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## Meet Personnel

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meet Director</td>
<td>Dayna Wenger</td>
<td>WORK: 814-867-5905</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 814-777-1082</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 814-863-8933</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:dmh136@psu.edu">dmh136@psu.edu</a></td>
</tr>
<tr>
<td>Sports Information Contact</td>
<td>Jeff Smith</td>
<td>WORK: 940-328-2198</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 940-328-2198</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 814-863-3165</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:jzs23@psu.edu">jzs23@psu.edu</a></td>
</tr>
<tr>
<td>Sports Medicine Director</td>
<td>Michael Gay</td>
<td>WORK: 814-777-1437</td>
</tr>
<tr>
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<td>CELL: 814-777-1437</td>
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</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:mrg201@psu.edu">mrg201@psu.edu</a></td>
</tr>
<tr>
<td>Name</td>
<td>Title/Position</td>
<td>Institution</td>
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</tr>
<tr>
<td>Trey Clark</td>
<td>Head Track and Field Coach</td>
<td>Lamar University</td>
</tr>
<tr>
<td>Andy Eggerth</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>
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<tr>
<td>Angie Lansing, Chair</td>
<td>Senior Woman Administrator</td>
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<tr>
<td>Julie Levesque</td>
<td>Senior Woman Administrator</td>
<td>University of Texas at El Paso</td>
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<tr>
<td>Wendy McFarlane</td>
<td>Head Track and Field/Cross Country Coach</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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<td>Ben Paxton</td>
<td>Head Men’s and Women’s Track Coach</td>
<td>Winthrop University</td>
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<td>Shondell Reed</td>
<td>Senior Associate Athletics Director</td>
<td>University of Washington</td>
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<tr>
<td>Dave Smith</td>
<td>Director of Track and Field/Cross Country</td>
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<tr>
<td>Matt Utesch</td>
<td>Head Men’s and Women’s Track Coach</td>
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<tr>
<td>Secretary-Rules Editor</td>
<td>Mark Kostek</td>
<td>NCAA</td>
</tr>
<tr>
<td>NCAA</td>
<td>Jeff Mlynski</td>
<td>Championship and Alliances</td>
</tr>
<tr>
<td>NCAA</td>
<td>Anjellica Rospond</td>
<td>Coordinator</td>
</tr>
</tbody>
</table>
SCHEDULE OF EVENTS
(All Times are Eastern Standard Time)

Thursday, November 10

11:00 a.m. - 4:00 p.m.  Course inspection/practice.
                          Weather permitting

12:00 p.m. – 3:30 p.m.  Declarations will be accepted at the Officials/Volunteer Tent
                          on the course

4:15 p.m.  Packet pickup & Declarations
            Bryce Jordan Center, Founder’s Room (Guest Entrance)
            *Park in Lot 44 off of Curtin Road
            *designated as #3 in Appendix G map

5:00 p.m.  Mandatory coaches’ meeting.
            BJC, Founder’s Room (Guest Entrance)

Friday, November 11

8:30 a.m.  Course opens to competitors.
            Please visit @PennStateTFXC for frost warning or
            severe weather updates on race day if needed.

10:40 a.m. Clerking procedure begins for women’s race.
11:30 a.m. First gun fired (indicating 30 minutes to start).

11:35 a.m. National Anthem.

11:40 a.m. Second gun fired (20 minutes to start).
            Clerking procedure begins for men’s race.
11:50 a.m. Third gun fired (10 minutes to start).
12:00 p.m. Women’s 6K championship race.

12:30 p.m. First gun fired (30 minutes to start).
12:40 p.m. Second gun fired (20 minutes to start).
12:50 p.m. Third gun fired (10 minutes to start).
1:00  p.m. 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.

