Events

Practice
The course will be available for practice from 8 a.m. to 5 p.m. Eastern time Thursday, Nov. 17 and 8 a.m. to 3 p.m. Eastern time Friday, Nov. 18. The course will be available for competitors from 6:30 to 8 a.m. Eastern time Saturday, Nov. 19. A certified athletic trainer will be available on the course during both practice and competition times.
Declarations/Packet Pick-up
Declarations and packet pick-up will be held from 9 to 11 a.m. Eastern time, Friday, Nov. 18 in Board Room C of the Student Community Center. Declarations must be made in person. The seven student-athletescompeting in the meet must be declared at this time. Coaches can declare student-athletes from the entry form submitted on DirectAthletics or any other eligible student-athletes. A representative of the student-athletes’ institution must declare for a team/individual. Late declarations will result in a fine of $400 per team per gender.

Administrative Meeting
A mandatory administrative meeting will be held at 11:30 a.m. Eastern time, Friday, Nov. 18, in Board Room A & B of the Student Community Center. All head coaches or their institutional designee are required to attend to hear important information specific to the championships and the course. Institutions failing to have representation at the meeting will be fined $200 per team per gender.

The Student Community Center is located at the center of the Saint Leo campus adjacent to the clock tower. The meeting rooms are on the first floor on the south end of the building above the campus dining hall. It is in walking distance from the course, and only accessible by walking from adjacent parking at the Bowman Activities Center or east of Kirk Hall on campus.

Community Engagement
All Division II championships will provide community engagement experiences for participating student-athletes and coaches. As a key part of Division II’s strategic position, community engagement emphasizes the relationship of athletics in strengthening communities.

Division II’s unique approach to community not only connects athletics with outreach opportunities, but also brings communities inside the division’s championship experience. Division II is committed to developing student-athletes and communities by actively engaging in shared experiences. The objective of community engagement is to build relationships by bringing communities to experience Division II events.

In an effort to expose the core value of community engagement within NCAA Division II and our national championships, each participating team will be invited to visit an area elementary school, after school program like a Boy’s and Girl’s club, YMCA, Veterans hospital, retirement village or children’s hospital, etc. to share experiences within those communities. In turn we will invite those youth and adults to support our student-athletes during our championship events. We may take part in such activities as reading programs, play days, and/or other community service events. The visit will be approximately one hour in length. The community outreach will give each participant a unique opportunity to interact with community members who have little or no exposure to your sport. All community members will receive a Division II autograph card and a small gift.

Once the teams or individuals have been selected, we will send a separate email with more specific language for your individual championship.
Race Day Schedule
The race day schedule will be as follows:

6:30 a.m.  Course available for participants
7:30 a.m.  Gates open to spectators
8:15 a.m.  National Anthem

Men’s 10,000-Meter Championship Race
7:10 a.m.  Men’s competitors clerking procedure begins (80 minutes prior to start)
8:10 a.m.  Men’s competitors called to the start (approximately 20 minutes to start)
8:20 a.m.  Second call to the start line (10 minutes to start)
8:25 a.m.  Start line is cleared of all non-competitors (5 minutes to start)
8:27 a.m.  Runners at the start line for instructions
8:30 a.m.  Start of Men’s 10,000-meter championship race

Women’s 6,000-Meter Championship Race
8:25 a.m.  Women’s competitors clerking procedure begins (80 minutes prior to start)
9:25 a.m.  Women’s competitors called to the start (approximately 20 minutes to start)
9:35 a.m.  Second call to the start line (10 minutes to start)
9:40 a.m.  Start line is cleared of all non-competitors (5 minutes to start)
9:42 a.m.  Runners at the start line for instructions
9:45 a.m.  Start of Women’s 6,000-meter championship race

10:45 a.m.  Present team trophies to men’s and women’s team champions near finish line
            (Tentative)

Banquet
The banquet will be held Friday, Nov. 18 at Busch Gardens Tampa Bay.

For busses and teams:
Travel SOUTH on I-75 to I-275 south to the Busch Boulevard Exit. (Exit # 50, formerly exit # 33)
Turn east (left) onto Busch Boulevard and proceed to the park. Turn left on McKinley (40th Street).
After turning in from McKinley, follow the poles to Bus Drop Off, located on the right-hand side
near the Front Gate.

For cars and guests:
Travel SOUTH on I-75 to I-275 south to the Busch Boulevard Exit. (Exit # 50, formerly exit # 33)
Turn east (left) onto Busch Boulevard and proceed to the park. Turn left on McKinley (40th Street).
Turn right into the main tollbooth parking for Busch Gardens and follow signs for Preferred Parking.

All guests will enter the park gates at the Egypt entrance. Gates will open at 4:30 p.m. with the
program beginning at 5 p.m. at the Moroccan Palace. NCAA Elite 90 awards and USTFCCCA
regional awards will be presented at the banquet. **All participating teams and individuals must attend the banquet.**
Each school will be allotted tickets for the official travel party. Teams will receive tickets for the participating student-athletes (up to seven) and two non-athletes. Individuals will receive tickets for the participating student-athletes and one non-athlete. If two or more individuals qualify from the same institution, they will only receive one additional banquet ticket (not one for each individual qualifier). Additional banquet tickets (limited availability) may be purchased in advance for $50.00. Teams will receive their banquet ticket allotment during packet pick-up.

To purchase banquet tickets, please contact Samantha Greiner.

Samantha Greiner  
Tampa Bay Sports Commission  
Office: 813-218-3881  
Cell: 973-479-0108  
Email: SGreiner@VisitTampaBay.com

**Security Procedures**

*Busch Gardens* has increased security procedures, which may result in slight delays while entering the park. As a part of this process:

All bags, backpacks and packages are subject to inspection prior to entering the park.

As a reminder, the following items are not permitted to be brought into *Busch Gardens* for the safety of our animals and our guests: weapons, knives, any other type of sharp objects, straws, large hard or soft coolers and any hazardous items or materials.

Please leave any unnecessary articles secured within your vehicle to expedite your entry into the park.

*Busch Gardens* is not responsible for fire, theft, damage or loss of vehicle including articles left within.

**NOTE:** Attire for the banquet is school/team apparel. There will be some walking required and rides available, so comfortable attire and shoes are highly recommended.

**Clerking Procedures**

The window for check-in will open 80 minutes prior to the start of each race. 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 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 for the student-athletes that have completed the check-in process. Reminder: Teams may not run more than seven (7) student-athletes.

**ALL TEAMS MUST CHECK-IN AT THE CLERKING TENT NEAR THE START 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 that 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 check if they are at the start line and have them report immediately to the tent for check-in.

**Awards**

**NCAA Championship Awards**
Awards will be presented following the women’s race to the top 15 individuals and top four teams from the men’s and women’s races. The national champion teams will receive hats and t-shirts as part of the NCAA Locker Room Program and will be presented with the national team trophy for photo opportunities.

**Additional Award Ordering**
Teams interested in ordering additional awards can visit [http://www.mtmrecognition.com/ncaa/](http://www.mtmrecognition.com/ncaa/). In order to be eligible to purchase an additional award, the student-athlete must have competed in the respective event.

