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## Meet Personnel

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meet Director Contact</strong></td>
<td>Shawn Koenigsberg</td>
<td>WORK: 319-335-9439</td>
</tr>
<tr>
<td></td>
<td>Event Management Assistant</td>
<td>CELL: 319-231-0707</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:shawn-koenigsberg@uiowa.edu">shawn-koenigsberg@uiowa.edu</a></td>
<td>FAX: 319-335-9333</td>
</tr>
<tr>
<td><strong>Sports Information Contact</strong></td>
<td>Chris Brewer</td>
<td>WORK: 319-335-9467</td>
</tr>
<tr>
<td></td>
<td>Assistant Director</td>
<td>CELL: 319-325-3483</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:christopher-brewer@uiowa.edu">christopher-brewer@uiowa.edu</a></td>
<td>FAX: 319-335-9417</td>
</tr>
<tr>
<td><strong>Sports Medicine Contact</strong></td>
<td>Terry Noonan</td>
<td>WORK: 319-384-1748</td>
</tr>
<tr>
<td></td>
<td>Director</td>
<td>CELL: 319-429-5798</td>
</tr>
<tr>
<td>Name</td>
<td>Title and Institution</td>
<td>Address</td>
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<td>-----------------------------</td>
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<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Trey Clark</td>
<td>Head Track and Field Coach</td>
<td>Lamar University</td>
</tr>
<tr>
<td>Andy Eggert</td>
<td>Director of Track and Field/Cross Country</td>
<td>Kennesaw State University</td>
</tr>
<tr>
<td>Herman Frazier</td>
<td>Deputy Athletics Director/Chief of Staff</td>
<td>Syracuse University</td>
</tr>
<tr>
<td>Nicole Harvey</td>
<td>Assistant Commissioner/Compliance</td>
<td>Western Athletic Conference</td>
</tr>
<tr>
<td>Angie Lansing, Chair</td>
<td>Senior Woman Administrator</td>
<td>Indiana State University</td>
</tr>
<tr>
<td>Wendy McFarlane</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>University of Delaware</td>
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<tr>
<td>Sharlene Milwood-Lee</td>
<td>Head Track and Field/Cross Country Coach</td>
<td>Farleigh Dickinson University</td>
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<tr>
<td>Ben Paxton</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Winthrop University</td>
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<tr>
<td>Shondell Reed</td>
<td>Senior Associate Athletics Director</td>
<td>University of Washington</td>
</tr>
<tr>
<td>Dave Smith</td>
<td>Director of Track and Field/Cross Country</td>
<td>Oklahoma State University</td>
</tr>
<tr>
<td>Matt Utesch</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Lehigh University</td>
</tr>
<tr>
<td>Secretary-Rules Editor</td>
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<tr>
<td>Mark Kostek</td>
<td></td>
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<td>NCAA</td>
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<tr>
<td>Jeff Mlynski</td>
<td>Assistant Director</td>
<td>Championships and Alliances</td>
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<tr>
<td>NCAA</td>
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<tr>
<td>Anjellica Rospond</td>
<td>Coordinator</td>
<td>Championships and Alliance</td>
</tr>
</tbody>
</table>
SCHEDULE OF EVENTS
(All Times are Central Standard Time)

Thursday, November 10, 2016

9:00 a.m. – 5:00 p.m.  **Course inspection/practice.**
Weather permitting. Please visit @IowaEvent on Twitter for frost
warning or severe weather updates on practice day if needed.

5:00 p.m. – 6:00 p.m.  **Packet pick-up.**
Kinnick Stadium’s Press Box, McCord Indoor Club (First Floor)
825 Stadium Drive
Iowa City, IA 52240
*Please see Appendix D for directions.*

6:00 p.m.  **Mandatory coaches’ meeting.**
Kinnick Stadium’s Press Box, McCord Indoor Club (First Floor)
825 Stadium Drive
Iowa City, IA 52240
*Please see Appendix D for directions.*

Friday, November 11, 2016

7:30 a.m.  **Course opens to competitors.**
Please visit @IowaEvent on Twitter for frost warning or severe
weather updates on race day if needed.