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
<th>Contact Person</th>
<th>Email</th>
<th>Phone</th>
<th>Fax</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>COUNTRY INN &amp; SUITES</td>
<td>1357 E. College Avenue</td>
<td>Vicky Barton</td>
<td><a href="mailto:vbarton@countryinns.com">vbarton@countryinns.com</a></td>
<td>814-234-6000</td>
<td>814-272-8000</td>
<td>$99 + tax</td>
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<tr>
<td></td>
<td>State College, PA 16801</td>
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<td>Attn:</td>
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<tr>
<td>COURTYARD BY MARRIOTT</td>
<td>1730 University Drive</td>
<td>Christina Eberhart</td>
<td><a href="mailto:christina.eberhart@concordhotels.com">christina.eberhart@concordhotels.com</a></td>
<td>814-238-1881 x7166</td>
<td>814-238-3108 fax</td>
<td>$114.00 + tax</td>
</tr>
<tr>
<td></td>
<td>125 S Atherton Street</td>
<td></td>
<td><a href="mailto:jcox@athertonhotel.net">jcox@athertonhotel.net</a></td>
<td>814-231-2100</td>
<td>814-238-3108</td>
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<tr>
<td></td>
<td>Attn: Jessica Jacoby</td>
<td><a href="mailto:jcox@athertonhotel.net">jcox@athertonhotel.net</a></td>
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<tr>
<td>DAYS INN – PENN STATE</td>
<td>240 S. Pugh Street</td>
<td>Heather Council</td>
<td><a href="mailto:HH108@CENTREHOTEL.COM">HH108@CENTREHOTEL.COM</a></td>
<td>814-238-8454 x 108</td>
<td>814-234-3377 fax</td>
<td>$119.00 + tax</td>
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<td>$119.00 + tax</td>
</tr>
<tr>
<td>RAMADA INN</td>
<td>1450 S. Atherton Street</td>
<td>Jennifer Brooks-Stahl</td>
<td><a href="mailto:JBROOKSSTAH@RAMADASC.COM">JBROOKSSTAH@RAMADASC.COM</a></td>
<td>814-238-3001</td>
<td>814-237-1345</td>
<td>$80.00 + tax</td>
</tr>
<tr>
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<td>Attn: Jennifer Brooks-Stahl</td>
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<td>$80.00 + tax</td>
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</table>

There will be a limited number of rooms held at each of these properties. When making your arrangements, please ask for the rooms under "NCAA Regional CROSS COUNTRY TEAM BLOCK." Please make your reservations as early as possible. THE CUT-OFF DATE IS FRI, OCT 14th. After this date, all rooms will be available on a first-come, first-served basis.

Other Hotels and Restaurants in the Area: please see Appendix E and F.
COURSE DIAGRAMS/INFORMATION
Maps, campus information and race preview are available at the following link:

Men's and women's course map:

DRESSING ROOMS
There will be two general locker rooms with showers available at Rec Hall located across North Atherton Street from the start/finish line area of the Blue/White Golf Courses. Please Note: this space is limited. It is suggested that your team showers and dresses at your hotel. Penn State is not responsible for any lost or stolen items.

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

ENTRY PROCEDURES
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 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 a.m. Eastern time, Monday, October 31. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 3. The late deadline, with fine, for regional entries is 5 p.m. Eastern 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. If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com; phone: 347-674-3002).

Entries will be posted at http://www.gopsusports.com/sports/c-xc/mid-atlantic-regional-16.html by 5 p.m. local time 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 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 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.*

**REMARKER:** 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:** The Officials/Volunteer Tent located near the finish line area will be open for declarations from 12:00 p.m.- 3:30 p.m. on Thur., November 10. During this time the coaches can declare their student-athletes. Packages with chips will be ready for coaches’ to pick up beginning
at 4:15 p.m. at the Founder’s Room in the Bryce Jordan Center. (East side of campus) If an institution declares more than seven 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.

If you do narrow down your number of student-athletes from your original declaration made on November 3, to assist meet management in preparations, we ask that you please email your travel party names before you leave campus to Dayna Wenger dmh136@psu.edu

Chips must be turned in to the Officials/Volunteer Tent. Coaches are responsible for returning all chips. There is a $30 per chip charge for unreturned chips.

FINAL DECLARATION AND CHECK-IN: Student-athletes must check-in with the clerks at the assigned clerking location 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 clerking location. When teams check-in at the clerking location, they will be required to show that they have their hip numbers, chips on their spikes/bib, bibs on their jersey, and that their uniforms meet the NCAA logo requirements.

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

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 an 8 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.