**Elite 90 Awards**
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](mailto:elite90@ncaa.org) or 317-917-6222. All documents, including eligibility, deadlines and nomination forms can be obtained at the following location – [Elite 90 forms](http://www.mtmrecognition.com/ncaa/). You must be logged into the site to access the page.

The Elite 90 awards will be presented at the banquet Friday night. **Coaches must submit nominees for the Elite 90 award by noon, Friday, Nov. 11.**

**Participant Medallions**
Participant medallions will be provided to all student-athletes competing in the championships. These medallions will be distributed at declarations.

**Student-Athlete Participation Awards**
For 2016-2017, a jacket and pair of socks will serve as the participation awards provided to members of the official travel party of institutions that advance to the championship final sites.
After the championship, MainGate 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 official travel party) that 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 NCAA-Awards.com using your Certificate Code. Your institution must confirm one style and one color for your jacket order; men’s and women’s sizes are available. 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), MainGate Customer Service (866-945-7267) or the NCAA championship manager.

Championship Format
Teams and individuals qualify for the national championships through participation in the regional meets. Team and individual allocations for each region are outlined in the Pre-championships Manual, which is posted on NCAA.org. Teams and individuals advancing to the finals will receive official notification by 5 p.m. Eastern time, Monday, Nov. 7.

Competition Site
Course Information/Maps
Detailed course and competition site maps are included in Appendix A.

Facility
Water and restroom facilities will be available to participants and coaches in the starting area. In the finish area there will be water, sports drinks and limited snacks available for the competitors immediately at the exit from the finish corral.

Spectators may bring water to the course, and water will also be for sale in the concession areas.
Parking
Teams may park in the Abbey Course Parking Lot. A parking pass for all team vehicles will be distributed in packets to utilize on race day. Busses will need to drop off adjacent to the traffic circle located 50 yards past the entrance to the Saint Leo campus, and use the designated and police monitored crosswalk for access to the course and team tent area. The team tent area will be to the west of the Abbey Course parking lot and clubhouse. Signage will be visible throughout the parking lot to help direct teams to the tent area and participant entrance to the course. There will also be a mowed path through to the warm-up/team tent area from the parking lot and to the race start line.

Participant Entrance
There are two entrances into the Abbey Course for cross country. Teams in vans will have access to the parking lot directly off of State Road 52. The participant entrance is located at the entrance of the Abbey Course parking lot. For teams dropped off by bus on the SLU campus, they will access the course by foot adjacent to the parking entrance, but not through spectator entrance to the course. This area will have ample event management personnel and law enforcement officers to control vehicle and pedestrian traffic entering the Abbey Course parking lot to ensure that only participants enter through the participant entrance (and spectators in vehicles with handicapped tags for parking).

Team Tents
Team tents can be set up in the large field on the west side the Abbey Course parking lot. Tents can be set up starting on Friday, Nov. 18. This area will be unsecured so each institution is responsible for any loss or damaged property. Efforts will be made by event management personnel to limit access to all except those with participant credentials into the team tent area on race day.

Starting Boxes
Starting boxes will be assigned to teams and individuals by a random draw. Starting box assignments will be published online at NCAA.org on Monday, Nov. 14 and a copy of the assignments will be included in the packets.

Drug Testing
All student-athletes are subject to NCAA drug testing at all NCAA championships or in conjunction with all postseason certified events. The goal of the drug-testing program is to provide safe, fair and equitable competition as well as to protect the health and safety of all NCAA student-athletes participating in NCAA championships and postseason certified events.

The drug-testing program involves collecting urine specimens from student-athletes at various times throughout an NCAA championship. Student-athletes may be selected for drug testing based on their place of finish, playing time, position and/or an approved random selection method. A student-athlete may be selected for drug testing on more than one occasion during the championship event. All urine specimens provided by student-athletes are analyzed by a World Anti-Doping Agency (WADA) accredited laboratory and the results are then reported to the institution’s director of athletics.
The WADA laboratory analyzes each urine specimen for substances and related compounds from a list of banned-drug classes developed by the NCAA Executive Committee. The NCAA Banned-Drug Classes List is comprised of substances that are performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The 2016-17 list includes drugs in the following classes: stimulants, anabolic agents, diuretics and other urine manipulators, peptide hormones, street drugs, beta blockers and alcohol (rifle only) beta-2 agonists and anti-estrogens. Refer to the 2016-17 Drug-Testing Programs booklet or the NCAA Web site (www.ncaa.org/drugtesting) for the published list of banned drug classes and the procedural guidelines for testing. Athletic administrators are urged to review the NCAA Drug Education and Testing video, the NCAA Banned Drug Classes List as well as the NCAA Drug-Testing Program booklet with all coaches and student-athletes in advance of any NCAA championship or postseason certified event. Student-athletes who test positive as a result of a drug test administered by the NCAA or who breach the NCAA drug-testing program protocol shall lose one year of eligibility and shall be charged with the loss of a minimum of one season of competition in all sports.

Additional information regarding the NCAA’s championship drug-testing program can be found at www.ncaa.org/drugtesting.

General Information

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 upon discovery. Team flags/banners used by spectators will be permitted at the championships, but must remain off of the competition course. This policy will be strictly enforced.

Championship Websites
The official website for the championships is available at NCAA.com. Additional information specific to participants can be found on NCAA.org.

Championship Merchandise
Official NCAA championship merchandise will be available for purchase at the championships. Participants will also be given the opportunity to pre-order apparel through Event 1, Inc., the official souvenir merchandiser for the NCAA. Merchandise will be available for purchase at the following times and locations:

Friday, Nov. 18 – 9 a.m. to 12:30 p.m., Student Community Center Lobby
Saturday, Nov. 19 – 7:30 a.m. to 12 p.m., Abbey Course

Concessions
Concessions are located next to the golf pro shop on the paved area at the top of the hill next to the parking lot.

Emergency Plans
Following NCAA protocol, the host will be using WxSentry 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.

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 Division II Men’s and Women’s Track and Field and Cross Country Committee 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 track and field and cross country committee, 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 track and field and cross country committee reserves the right to make changes to the above policies and schedules as they see fit.

In case of natural/man-made disasters, severe weather, or other emergency situations the following buildings have been declared emergency shelters.
• All spectators will be instructed to depart the Abbey Course and seek shelter in appropriate
shelters on the Saint Leo Campus. Appropriate shelters will be Selby Auditorium in Lewis Hall
at the campus entrance, the Student Community Center lobby, and the Student Activities
Building lobby (both are adjacent to the clock tower in short walking distance from the Abbey
course).

• Participants should proceed to the Bowman Activities Center Gymnasium. They should use
their team transportation from the course to the shelter. They may access the building through
the parking garage/breezeway entrance beneath the Lacrosse Stadium on the north end of the
gym.

An announcement will be made by the public address system advising of the problem and occupants
should at that time leave the area for the closest designated shelter. Do not leave the designated
shelter until an all clear is advised by the department of public safety or a representative of the
department of public safety.