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

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

10:40 a.m.  Second gun fired (20 minutes to start).
Clerking procedure begins for men’s race.

10:45 a.m.  **National Anthem.**

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

11:00 a.m.  **Women's 6K championship race.**

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

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

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

Noon  **Men's 10K championship race.**

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

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

**Clarion Highlander Hotel**
($79/night, 70 rooms)
2525 North Dodge Street
Iowa City, IA 52245
7.9 miles from Course
Contact: Cassie Penyak
Phone: 319-354-2000
Email: cpenyak@globalvisionhotels.com
Click [HERE](#) for hotel website

**Holiday Inn Express Hotel**
($119/night, 15 rooms)
970 25th Avenue
Coralville, IA 52241
2.4 miles from Course
Contact: Lindsey Ash
Phone: 319-652-5000
Email: lash@kinseth.com
Click [HERE](#) for hotel website

**Coralville Marriott Hotel**
($111/night, 75 rooms)
300 East 9th Street
Coralville, IA 52241
4.0 miles from Course
Contact: Lindsay Raasch
Phone: 319-688-4026
Email: lindsay.raasch@marriott.com
Click [HERE](#) for hotel website

**Radisson Hotel**
($111/night, 65 rooms)
1220 First Avenue
Coralville, IA 52241
4.3 miles from Course
Contact: Stacy Strother
Phone: 319-351-0645
Email: sstrother@kinseth.com
Click [HERE](#) for hotel website

**Hampton Inn Coralville**
($111/night, 65 rooms)
1200 First Avenue
Coralville, IA 52241
4.9 miles from Course
Contact: Stacy Strother
Phone: 319-351-0645
Email: sstrother@kinseth.com
Click [HERE](#) for hotel website

**Sheraton Iowa City Hotel**
($119/night, 30 rooms)
210 South Dubuque Street
Iowa City, IA 52240
4.1 miles from Course
Contact: Laura Hill
Phone: 319-248-4406
Email: lhill@sheratoniowacity.com
Click [HERE](#) for hotel website

**Hampton Inn Iowa City**
($139/night, 25 rooms)
4 Sturgis Corner Drive
Iowa City, IA 52240
4.0 miles from Course
Contact: Caitlyn Roberts
Phone: 319-610-4696
Email: caitlyn.robert@hawkeyehotels.com
Click [HERE](#) for hotel website
Other hotels and restaurants in the area:
Information regarding area attractions, lodging and dining options may be found online at www.iowacitycoralville.org.

COURSE DIAGRAMS / INFORMATION
Maps, campus information and race preview are available at the following link:

Men’s and women’s course maps are available in Appendix A and B or at the following link:

CREDENTIALS
All credentials will be provided in the coaches’ packet, which will be handed out to the coaches on Thursday, November 10 prior to the coaches’ meeting. Credentials will allow team staff and student-athletes access to areas of the course that are closed to spectators. Credentials must be worn at all times while on-site, with the exception of student-athletes during their race and warm-ups.

Once teams have been selected, they will receive a “Team Travel Form” from Shawn Koenigsberg via e-mail (shawn-koenigsberg@uiowa.edu). Each team will need to fill out and return the completed “Team Travel Form” to ensure we have the proper credentials made upon your arrival.

DRESSING ROOMS
A locker room with showers will be available at the Hawkeye Tennis and Recreation Center (HTRC) for all teams. The locker room will be shared with other institutions, so please do not leave belongings in the locker room. If you would like towels to shower in the HTRC locker rooms, please request those on the “Team Travel Form” that will be sent out by Shawn Koenigsberg via e-mail (shawn-koenigsberg@uiowa.edu) after the teams have been selected. If necessary, teams will be met by a member of the host event management staff and directed to the locker room. No individual team locker rooms will be available.