The Penn State Golf Courses’ facility employs the automatic lightning prediction system ThorGuard. The system’s settings will accurately measure the conditions suitable to lightning within a ten mile radius of the golf course’s grounds. The main controls are located in the Walker Clubhouse at 1523 West College Avenue, State College, PA 16801 with warning horns located throughout the golf courses’ grounds.
The indicators are as follows:

All Clear – There is no threat of lightning.
Caution – There is the possibility of lightning approaching the radius limit
Warning – There is an imminent threat of lightning approaching the radius limit
Red Alert – The conditions are favorable to lightning occurring within the radius limit. Lightning could occur at any time.

Broadcast Signals:

Red Alert - **One long siren blast** – Conditions have been measured that lightning could occur within the radius limits. Cease all activities and seek appropriately grounded shelter immediately.
All Clear - **Three short siren blasts** – Conditions have been measured that it is safe from the threat of lightning. Resume all activities.

Course Evacuation/Shelter Locations:

- Runners should proceed to the designated evacuation areas based on where they are on the course.
- Facility staff with vans will assist with bringing players to the start/finish areas from the on-course shelters, if necessary.
- Teams should designate a specific location (Rec Hall/Team Van/Bus) so coaches can check for missing runners in the event of a course evacuation.
- Coaches should notify championship staff of missing runners and last known location on the course.
- On course shelters are located at: Blue Course #5 Tee, #6 Tee, #12 Green, #16 Green and the Walker Clubhouse.
Penn State Blue Golf Course Evacuation Plan and Shelter Locations
<table>
<thead>
<tr>
<th>HOLE</th>
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<th>TEE</th>
<th>FAIRWAY</th>
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</table>
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. Please check @PennStateTFC for information on delays and/or postponement. The twitter handle @PennStateTFC will be placed in the information with the coaches’ packets and on the meet website. The host will leave a message at @PennStateTFC 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-hour delay. If competition is suspended after 3,000 meters we would recommend postponement until the next day.

   **Women's 6,000 meter** - If competition is suspended before the 2,000 meters mark you may run the same day with a two-hour delay. If competition is suspended after 2,000 meters we would recommend postponement until the next day.

5. If necessary, competition may be postponed until 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. Timing chips (2 per athlete) will be the primary method of timing provided by Runner’s High (www.runhigh.com). Order finish will also be verified via video cameras with multiple angles of the finish line. 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.

Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish. After runners leave the area, they will need to remove their chips, and get them to the coach as soon as possible. Coaches should collect their chips and return them to the Officials/Volunteer Tent.

PACKET PICK UP
Packets will be available Thursday, November 10 at 4:15 pm at the Bryce Jordan Center-Founder’s Room (Guest Entrance). If coaches have not made their declarations at the course they can do so here upon check in. The Bryce Jordan Center is located on the corner of University Drive and Curtin Road and parking will be available in Lot 44 by the BJC.

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 5:00 p.m. (EST) at the BJC-Founder’s Room. Failure to attend the mandatory coaches’ meeting will result in a $200 fine/gender/institution.

MERCHANDISE
Merchandise will be available at the course for purchase from 1:00 p.m.-4:00 p.m. near the Officials/Volunteer Tent Thursday and again on Friday from 8 a.m. through the conclusion of the second race.

PRACTICE SCHEDULE
Practice at the course is limited to Thursday and the day of competition, weather permitting. The course will be available Thursday from 11:00 a.m.-4:00 p.m. The course will be open at 8:30 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

**Please check @PennStateTFXC on race and practice days before leaving for the course for frost warning or severe weather updates if necessary.
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 15-minute protest periods, one following each of the races (women and men). Each of the protest windows will begin when the results of the race have been posted at the protest tent. There is a $50 protest fee (cash only) for each protest. The $50 fee is refundable only if the protest is overturned.

RESULTS/SPORTS INFORMATION
Results:
- Each coach will receive one copy of the official results. Coaches can pick up a hard copy at the Media Shed. Results will also be posted at ncaa.com and http://www.gopsusports.com/sports/c-xc/mid-atlantic-regional-16.html
- At the meet - members of the media may pick up results after each race at the Media Shed.
- Contact Jeff Smith at Penn State for more information at jzs23@psu.edu

SPORTS MEDICINE
The Medical Tent will be located to the left of the finish line, near the fence to the Rugby Field. In this area, there will be treatment and taping tables, taping supplies, ice, emergency equipment, first aid supplies, water, fluid, and cups. Athletic Trainers will be at the course for practice runs on Thur., November 10 from 11:00 a.m. – 4:00 p.m.