Hospitality
Light snacks and POWERADE product will be available for student-athletes at the championships
on race day. Equipment carrying any branding other than POWERADE will not be permitted
during NCAA championships and all products should be consumed out of the NCAA-provided
POWERADE branded water cups only. Hospitality will not be provided for coaches.

Lost and Found
There will be a lost and found area located at the merchandise table. Any items that have been
found will be announced over the public address system.

Programs
IMG is partnering with the NCAA to produce digital game programs for NCAA Championships.
All game programs can be viewed at www.ncaa.com/gameprograms. The program is free to view
and can be downloaded and printed in any way you see fit. Using a digital platform will allow
IMG to add extra pages to programs in addition to extending deadlines to allow for the most up-
to-date information to be included in the program. The NCAA and IMG College encourage all
participating schools to promote the digital publication link on athletics and school-affiliated
websites and social media outlets. Please share with student-athletes, faculty, alumni organizations
or any other group that may have interest, as well as local media outlets.

Mascots
Live animal mascots are not permissible.

Restrooms
Restrooms are located in the following areas; tent city, behind the start line, adjacent to The Abbey
Course parking lot and the concession/merchandise tents next to the golf pro shop.
Scoring/Timing
Leone Timing will be the official timers of the championships. Chips, bibs and hip numbers will be distributed in the packets. The races will be scored according to Rule 8-6 in the NCAA Track and Field and Cross Country Rules Book.

Security
Saint Leo Campus Safety and the Pasco Sheriff’s Office (PSO) are working collaboratively to provide security for the championships. Pasco Sheriff’s Deputies will be assisting at the crosswalk across State Road 52 between the Saint Leo campus and The Abbey Golf Course. Both PSO deputies and Saint Leo Campus Safety will be available on The Abbey grounds during the event.

Spectator Entrance
The spectator entrance is located south of State Road 52 along the walkway leading from the crosswalk to The Abbey Golf Course Pro Shop.

Spectator Guidelines
The courses will be monitored by designated marshals throughout the races. Spectators must be respectful of the competing student-athletes and should be aware of the runners at all times. Spectators shall remain off the actual course and should not cut across the course if they might impede a runner's progress. Only the appropriate officials/volunteers and competitors are allowed in the finish area.

Media Services
Important information regarding NCAA media policies can be found online at www.ncaa.com/media. For media questions specific to the 2016 NCAA Division II Cross Country Championships, please contact Pete Lefresne, Assistant AD for Communications at Saint Leo University, at 352-588-7285 or peter.lefresne@saintleo.edu.

Championship Websites
The official website for the championships is available at www.NCAA.com. Additional information specific to participants can be found on NCAA.org.

Credentials for Media
All media credential requests, including requests for institutional sports information personnel, must be submitted online at www.ncaa.com/media. Media credentials will be available for pickup in the lobby of the Marion Bowman Activities Center from 8 a.m. to 5 p.m. on Friday, Nov. 18. On Saturday, Nov. 19, media credentials may be picked up at the Participant Entrance to The Abbey course starting at 8 a.m. Eastern time.

For questions regarding media credentials, please contact Pete Lefresne, Assistant AD for Communications at Saint Leo University, at 352-588-7285 or peter.lefresne@saintleo.edu.

Interview Policies
Immediately after a 10-minute cooling-off period, interviews will open to all certified members of the news media; any coach and student-athletes requested by the media will be available for interviews.
Regardless of regular-season radio or television contract(s), the coach is obligated to the entire covering media during the championship and must report to the interview room immediately after the 10-minute cooling-off period. The coach cannot delay a post-competition interview with the covering media to conduct a program for a single newspaper, radio or television reporter unless requested to remain for a short interview (not to exceed four minutes) by the television entity that has been granted television rights by the NCAA.

Coaches cannot make themselves available to selected media representatives before the conclusion of the 10-minute cooling-off period. They may, however, open their dressing rooms and/or report to the interview area before the cooling-off period ends, and make themselves available to all media representatives staffing the championship. Should a coach permit one media agency access before the 10-minute cooling-off period has ended, access shall be granted to all other media representatives desiring access. The NCAA championships have an “open locker room policy,” which is administered by the media coordinator on site.

**Media Interview Area**
Media interviews will take place adjacent to the awards area.

**Media Parking**
Media parking will be available in Lot 8 on the Saint Leo campus, and a parking credential is required. Upon reaching the traffic circle after entering the campus, volunteers and Saint Leo Campus Safety personnel will direct vehicles with a parking credential to Lot 8; vehicles without a credential will be directed to parking lots designated for the general public. Please contact Pete Lefresne in Saint Leo Athletics Communications if you will need a parking credential.

**Media Services**
Media hospitality and services will be located in the Marion Bowman Activities Center on the Saint Leo campus, approximately a half-mile from The Abbey course finish area. Please contact Pete Lefresne, Saint Leo Assistant AD for Communications, at peter.lefresne@saintleo.edu or (352) 588-7285 in advance of the championship regarding any specific media needs you may have.

**Results**
Once results are official for each race, a copy of the results will be posted near the finish line on the results board. Additional copies will be printed for coaches only. Live results will be available at www.NCAA.com.

**Videotaping/Photography**
The NCAA owns all rights to all of its championships as listed in NCAA Bylaw 31.6.4.3. These rights include, in addition to the rights with respect to participation and admission, rights to televise (live and delayed), radio broadcasting, filming and commercial photography. NCAA Photos is the official championships photographer for the NCAA, which has the right to sell photographs of championship activity. NCAAPhotos.com currently provides member institutions, coaches, student-athletes and their parents’ access to photography online at a discounted rate. Member institutions have full access to the NCAA photo library found at NCAAPhotos.com for non-commercial use (e.g., for year books, on-site banners and posters, web, media guides, etc.).
Institutional videographers will be permitted to capture competition footage from the still photographer areas. These areas are designated by the championship sports committees in conjunction with the championship media coordinator. Each institution will be permitted to have one videographer for this purpose and will only be permitted to capture footage of events/contests in which it is participating. The NCAA will grant university permission to videotape this NCAA championship event for non-commercial uses only. Non-commercial uses include university banquet videos, recruiting videos, institutional PSAs, video boards, and institutional athletic hall of fames. In addition, the NCAA will permit institutions to use institutional videographer footage captured for two commercial uses: 1) Use on the official institution athletic Web site, and 2) Institution coach’s shows.

Institution and videographer understand that any violation of the above policies WILL result in an infringement of the NCAA’s copyright. Copyright infringement could result in a financial penalty to be paid to the NCAA. In addition, the NCAA reserves all other sanctions including but not limited to institutional photographer/videographer privileges being revoked for up to a five-year period for all NCAA championships competition.

Webcast Information
The championships will be streamed live on NCAA.com. To access the live stream, go to www.NCAA.com. A link to view the races will be available on the day of the championships.

Medical
Ambulance
An ambulance will be on site Saturday, November 19 from 7 to 11:30 a.m.