DRUG TESTING
Please see the 2016 NCAA Division I Cross Country Pre-Championship Manual for information.

ENTRY PROCEDURES / DECLARATIONS
In order to be eligible for participation in the regional and national meets, institutions must submit an NCAA official online entry roster form through DirectAthletics prior to the regional cross country meet. Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form, of which no more than seven (7) must be declared to participate prior to competition. Only the 15 student-athletes listed on the entry form may compete in the regional and/or national championship meets. Coaches will not be able to change the 15 student-athletes on the entry form should the team qualify for the national championship meet.

The entry form will be available beginning at 8:00 a.m. (EST), Monday, October 31. Coaches must submit the forms ONLINE by 5:00 p.m. (EST), Thursday, November 3. The late deadline, with fine, for regional entries is 5:00 p.m. (EST) on Friday, November 4. A late fine will be
assessed in the amount of $400 per team/per gender. **No entries will be received after this deadline.** Any exceptions to the roster policy will only be considered in extraordinary circumstances and should be addressed in writing to the committee and NCAA championship manager. Each institution should print a copy of its entry forms to take to the regional and national sites.

The online entry roster form can be accessed through DirectAthletics at [www.directathletics.com](http://www.directathletics.com). If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com; phone: 347-674-3002).

by 5:00 p.m. (CST) on Monday, November 7.

The qualifying finish of teams and individuals at the regional meets will constitute entry into the national meet. No further entry is required for the national meet.

Please follow instructions below to complete your entries for the regional/national championship.

**Please note: If you already have a DirectAthletics account for your team, you should login at [www.directathletics.com](http://www.directathletics.com) and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DirectAthletics meets. If you know you have an account but have forgotten your username/password, you can click the “I forgot my password” link in the login box.**

**STEP 1—Creating a DirectAthletics Account**

*If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:*


2. On the right side (in the New Account Creation box), select your division.

3. Select your team, choosing only the genders for which you are submitting entries. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like “bears” or “adam” or “track” are likely to be taken.

4. Click “Continue” and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the “Team” dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men’s and women’s account, it will usually default to men first.

5. Follow Step 2 below to enter your roster.

**STEP 2—Setting Up Your Online Roster**

*Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:*
1. On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your DirectAthletics account!”

2. Select the number of student-athletes you wish to enter. You can always add more later.

3. Enter your student-athletes’ first names, last names and school years and click “Submit”. Please be aware of what gender you are entering—you will complete the roster and entry process for one (1) gender first, and then repeat the process for the other gender (see the “Important Notice” after Step 3 below)

4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

**STEP 3—Submitting Your Roster/Entries**

*Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.*

1. Click the “Home” tab in the upper left of the site. Under “Upcoming Meets”, click the green “Register” button next to the NCAA Division I Championships.

2. Check off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the “Add New Entry” box.

3. When you have completed your entries, click “Submit”. You **MUST** click “Submit” to submit your entries.

4. You will see your current, submitted entries on the “View Entries” page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the “View Entries” page. An email confirmation will be sent to the email address in your account.

5. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link next to the meet in the “Home” tab.

*Please note if you are entering men AND women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the “Team” dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for men and women.*

**REMINDER:** It is the coach’s responsibility to inform the cross country/track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

**DECLARATION:** Declarations will be held starting at 5:00 p.m., Thursday, November 10 at the Kinnick Stadium Press Box (same location as the coaches’ meeting at 6:00 p.m.). If an institution declares more than seven (7) student-athletes (i.e. takes an eighth or ninth, etc. set of chips and bibs), those chips and bibs must be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of the race.

**FINAL DECLARATION AND CHECK-IN:** Student-athletes must check-in with the clerks at the assigned Clerk’s Tent up to 80 minutes prior to the start of their race. Teams are encouraged to
check-in as soon as possible, and not later than 20 minutes prior to their race. Check-in will NOT be allowed at the start line and all teams must report and check-in at the assigned Clerk’s Tent. When teams check-in at the Clerk’s Tent, they will be required to show that they have their hip numbers, chips connected to their bib, bibs on their jersey, and that their uniforms meet the NCAA logo requirements.