Please see the attached letter from our Penn State Cross Country Athletic Trainer, Michael Gay, in Appendix A.

If you have any special needs, please contact Michael Gay at mrg201@psu.edu

Trainers on course: Thursday, November 10 11:00 a.m-4:00 p.m.  
Friday, November 11 Beginning at 8:30 a.m.

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

It is permissible to have a tent at the course, but we ask that you place your team’s tent in the designated area. Please see the Parking and Tent Area Map on Appendix H. Best Event Rental will be providing other tents at the course if you are interested in renting one from them. Please call Susy Glenn at 814-238-3037 or susy@bestevent.com.

TRANSPORTATION/PARKING

All transportation needs will be the responsibility of the participating teams. Please see Appendix G and H for directions to Penn State and important parking information for practice and competition.

Directions to Course.
The cross country course takes advantage of the challenging landscape of the Penn State Blue/White Golf Courses. The competitive start and finish lines can be found off of North Atherton Street (US Business Routh 322) at the intersection of White Course Drive. The men follow the white line on the course and the women follow the blue line. Umpires will be stationed throughout the course. Splits will be given at every mile.

See Appendix I: Women’s 6,000 Meter Course Map and Appendix J: Men’s 10,000 Meter Course Map.

Driving directions to course can be found at: http://www.gopsusports.com/sports/c-xc/spec-rel/c-xc-course-maps.html

Team parking will be available at Red Lot A and Porter North for bus parking.

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: Athletic Trainer’s Memo

To: Cross Country Athletic Trainer

From: Michael Gay, PhD, ATC &
Katie Kaminski, ATC
Athletic Trainers
Penn State University

Re: NCAA Regional Cross Country Meet 2016

The athletic training staff at Penn State would like to welcome you to your upcoming meet at Penn State University. Below is a description of the facilities available during all meets held at Penn State. For additional information please visit our web site at:

http://www.gopsusports.com/sportsmed/psu-sports-med.html

Facilities:
If you should have any requests for athletic training modalities please contact us in advance to make arrangements for treatment in the medical tent on site. Communication and planning for appropriate care are requested ahead of time to ensure proper treatment modalities are available on site.

Medical Services:
A certified athletic trainer will be present at all practice and event sessions. A physician will be on-call for practice and on-site for a period of time during the meet. Emergency Medical Services will be on-site for the event session and Mt. Nittany Medical Center will be utilized for emergency situations. If your team is not planning on traveling with a certified athletic trainer please provide us with a prescription for any relevant treatment or taping needs for your runners.

Supplies
The following items will be available on site:

- Ice
- Blood spill kits
- Water and Cups
- Emergency equipment

If you have any further requests for medical services or have any questions, please call us at 814-865-8296 (am) or 814-865-8884 (pm). We can also be reached at (814) 777-1437 (Mike) and (231) 944-2705 (Katie) at any time during your visit to Penn State. Thank you and good luck with your upcoming season.

Sincerely,
Michael Gay PhD, ATC &
Katie Kaminski, ATC
Penn State University
Athletic Trainers
Men’s & Women’s Cross Country
Appendix B: Team Travel Information Sheet

INSTITUTION: __________________________________________________________

MODE of TRANSPORTATION: (plane, bus, vans, etc.) __________________________

TEAM'S ARRIVAL DATE and TIME: __________________________________________

NUMBER of VEHICLES: _____________________________________________________

HOTEL: _________________________________________________________________

TOTAL NUMBER IN TRAVEL PARTY: _________________________________________

    COACHES  _____  STUDENT-ATHLETES  _____  TRAINERS  _____  SID  _______

IS YOUR ATHLETIC ADMINISTRATOR ATTENDING (yes or no)? ____________________

    NAME: ___________________________    TITLE: _____________________________

NAME/TITLE OF MEMBERS OF TRAVEL PARTY OTHER THAN STUDENT-ATHLETES:
(please type or print neatly!!)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

________________________________________________________________________

RETURN BY 5:00 p.m. (EASTERN TIME) THURSDAY, NOVEMBER 3 TO:
    Dayna Wenger, Meet Director
    207 Indoor Multi-Sport Facility, University Park, PA 16802
    Phone: 814-867-5905  Fax: 814-863-8933  dmh136@psu.edu
Appendix C: Coaches’ Meeting R.S.V.P. Form

The Coaches’ Meeting will be held on Thursday, November 10 at 5:00 p.m. at the Bryce Jordan Center—Founder’s Room. (Guest Entrance) Packet Pick-up will begin at 4:15 p.m. and the Coaches’ Meeting will start promptly at 5:00 p.m.