Athletic Trainers/Physicians
Certified athletic trainer(s) will be available in the Bowman Center’s Athletic Training Room and can assist the participating institutions’ sports medicine staff at any time during the scheduled practice times Thursday, Nov. 17 and Friday, Nov. 18. The training room will be open to student-athletes and coaches from 8 a.m. to 5 p.m. Thursday, Nov. 17, and from 8 a.m. to 6 p.m. Friday, Nov. 18.

A representative from Saint Leo’s Athletic Training Room will be on-site at The Abbey Golf Course throughout the practice session on Thursday, Nov. 17 (8 a.m. to 5 p.m.) and Friday, Nov. 18 (8 a.m. to 3 p.m.).

Certified athletic trainer(s), EMT’s and the team physician(s) will be on site during competition times, starting at 7 a.m. on race day. The on-site training room will be located just adjacent to the finish line. Water and PowerAde will be available during all designated times for practice and competitions.

Marion Bowman Athletic Training Hours
Thursday 8 a.m. to 5 p.m.
Friday 8 a.m. to 6 p.m.
There will also be a training area set up on the course Saturday, Nov. 19. If you have any special needs, please contact Thomas Spock (Office: 352-588-8112, Cell: 813-468-1355 or Email: thomas.spock@saintleo.edu). If you are unable to reach Tom, please contact Barbara Wilson (Office: 352-588-8222; Cell: 352-467-0292 or Email: barbara.wilson@saintleo.edu).

Concussion Management
The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician’s designee from the student-athlete’s institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance.

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the “NCAA Sports Medicine Handbook Guideline on Concussions” online at www.NCAA.org/health-safety.

Credentials for Medical Personnel
Institutional athletic trainers/physicians may request a medical credential by contacting Tom Spock (352-588-8112; thomas.spock@saintleo.edu). Medical credentials can be picked up at packet pick-up or in the athletic training room. Medical credentials may only be used by licensed and certified medical staff not for any other institutional members or affiliates and are not transferrable.

First Aid
The main medical tent will be located at the finish line. A medical vehicle will follow the runners in each race. The official meet physician/athletic trainer will be designated and communicated at the coaches meeting. All medical scratches/substitutions must be approved by the official meet physician/athletic trainer.
Hospital and Emergency Services Information
Florida Hospital of Zephyrhills
7050 Gall Blvd
Zephyrhills, FL 33541

Florida Hospital of Wesley Chapel
2600 Bruce B Down Blvd
Wesley Chapel, FL 33544

Bayfront Health of Dade City
13100 Fort King Road
Dade City, FL 33525

Centra Care – Wesley Chapel
1127 Bruce B Downs Blvd
Wesley Chapel, FL 33544

For an emergency, dial 911.

Medical Examinations
As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA tournament physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness or other medical condition (e.g., skin infection) may expose others to a significantly enhanced risk of harm and, if so, to disqualify the student-athlete from continued participation. For all other instances, the student-athlete’s on-site team physician can determine whether a student-athlete with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA tournament physician will examine the student-athlete and has valid medical authority to disqualify him or her if the student-athlete’s injury, illness or medical condition poses a potentially life threatening risk to himself or herself. The chair of the governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Participant Expectations and Guidelines

Code of Conduct Form
All institutional representatives traveling to the championships are expected to adhere to the NCAA Division II Code of Conduct. Guidelines for the code of conduct are outlined on the Code of Conduct Form available online (NCAA.org, Division II, Championships, Cross Country (M/W), Links/Resources, Code of Conduct Form).

All institutional representatives should have signed and submitted the Division II Code of Conduct form prior to regional competition. If any additional individuals are traveling to the championships who did not sign the original form for the regional meet, teams must submit an updated form by Friday, Nov. 11 to the appropriate regional committee representative.

Competitor Numbers
Participating student-athletes will be assigned numbers by the timing company. Bibs, hip numbers, and chips will be included in the team packets, along with a roster of each assigned number.

Credentials
Each team will receive credentials for their official travel party. Media credentials must be requested online at www.ncaa.com/media. Athletic trainer credentials must be requested through
the designated host trainer. **Only one medical credential is available per institution per gender. ANY MISUSE OF CREDENTIALS WILL RESULT IN A MISCONDUCT.**

**Equipment and Uniform Check**
Uniform, number, shoe and logo rules will be enforced prior to the start of the race. Warnings will be given to any student-athletes violating the rules, and a report of uncorrected violations shall be made to the referee and the offending competitor's coach.

**Locker Rooms**
After the meet, men’s and women’s locker rooms will be available for participant use in the Marion Bowman Activities Center. Towels will NOT be provided.

**Participant Pronunciation Form**
Please complete the pronunciation form (**Appendix B**) and return to Donisha Carter ([dcmarter@ncaa.org](mailto:dcmarter@ncaa.org)) by **Friday, November 11**.

**Post-Championship/Competition Site Evaluation**
After the championships, coaches will be provided (via e-mail) a link to an online survey of the championships. Coaches should complete the survey themselves and forward it on to all participating student-athletes. **Coaches’ assistance in forwarding the e-mail is crucial to this process.** We appreciate your involvement in helping the NCAA with this important work.

**Protest Procedures/Appeals**
All protests must be filed on the official protest form, available at the assigned protest area. One copy shall be posted in the designated protest area, and the other copies shall be given to the referee. A protest must be filed no later than 15 minutes after the official results are posted for that respective race. All institutions involved in the protest will be notified of the protest and the decision. The referee’s decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach and one shall be placed in the committee’s files. A $50 deposit is required for all protests, which will be returned if the protest is successful in reversing the decision. If the violation that is being protested was called by the referee, the protest will be referred directly to the jury of appeals for review.

As part of the protest process, the decision of the referee may be appealed through the appointed jury of appeals, in writing, not later than 15 minutes after the decision of the referee has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee shall be upheld. No further appeal is available. The result of an appeal shall be posted and the affected coaches notified. A $50 deposit is required for all appeals, which will be returned if the appeal is granted.

The NCAA Division II Track and Field and Cross Country Committee will serve as the jury of appeals for the 2016 NCAA Division II Cross Country Championships.

**Correctable Error.** Within 72 hours after the last event of a meet, results can be corrected if administrative errors are detected (i.e., incorrect calculation of team, individual or combined-event scores, timing error).
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.

Squad Size
Participating teams are limited to a maximum of seven runners in uniform. An institution that is advised it is in violation of this regulation and does not promptly conform to it shall automatically forfeit the competition. There shall be no inordinate delay of the competition to allow the institution to conform to the rule. If fewer than five competitors from one institution compete in the regional qualifying meets or national championships, they will compete as individuals only.

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 possible participants must be NCAA eligible student-athletes.

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.

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

Uniforms
When engaged in competition, each competitor must wear an official team uniform with components governed by the rules or be subject to disqualification. Wearing any part of the official
team competition uniform illegally while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor’s coach. Uniforms for all cross country student-athletes must meet the following criteria:

a. A uniform consists of two school-issued components—shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (i.e., sweat pants, tights) that is school-issued becomes the official uniform, when worn.
b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
c. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for competitors’ numbers to be placed above the waist, front and back.
d. Uniform tops must be worn so to not obscure hip numbers.
e. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
f. The use of, or wearing of, artificial noisemakers by competitors is prohibited.
g. 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.
h. 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.