**SQUAD SIZE:** Teams are limited to a maximum of seven (7) competitors. A team running more than seven (7) will be disqualified and the action will be considered misconduct. Institutions entering **five (5) to seven (7)** runners in the meet must compete as a team. If fewer than five (5) competitors run, they will compete as individuals.

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**EVACUATION / SEVERE WEATHER PLAN**

**Lightning Policy.** Following NCAA protocol, we will be using WeatherSentry 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 within a ten (10) 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.

**Shelter Locations.** The Ashton Cross Country Course does not have a permanent shelter for cover in inclement weather conditions. All student-athletes, coaches, and spectators will be directed to the the Hawkeye Tennis and Recreation Center (HTRC). The HTRC is located about 0.5 miles east of the course.

**Severe Weather Policy for NCAA Cross Country Regional 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 central information Twitter page, @IowaEvent, has been established for information on delays and/or postponement. This Twitter handle will be placed in the information with the coaches’ packets and on the meet website. The host will leave a message on that Twitter page alerting coaches of different start times or a delay in course inspection times due to inclement weather.

3. The games committee will determine whether the start of the meet should be delayed or if the meet should be postponed until the following day. The games committee at the regional will make their recommendation to the NCAA with the NCAA approving the final plan.

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 (2) 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 (2) 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 Saturday, 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 games committee reserves the right to make changes to the above policies and schedules as they see fit.

FINISH LINE PROCEDURES
The order of finish will be verified with Finish lynx system. Two (2) Lynx cameras will be on each of the finish line mats. A secondary video system will be used as a backup. Timing mats will be used on the course at select marks.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Water and Athletic Trainers will be available at the end of the finish area. Competing student-athletes will be allowed to keep their bibs and chip.

HOSPITALITY
The coaches’ hospitality tent will be located inside the Championships compound. Donuts, bagels, pop, water, coffee and hot chocolate will be provided on Friday, November 11 beginning at 7:30 a.m.

The student-athletes’ hospitality tent will also be located inside the Championships compound. Coolers of water will be available on Thursday during the designated practice time. Fruit, granola bars, trail mix, bagels and water will be provided on Friday, November 11 beginning at 7:30 a.m.

* All hospitality areas will require proper credentials to access.

PACKET PICK-UP
Packets will be available Thursday, November 10, from 5:00 p.m. to 6:00 p.m. (CST) inside Kinnick Stadium’s Press Box (First Floor). Please see directions to packet pick-up in Appendix D.

Course maps and descriptions will also be available and host representatives will be there to answer any questions on the course.

MANDATORY COACHES’ MEETING
Coaches are required to attend the mandatory coaches’ meeting on Thursday, November 10 at 6:00 p.m. (CST) inside Kinnick Stadium’s Press Box (First Floor). Failure to attend the mandatory coaches’ meeting will result in a $200 fine/gender/institution. Please see directions to coaches’ meeting in Appendix D.
**MERCHANDISE**

Merchandise will be available for purchase at the Ashton Cross Country Course on Friday from 8:00 a.m. through the conclusion of the second race at the merchandise tent. The week prior to the regional championships, a memorandum will be sent to each institution’s head coach with information on how to pre-order championships apparel. Any pre-orders will be shipped directly to the institution.

**PRACTICE SCHEDULE**

Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 9:00 a.m. to 5:00 p.m. The course will be open at 7:30 a.m. the morning of competition day unless there is frost on the ground or additional weather concerns.

**PROTESTS**

A protest 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 (2) 15-minute protest periods, one (1) 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 is refundable only if the protest is overturned.

**RESULTS / SPORTS INFORMATION**

Results.