Logo Policy
(Reference: Bylaw 12.5.4 in the NCAA Divisions 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 following criteria are met:

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

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 2 1/4 square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athlete’s institution’s official uniform and all other items of apparel shall not bear a design element similar to the manufacturer’s trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

For more information regarding players’ equipment and uniforms, refer to Rule 4 of the NCAA Track and Field and Cross Country Rules Book.
Tickets

Ticket prices for the 2016 NCAA Division II Men’s and Women’s Cross Country Championships will be as follows:

- Adult: $8
- Students (w/ valid ID): $5
- Seniors (62-and-older): $6
- Children (2-and-under): Free
- Military (w/ valid ID): Free

Advance tickets may be purchased a) online at [www.diicrosscountry.com](http://www.diicrosscountry.com) and selecting the “Tickets” link, and b) at the merchandise sales location in the lobby of the Student Community Center from 9 a.m. to 12:30 p.m. on Friday, Nov. 18.

Travel/Transportation

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

Directions to Course
See Appendix C.

Institutional Travel Arrangements
Once selected, institutions should contact Short’s Travel Management, the NCAA travel service, at 866-655-9215 to make air travel arrangements. Teams located within 500 miles of the competition site are required to travel via ground transportation. If extraordinary circumstances warrant an exception to the established travel policies, you must contact the NCAA’s travel department at 317-917-6757 or travel@ncaa.org for approval prior to making any travel arrangements.

NCAA Travel Policies
All NCAA travel policies can be found on the NCAA website at NCAA.org, (Division II, championships, championship resources, travel and reimbursement information).

Expenses/Reimbursement
Expense reimbursement for participation in the championships will be filed through an online system. All competing institutions must request reimbursement through the system in order to receive the appropriate reimbursement. Transportation expenses and per diem allowances shall be provided for all qualifying student-athletes and all eligible non-athletes. The Travel Expense System (TES), as well as per diem allowance policies, are available on the NCAA website at NCAA.org, Division II, championships, championship resources, travel and reimbursement information.

Travel Party
Institutions that qualify one to four individuals for the championships will receive transportation reimbursement and per diem for the participating student-athletes and one non-athlete. Institutions that qualify a team (five to seven student-athletes) will receive transportation reimbursement and
per diem for the participating student-athletes and two non-athletes. Transportation expenses and per diem shall be paid for the finals competition and not for regional qualifying meets.

**Band/Spirit Squad/Mascots**
A maximum of 30 band members plus the director, 12 uniformed spirit squad members plus the sponsor, and one costumed mascot will be admitted free of charge via a gate list. Live animal mascots are not permitted. The institution may purchase additional tickets for band members; however, no more than 30 will be permitted to play during any session.

**Lodging**
A list of hotels and the room rate for each hotel is available in **Appendix D**.

**Restaurants**
A list of local dining options is available in **Appendix E**.

**Local Attractions**
Visit [https://www.visittampabay.com/](https://www.visittampabay.com/) for a list of local attractions.
The start of the course is flat for approximately 150 meters where it then meets a gradual incline (approximately 2%) for about 700 meters. The course begins to gradually make a right hand turn, where there is an approximately 2% decline for about 700 meters. After the first mile marker the course makes a gradual 180 degree turn to head back up an incline of about 2% for approximately 1 kilometer. The course then makes a gradual left turn to head down an approximate 2% decline for 200 meters followed by 2 gradual right turns separated about 100 meters apart. The course then makes a gradual left turn to head south for approximately 100 meters. Another gradual left hand turn occurs which takes the runners in a “backwards C” loop with a distance of approximately 400 meters. As the course comes out of the backwards C loop it remains straight and relatively flat for approximately 600 meters heading west. The course then takes a gradual left heading south and follows a square-like field with gradual right hand turns at a relatively flat grade. The women’s course then proceeds to follow the same loop for 1.5 miles upon which it makes a straight path for the finish line for 100 meters with a gradual left turn making the last 150 meters a straight finish.
SAINT LEO UNIVERSITY
Division II Cross Country Championships
Facility Diagrams-MEN’S COURSE

The start of the course is flat for approximately .50 meters where it then meets a gradual incline (approximately 2%) for about 600 meters. The course begins to gradually make a right hand turn, where there is an approximately 2% decline for about 700 meters. After the first mile marker the course makes a gradual 180 degree turn to head back up an incline of about 2% for approximately 1 kilometer. The course then makes a gradual left turn to head down an approximate 2% decline for 200 meters followed by 2 gradual right turns separated about 100 meters apart. The course then makes a gradual left turn to head south for approximately 100 meters. Another gradual left hand turn occurs which takes the runners in a “backwards C” loop with a distance of approximately 400 meters. As the course comes out of the backwards C loop it remains straight and relatively flat for approximately 600 meters heading west. The course then takes a gradual left heading south and follows a square-like field with gradual right hand turns at a relatively flat grade. The men’s course then proceeds to follow the same loop for approximately 6 more kilometers where it then makes a gradual right hand turn creating an ‘s’ shape to the finish with approximately a 150 meter straightway into the finish with a an approximate 1.5% gradual decline.
2016 NCAA Division II Men’s and Women’s Cross Country Championships
Team Pronunciation Form
(Please Print)

School__________________________________________________________

Team Colors______________________________________________________

Team Nickname____________________________________________________

<table>
<thead>
<tr>
<th>Student-Athlete(s) Name</th>
<th>Phonetic Pronunciation</th>
<th>Previous Individual Placement at Nationals w/Year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2015 National Team Finish__________________________________________

2014 National Team Finish__________________________________________

Head Coach_______________________________________________________

Assistant Coach(es)_______________________________________________
DIRECTIONS

Directions to Saint Leo University/The Abbey Golf Course
The campus of Saint Leo University and The Abbey Golf Course are located in the town of Saint Leo, Florida.

Traveling North or South
Take I-75 to Exit #285. Head EAST on Highway 52 for about 4 miles. Saint Leo University will be on your left, the Abbey Course is located on the right. Please note: there is construction northbound and southbound on I-75 between Exit 285 and Exit 279 (the Zephyrhills/Wesley Chapel exit) and backups/slowdowns occasionally occur.

Traveling from Orlando
Take I-4 WEST and Exit 32 in Lakeland. Travel NORTH on Hwy 98 until it merges with Hwy. 301 in Dade City. Turn right onto Hwy 301 and at the first light, Clinton Avenue, turn left. The road ends into Prospect Street and turn right. At the light, turn left onto Hwy 52. Saint Leo University will be on your right. Average drive time from Orlando is 1 ½ hours.
LODGING INFORMATION

Identify yourself as being in town for the 2016 NCAA Division II Men’s and Women’s Cross Country Championships. If you have any questions on the hotels or rates listed below, please contact the Tampa Bay Sports Commission at TDiaz@VisitTampaBay.com.

OFFICIAL HOTELS FOR THE 2016 NCAA DII CROSS COUNTRY CHAMPIONSHIPS:

SPRINGHILL SUITES TAMPA NORTH
5396 Primrose Lake Circle
Tampa, FL. 33647
813-558-0300
Rate: $119.00 Double Occupancy, $119.00 King
21.6 miles from Abbey Course

HILTON GARDEN INN TAMPA NORTH
13305 Tampa Oaks Blvd.
Temple Terrace, FL 33637
813-342-5000
Rate: $115.00 Double Occupancy, $115.00 King
24.4 miles from Abbey Course

ADDITIONAL HOTELS FOR THE 2016 NCAA DII CROSS COUNTRY CHAMPIONSHIPS:

NORTH TAMPA DISTRICT

CLARION HOTEL AND CONFERENCE CENTER
2710 East Fowler Ave.
Tampa, FL. 33612
813-971-4710
http://www.clarionhoteltampa.com
Rate: $75.00 Single, $85.00 Double Occupancy
27.3 miles from Abbey Course

HAMPTON INN & SUITES TAMPA NORTH
8210 Hidden River Parkway
Tampa, FL. 33637
813-903-6000
http://www.Tampanorthsuites.hamptoninn.com
Rate: $109.00 Single, $119.00 Double Occupancy, $129.00 Triple Occupancy, $139.00 Quad
24.7 miles from Abbey Course
HOLIDAY INN EXPRESS NEW TAMPA
8310 Galbraith Road
Tampa, FL 33647
813-910-7171
http://www.Hisuitestampa.com
Rate: $129.00 Single, $129.00 Double Occupancy, $139 Triple, $149.00 Quad
21.2 miles from Abbey Course

RESIDENCE INN TAMPA NORTH
13420 North Telecom Parkway
Tampa, FL 33637
813-972-4400
http://www.Residenceinntampa.com
Rate: $139.00 Single, $169.00 Double Occupancy
24.9 miles from Abbey Course

TOWNEPLACE SUITES TAMPA NORTH
6800 Woodstock Blvd.
Tampa, FL 33637
813-975-9777
http://www.Townplacesuitestampa.com
Rate: $129.00 Single, $159.00 Double Occupancy
25.0 miles from Abbey Course

DOWNTOWN TAMPA

COURTYARD TAMPA DOWNTOWN
102 E. Cass St.
Tampa, FL 33602
813-229-1100
http://www.Courtyardtampadowntown.com
Rate: $149.00 Single, $149.00 Double Occupancy
33.5 miles from Abbey Course

THE BARRYMORE HOTEL TAMPA RIVERWALK
111 W Fortune St.
Tampa, FL 33602
813-223-1351
http://www.Barrymorehotel.com
Rate: $99.00
33.4 miles from Abbey Course

WESTSHORE (TAMPA) DISTRICT

CROWNE PLAZA TAMPA WESTSHORE
5303 W. Kennedy Blvd.
Tampa, FL 33609
APPELLIX D

813-289-1950
http://www.Cptampawestshore.com
Rate: $129.00 Single, $129.00 Double Occupancy, $139.00 Triple Occupancy, $139.00 Quad Occupancy
37.7 miles from Abbey Course

HILTON TAMPA AIRPORT WESTSHORE
2225 N. Lois Ave.
Tampa, FL 33607
813-874-5015
http://www.Tampaairport.hilton.com
Rate: $109.00
36.8 miles from Abbey Course

HOLIDAY INN TAMPA WESTSHORE
700 N. Westshore Blvd.
Tampa, FL. 33609
813-289-8200
http://www.Tampahi.com
Rate: $99.00
36.8 miles from Abbey Course

HYATT PLACE TAMPA WESTSHORE
4811 W. Main St.
Tampa, FL. 33607
813-282-1037
http://www.Tampaairport.place.hyatt.com
Rate: $129.00

SPRINGHILL SUITES TAMPA WESTSHORE
4835 West Cypress St.
Tampa, FL 33607
813-639-9600
http://www.Marriott.com/tpash
Rates: $109.00

HOMEWOOD SUITES TAMPA AIRPORT
5325 Avion Park Dr.
Tampa, FL 33607
813-282-1950
Rate: $109.00 Single, $189.00 Quad Occupancy (sleeps 8)
HILTON GARDEN INN TAMPA AIRPORT WESTSHORE
5312 Avion Park Dr.
Tampa, FL 33607
813-289-2700
Rate: $109.00

TOWNEPLACE SUITES BY MARRIOTT TAMPA WESTSHORE/AIRPORT
5302 Avion Park Dr.
Tampa, FL 33607
813-282-1081
Rate: $109.00

RESIDENCE INN BY MARRIOTT TAMPA WESTSHORE AIRPORT
4312 W. Boy Scout Blvd.
Tampa, FL 33607
813-877-7988
Rate: $109.00
# RESTAURANT GUIDE