- Each coach will receive one (1) copy of the official results. Coaches can pick-up a hard copy at the Athletic Communications Tent. Results will also be posted at hawkeyesports.com.
- At the meet, members of the media may pick-up results after each race at the Athletic Communications Tent.
- Contact Jack Rossi at jack-rossi@uiowa.edu for more information.

**SPORTS MEDICINE**

The Athletic Training room is located at the Hawkeye Tennis and Recreation Center (HTRC). The Athletic Training room is equipped with first-aid supplies, Hydroculator, US/EMS. There will also be a medical tent on-site at the Ashton Cross Country Course Thursday and Friday. On Thursday, it will be stocked with first-aid supplies, emergency equipment (splints, AED, etc.), and examination table. On Friday, there will also be hot packs, basic modalities, ice, water, and sport drinks. If you have any special needs, please contact Terry Noonan at 319-384-1748 or by email at terrance-noonan@uiowa.edu.

**Athletic Training Room Hours:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 10</td>
<td>9:00 a.m. – 5:30 p.m.</td>
</tr>
<tr>
<td>Friday, November 11</td>
<td>7:00 a.m. – 11:00 a.m., post-races if needed</td>
</tr>
</tbody>
</table>
The Athletic Training room is located at the Hawkeye Tennis and Recreation Center (HTRC).

**Athletic Trainers on Course:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 10</td>
<td>9:00 a.m. – 5:15 p.m.</td>
</tr>
<tr>
<td>Friday, November 11</td>
<td>Beginning at 7:30 a.m.</td>
</tr>
</tbody>
</table>

Student-athletes must present a prescription or letter of treatment from the institution’s certified Athletic Trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions’ medical staff. Competing institution’s Athletic Trainers will not be allowed on the course unless their athlete becomes injured or ill. An ambulance will be onsite for all races.

**TEAM TENTS**

Located on the Ashton Cross Country Course facilities map is the designated team tent area. This area will be restricted to athletes, coaches, Athletic Trainers, and institution staff. Wristbands and proper credentials will be required to enter.

Team tent rental options will be sent to all head coaches and directors of operations via e-mail on September 23 by Shawn Koenigsberg (shawn-koenigsberg@uiowa.edu).

**TRANSPORTATION / PARKING**

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

**Directions to Course.**

The Ashton Cross Country Course is located at 3310 Hawkeye Park Road, Iowa City, Iowa 52246. Driving directions to the course can be found in Appendix C.

Team parking will be available at the Hawkeye Commuter Parking Lot (Lot 85).

**UNIFORMS**

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: (1) school-issued; if they are singlets, they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments must be of an identical solid color. Uniforms must be clean and of a material and design so as not to be objectionable. Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors’ numbers to be placed above the waist (front and back) and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

**Logos.** An institution’s official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, arm sleeves, 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 2.25 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 2.25 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 prerace 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.
APPENDIX A

ASHTON CROSS COUNTRY COURSE
MEN’S 10K COURSE DIAGRAM

The men’s 10K race will begin at the starting area designated on the map and will cover 475 meters before making a slight right turn and picking up the outer loop. The men will run two (2) loops of the gold route, each loop covering a distance of 3,660 meters. At the completion of the second loop, the men will turn right and run 400 meters back towards the finish area then make a left turn to run the back portion of the outer loop in a counter clockwise direction, following the striped gold and white arrows. The reversed half loop will cover a distance of 1,575 meters. At the completion of the reversed half loop, the men will turn left and run 495 meters to the designated finish area. Markers will be provided at kilometers one (1) through nine (9) and miles one (1) through six (6).

Route Description: Two (2) loops following the solid gold arrows, half loop (reversed) in striped gold and white, dotted white line to finish.
ASHTON CROSS COUNTRY COURSE
WOMEN’S 6K COURSE DIAGRAM

The women’s 6K race will begin at the starting area designated on the map and will cover 475 meters before making a slight right turn and picking up the outer loop. The women will run two (2) loops of white route, each loop covering a distance of 2,525 meters. At the completion of the second loop, the women will turn right and run 475 meters to the designated finish area, following the dotted white arrows. Markers will be provided at kilometers one (1) through five (5) and miles one (1) through three (3).