## Pasco County (Saint Leo/Dade City/Zephyrhills/Wesley Chapel)

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef O'Brady's</td>
<td>352-567-4136</td>
<td>14136 7th Street</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Smitty's Smokehouse &amp; Grill</td>
<td>352-523-2007</td>
<td>12830 US Hwy 301</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Little Mexico Restaurant</td>
<td>352-521-5675</td>
<td>14314 7th Street</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Ruby Tuesday's</td>
<td>813-783-1115</td>
<td>7909 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33541</td>
</tr>
<tr>
<td>George &amp; Glady's Bar-B-Que</td>
<td>352-567-6229</td>
<td>19215 US Hwy 301</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Outback Steakhouse</td>
<td>813-435-1350</td>
<td>5710 Oakley Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>34639</td>
</tr>
<tr>
<td>Jersey Mike's Subs</td>
<td>813-973-0600</td>
<td>1662 Bruce B. Downs Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Sonny's BBQ</td>
<td>813-994-8989</td>
<td>5324 Bruce B. Downs Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Texas Roadhouse</td>
<td>813-907-8188</td>
<td>26409 Silver Maple Pkwy</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>34639</td>
</tr>
<tr>
<td>Beef O'Brady's</td>
<td>813-929-7744</td>
<td>1660 Bruce B. Downs Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>34639</td>
</tr>
<tr>
<td>Applebee's Neighborhood Grill</td>
<td>813-994-6444</td>
<td>28422 Wesley Chapel Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>34639</td>
</tr>
<tr>
<td>Cracker Barrel</td>
<td>813-973-4884</td>
<td>5636 Oakley Blvd</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>34639</td>
</tr>
<tr>
<td>Sonny's BBQ</td>
<td>813-782-4272</td>
<td>6606 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33542</td>
</tr>
<tr>
<td>Golden Corral Buffet &amp; Grill</td>
<td>813-788-8969</td>
<td>6855 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33542</td>
</tr>
<tr>
<td>Chili's Bar &amp; Grill</td>
<td>813-788-0315</td>
<td>7643 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33542</td>
</tr>
<tr>
<td>Beef O'Brady's</td>
<td>813-780-7717</td>
<td>7833 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33542</td>
</tr>
<tr>
<td>Jersey Mike's Subs</td>
<td>813-782-1956</td>
<td>7890 Gall Blvd</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33541</td>
</tr>
<tr>
<td>On Que Smokehouse Grill</td>
<td>352-668-4821</td>
<td>33030 SR 52</td>
<td>Saint Leo</td>
<td>Florida</td>
<td>33576</td>
</tr>
<tr>
<td>Kafe Kokopelli</td>
<td>352-523-0055</td>
<td>37940 Live Oak Ave</td>
<td>Dade City</td>
<td>Florida</td>
<td>33523</td>
</tr>
<tr>
<td>Lunch on Limoges</td>
<td>352-567-5685</td>
<td>14139 7th St</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Int'l House of Pancakes (IHOP)</td>
<td>352-567-6977</td>
<td>13100 US Hwy 301</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Tami's Country Kitchen</td>
<td>352-567-5989</td>
<td>14127 US Hwy 98 By-Pass</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>The Garden Café and Catering</td>
<td>352-567-7277</td>
<td>14227 7th St</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Name</td>
<td>Phone</td>
<td>Address</td>
<td>City</td>
<td>State</td>
<td>Zip</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>-----------</td>
<td>-----------------------------------</td>
<td>----------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td>Grillsmith</td>
<td>813-9071900</td>
<td>2000 Piazza Ave #100</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Tropic’s Restaurant</td>
<td>813-907-4441</td>
<td>5700 Saddlebrook Way</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Manolo’s Italian Restaurant</td>
<td>813-715-7077</td>
<td>38445 5th Ave</td>
<td>Zephyrhills</td>
<td>Florida</td>
<td>33542</td>
</tr>
<tr>
<td>Woody’s Pizza &amp; Wings</td>
<td>813-991-1118</td>
<td>5327 Village Mart</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33544</td>
</tr>
<tr>
<td>Francesco’s Restaurant</td>
<td>352-518-0009</td>
<td>14418 7th St</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>Local Public House &amp; Provisions</td>
<td>352-668-4867</td>
<td>32750 Pennsylvania Ave</td>
<td>San Antonio</td>
<td>Florida</td>
<td>33576</td>
</tr>
<tr>
<td>Pancho’s</td>
<td>352-588-3037</td>
<td>32804 Pennsylvania Ave</td>
<td>San Antonio</td>
<td>Florida</td>
<td>33576</td>
</tr>
<tr>
<td>Bagelicious</td>
<td>813-406-4403</td>
<td>30032 SR 54</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33576</td>
</tr>
<tr>
<td>Olga's Bakery</td>
<td>352-567-6211</td>
<td>14117 7th St</td>
<td>Dade City</td>
<td>Florida</td>
<td>33525</td>
</tr>
<tr>
<td>365 Caffe Italiano</td>
<td>813-388-6844</td>
<td>28211 Paseo Dr #10</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Cantina Laredo</td>
<td>813-907-3068</td>
<td>2000 Piazza Ave #107</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Moe’s Southwest Grill</td>
<td>813-345-8510</td>
<td>28139 Paseo Dr #105</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Prime Bar</td>
<td>813-994-8800</td>
<td>282111 Paseo Dr #100</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33543</td>
</tr>
<tr>
<td>Yamato Japanese Steak House &amp; Sushi</td>
<td>813-907-8701</td>
<td>28347 Paseo Dr #150</td>
<td>Wesley Chapel</td>
<td>Florida</td>
<td>33544</td>
</tr>
</tbody>
</table>

**TAMPA**

**Ciccio Cali Tampa Palms**
17004 Palm Pointe Dr
Tampa, FL 33647
(813) 975-1222
http://www.cicciocali.com

**Chili’s Grill**
17643 Bruce B Downs Blvd
Tampa, FL 33647
(813) 903-0039
http://www.chilis.com

**Cappys Pizzeria**
16019 Tampa Palms Blvd
Tampa, FL 33647
(813) 512-8947
http://www.cappyspizzaonline.com

**Los Vallarta’s**
16023 Tampa Palms Blvd
Tampa, FL 33647
(813) 978-3761
http://www.vallartatampapalms.com

**Glory Days Grill**
17508 Dona Michelle Dr
Tampa, FL 33647
(813) 513-7550
https://www.glorydaysgrill.com

**Tijuana Flats**
17501 Preserve Walk Ln
Tampa, FL 33647
(813) 975-0483
http://www.tijuanaflats.com

**North Tampa**

**North Tampa**
SoFresh North Tampa
2774 E Fowler Ave
Tampa, FL 33612
(813) 977-4477
http://sofreshsalads.com

Outback Steakhouse
11308 N 56th St
Temple Terrace, FL 33617
(813) 980-0755
https://www.outback.com

Applebee's
5779 E Fowler Ave
Tampa, FL 33617
(813) 989-2000
http://restaurants.applebees.com

Gator's Dockside
5840 E Fowler Ave
Tampa, FL 33617
(813) 341-4445
http://gatorsdockside.com

TGI Fridays
2501 E Fowler Ave
Tampa, FL 33612
(813) 979-9112
https://www.tgifridays.com/locations

Little Greek Fresh Grill-USF/Fowler
2548 E Fowler Ave
Tampa, FL 33614
(813) 971-9106
http://littlegreekrestaurant.com

LongHorn Steakhouse
2110 E Fowler Ave
Tampa, FL 33612
(813) 971-5300
http://www.longhornsteakhouse.com

Westshore District

Charley’s Steakhouse
4444 W Cypress St
Tampa, FL 33607
(813) 353-9706
http://www.charleyssteakhouse.com

Besito Mexican
205 WestShore Plaza
Tampa, FL 33609
(813) 287-4800
http://besitomexican.com

Lee Roy Selmon’s
4302 W Boy Scout Blvd
Tampa, FL 33607
(813) 871-3287
http://www.leeroyselmons.com

Brio Tuscan Grille
2223 N W Shore Blvd, Ste B209
Tampa, FL 33607
(813) 877-3939
http://www.brioitalian.com

Bahama Breeze
3045 N Rocky Point Dr
Tampa, FL 33607
(813) 289-7922
http://www.bahamabreeze.com
Cooper's Hawk Winery & Restaurant
4110 W Boy Scout Blvd
Tampa, FL 33607
(813) 873-9463
https://coopershawkwinery.com

Del Frisco's Grille
4138 W. Boy Scout Blvd
Tampa, FL 33607
(813) 878-6890
http://delfriscosgrille.com/tampa

Fleming's Prime Steakhouse & Wine Bar
4322 W Boy Scout Blvd
Tampa, FL 33607
(813) 874-9463
http://www.flemingssteakhouse.com

Irish 31 - WestShore
214 WestShore Plaza
Tampa, FL 33609
(813) 207-0308
http://www.irish31.com

Kona Grill
4134 W Boy Scout Blvd
Tampa, FL 33607
(813) 877-5938
http://www.konagrill.com