**Route Description:** Two (2) loops on the outside in solid white, dotted white line to finish.
DIRECTIONS TO ASHTON CROSS COUNTRY COURSE / PARKING

From Interstate 380 (Red Route Below): Take Exit 93 (Melrose Avenue). Turn onto Melrose Avenue (left from south bound, right from north bound). At the corner of Melrose Avenue and Hawkeye Park Road, take a left onto Hawkeye Park Road and continue going straight until you reach the Hawkeye Commuter Parking Lot (Lot 85) on your left. Take the second left into the parking lot.

From Interstate 80 (Blue Route Below): Take Exit 242 (First Avenue). Turn onto First Avenue (right from east bound, left from west bound). Follow First Avenue, going south, through the Highway 6/Second Street and First Avenue intersection. First Avenue turns into Mormon Trek Boulevard after the intersection. Continue on Mormon Trek Boulevard for about 0.4 miles. Turn right onto Hawkeye Park Road and continue going straight until you reach the Hawkeye Commuter Parking Lot (Lot 85) on your right.

Parking: Spectator and team parking will be available in the Hawkeye Commuter Parking Lot (Lot 85).
DIRECTIONS TO COACHES’ MEETING / PACKET PICK-UP

Kinnick Stadium Press Box, McCord Indoor Club (First Floor)
825 Stadium Drive
Iowa City, IA 52240

From Ashton Cross Country Course: Exit the Hawkeye Commuter Parking Lot (Lot 85), going northeast. Turn right onto Hawkeye Park Road. At the corner of Hawkeye Park Road and Melrose Avenue, take a left onto Melrose Avenue. Continue going straight on Melrose Avenue for about 1.8 miles. Turn left onto Evashevski Drive and Kinnick Stadium will be on your right.

Parking: Parking for the coaches’ meeting will be available in Parking Lot 43 West.

Enter: Enter Kinnick Stadium’s Press Box on the west side, through Gate D. Ride the elevator up to the McCord Indoor Club (First Floor). Once on the first floor, exit the elevator to the left.
FACILITY SET UP

- Ambulance
- Athletic Training
- Athletic Communications
- Awards Stand
- Barrier (Cattle Rail)
- Barrier (Yellow Flags)
- Clerk's Tent
- Coaches' Hospitality
- Concessions & Merchandise
- Finish Line
- Protest Tent
- Portable Restrooms
- Results Board
- Starting Area
- Starting Line
- Student-Athlete Hospitality
- Timing (Wayzata)
- Team Tents (Assigned)
- Team Tents (Individuals)
- Working Staff Check-in
- Working Staff Hospitality
- Videoboard
TRANSPORTATION INFORMATION

EASTERN IOWA AIRPORT (CEDAR RAPIDS, IA)

<table>
<thead>
<tr>
<th>Airline</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Allegiant Airlines</td>
<td>702-505-8888</td>
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<tr>
<td>American Airlines</td>
<td>800-433-7300</td>
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<tr>
<td>Delta Airlines</td>
<td>800-455-2720</td>
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<tr>
<td>Frontier Airlines</td>
<td>801-401-9000</td>
</tr>
<tr>
<td>United Airlines</td>
<td>800-864-8331</td>
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</tbody>
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** Car rental and shuttle options are available at [www.eiairport.org](http://www.eiairport.org).

QUAD CITY INTERNATIONAL AIRPORT (MOLINE, IL)

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<th>Airline</th>
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<tbody>
<tr>
<td>Allegiant Airlines</td>
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Charter Bus Lines

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<th>Company</th>
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<tbody>
<tr>
<td>Act II Transportation</td>
<td>800-769-8891</td>
</tr>
<tr>
<td>Cedar Valley World Travel</td>
<td>866-380-8169</td>
</tr>
<tr>
<td>Windstar Lines</td>
<td>888-494-6378</td>
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