Miller's Ale House - Tampa International
3860 W Columbus Dr
Tampa, FL 33607
(813) 330-2175
http://www.millersalehouse.com

Maggio's Little Italy
203 Westshore Plaza
Tampa, FL 33609
(813) 288-9000
http://www.maggianos.com

Mitchell's Fish Market
204 WestShore Plaza
Tampa, FL 33609
(813) 289-3663
http://www.mitchellsfishmarket.com

Malio's Prime Steakhouse
400 N Ashley Dr
Tampa, FL 33602
(813) 223-7746
http://www.maliosprime.com

Splitsville
615 Channelside Dr
Tampa, FL 33602
(813) 514-2695
http://www.splitsvillelanes.com

Hablo Taco
615 Channelside Dr, Ste 127
Tampa, FL 33602
(813) 405-8226
http://www.hablotaco.com

Hattricks
107 S Franklin St
Tampa, FL 33602
(813) 225-4288
http://www.hattrickstavern.com

Maggiano's Little Italy
203 Westshore Plaza
Tampa, FL 33609
(813) 288-9000
http://www.maggianos.com

Mitchell's Fish Market
204 WestShore Plaza
Tampa, FL 33609
(813) 289-3663
http://www.mitchellsfishmarket.com

Columbia Cafe at the History Center
801 Old Water St, #1905
Tampa, FL 33602
(813) 229-5511
http://www.columbiarestaurant.com

Columbia Restaurant - Ybor City
2117 E 7th Ave
Tampa, FL 33605
(813) 248-4961
http://www.columbiarestaurant.com

Ulele
1810 N Highland Ave
Tampa, FL 33602
(813) 999-4952
http://www.ulele.com

Jackson's Bistro, Bar & Sushi
601 S Harbour Island Blvd, Ste 100
Tampa, FL 33602
(813) 277-0112
http://www.jacksonsbistro.com
<table>
<thead>
<tr>
<th>Restaurant/Landmark</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ferg’s Live</td>
<td>490 Channelside Dr, Tampa, FL 33602</td>
<td>(813) 443-8403</td>
<td><a href="http://www.fergslive.com">http://www.fergslive.com</a></td>
</tr>
<tr>
<td>Fly Bar &amp; Restaurant</td>
<td>1202 N Franklin St, Tampa, FL 33602</td>
<td>(813) 275-5000</td>
<td><a href="http://www.flybarandrestaurant.com">http://www.flybarandrestaurant.com</a></td>
</tr>
<tr>
<td>Holy Hog Barbecue - Downtown</td>
<td>302 W Kennedy Blvd, Tampa, FL 33602</td>
<td>(813) 223-4464</td>
<td><a href="http://www.holyhogbbq.com">http://www.holyhogbbq.com</a></td>
</tr>
<tr>
<td>Bernini of Ybor</td>
<td>1702 E 7th Ave, Tampa, FL 33605</td>
<td>(813) 248-0099</td>
<td><a href="http://www.berniniofybor.com">http://www.berniniofybor.com</a></td>
</tr>
<tr>
<td>Mise en Place</td>
<td>442 W. Kennedy Blvd., Suite 110, Tampa, FL 33606</td>
<td>(813) 254-5373</td>
<td><a href="http://www.miseonline.com">http://www.miseonline.com</a></td>
</tr>
<tr>
<td>Hooters</td>
<td>615 Channelside Dr #113, Tampa, FL 33602</td>
<td>(813) 221-2600</td>
<td><a href="http://www.originalhooters.com/locations/tampa-bay/channelside">http://www.originalhooters.com/locations/tampa-bay/channelside</a></td>
</tr>
</tbody>
</table>

**ATTRACTIONS / THINGS TO DO**

<table>
<thead>
<tr>
<th>Attraction</th>
<th>Address</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Busch Gardens Tampa</td>
<td>10165 McKinley Dr., Tampa, FL 33612</td>
<td>(888) 800-5447</td>
<td><a href="https://seaworldparks.com/en/buschgardenstampa">https://seaworldparks.com/en/buschgardenstampa</a></td>
</tr>
<tr>
<td>Canoe Escape</td>
<td>12702 U.S. 301, Thonotosassa, FL 33592</td>
<td>(813) 986-2067</td>
<td><a href="http://www.canoeescape.com">http://www.canoeescape.com</a></td>
</tr>
<tr>
<td>The Florida Aquarium</td>
<td>701 Channelside Dr., Tampa, FL 33602</td>
<td>(813) 273-4000</td>
<td><a href="http://www.flaquarium.org">http://www.flaquarium.org</a></td>
</tr>
<tr>
<td>iTrekkers Fishing Charters</td>
<td>5700 Memorial Hwy., Tampa, FL 33615</td>
<td>(813) 262-1309</td>
<td><a href="https://itrekkers.com">https://itrekkers.com</a></td>
</tr>
<tr>
<td>Topgolf Tampa</td>
<td>10690 Palm River Rd, Tampa, FL 33619</td>
<td>(813) 298-1811</td>
<td><a href="http://www.topgolf.com/tampa">www.topgolf.com/tampa</a></td>
</tr>
<tr>
<td>Tampa's Lowry Park Zoo</td>
<td>1101 W Sligh Ave., Tampa, FL 33604</td>
<td>(813) 935-8552</td>
<td><a href="http://www.lowryparkzoo.org">http://www.lowryparkzoo.org</a></td>
</tr>
<tr>
<td>Big Cat Rescue</td>
<td>12802 Easy St., Tampa, FL 33625</td>
<td>(813) 920-4130</td>
<td><a href="http://bigcatrescue.org">http://bigcatrescue.org</a></td>
</tr>
<tr>
<td>Croc Encounters</td>
<td>8703 Bowles Rd, Tampa, FL 33637</td>
<td>(813) 217-4400</td>
<td><a href="http://www.crocencounters.com">http://www.crocencounters.com</a></td>
</tr>
<tr>
<td>Giraffe Ranch</td>
<td>38650 Mickler Rd, Dade City, FL 33523</td>
<td>(813) 482-3400</td>
<td><a href="http://www.girafferanch.com">http://www.girafferanch.com</a></td>
</tr>
</tbody>
</table>
Tampa Bay History Center
801 Old Water St.
Tampa, FL 33602
(813) 228-0097
http://tampabayhistorycenter.org

Dinosaur World
5145 Harvey Tew Rd, I-4, Exit 17
Plant City, FL 33565
(813) 717-9865
http://www.dinosaurworld.com
SHOPPING

The Shops at Wiregrass
28211 Paseo Dr, Ste #100
Wesley Chapel, FL 33544
(813) 994-2242
http://www.theshopsatwiregrass.com

International Plaza and Bay Street
2223 N Westshore Blvd
Tampa, FL 33607
(813) 342-3790
http://www.shopinternationalplaza.com

Westshore Plaza
250 WestShore Plaza
Tampa, FL 33609
(813) 286-0790
http://www.westshoreplaza.com

Hyde Park Village
1602 W Snow Ave
Tampa, FL 33606
(813) 251-3500
http://www.hydeparkvillage.com