All Head Coaches are required to attend and additional guest(s) may accompany you. For planning purposes please list the names and titles of your additional guests below:

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<tr>
<th>INSTITUTION:</th>
<th>_________________________________________________________</th>
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<tbody>
<tr>
<td>TITLE</td>
<td>NAME</td>
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<tr>
<td>HEAD CROSS COUNTRY COACH</td>
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RETURN BY 5:00 p.m. (EASTERN TIME) THURSDAY, NOVEMBER 3 TO:

Dayna Wenger, Meet Director
207 Indoor Multi-Sport Facility, University Park, PA 16802
Phone: 814-867-5905 Fax: 814-863-8933 dmh136@psu.edu
Appendix D: Quick Guide to Penn State and State College

The Penn State campus is University Park and the surrounding town is State College. Campus is bordered by Park Avenue at the North end and College Avenue at the South end. While campus extends now a little further East and West, central campus can be located within University Drive on the East end and Atherton Street (US 322 Business Route) on the West end. The Cross Country course is on the West end of campus with the start/finish area located at the intersection of White Course Drive and Atherton Street.

While negotiating downtown State College, keep in mind that College Avenue runs one-way going East to West and two blocks further away from campus, Beaver Avenue runs one-way in the opposite direction, West to East. This one-way loop is bordered by Atherton Street on the West end of town and Hill Street on the East end of town. Calder Way/Calder Alley runs parallel between College Avenue and Beaver Avenue however it is a combination of one-way and two way traffic from one end of the town to the other.

**Airlines**

Delta 800-225-2525, 814-237-9730
Connecting Point: Detroit

United Express 800-241-6522, 814-237-2088
Connecting Point: Washington, DC (Dulles), Chicago

American Airlines 800-428-4322, 814-237-2327
Connecting Point: Philadelphia

**Bus Companies**

Cole Transportation 800-299-0920, 814-364-2661

Fullington Trailways 800-322-5591, 814-355-4900

Greyhound Bus Lines 800-231-2222, 814-238-7971

**Car Rentals**

Avis 800-778-5519

Hertz 814-237-1728

National/Alamo 814-237-1771

Enterprise 800-325-8007

**Other Options**

Centre Area Transportation Authority (CATA) - local bus service 814-238-CATA (2282)

The Loop (The Town Loop & The Campus Loop) - FREE local bus service 814-238-2282

Handy Delivery - taxi service 814-353-6001
Appendix E: Additional Hotels

Best Western University Suites ................................. 115 Premiere Drive ....................................... Phone: ...... 814-234-8393
.................................................................................. State College, PA  16801 ........................ Fax: ........... 814-234-8397

Hampton Inn .............................................................. 1101 E. College Avenue ................................. Phone: ...... 814-231-1590
.................................................................................. State College, PA  16801 ........................ Fax: ........... 814-238-7320

Residence Inn ............................................................ 1555 University Drive ................................. Phone: ...... 814-235-6960
.................................................................................. State College, PA  16801 ........................ Fax: ........... 814-235-1630

Super 8 ................................................................. 1663 S. Atherton Street ................................. Phone: ...... 814-237-8005
.................................................................................. State College, PA  16801 ........................ Fax: ........... 814-238-8805

Toftrees Hotel Resort ........................................ 1 Country Club Lane ................................. Phone: ...... 814-234-8000
.................................................................................. State College, PA  16803 ........................ Fax: ........... 814-238-4404

For additional hotel listings, go to www.visitpennstate.org
Appendix F: University Park/State College Area Restaurant Guide

RESTAURANTS

ON CAMPUS FACILITIES****************
On-campus dining in all-you-care-to eat dining commons, campus eateries, or snack bars or for box lunches to go.
Menus available on line at: http://menu.hfs.psu.edu

FAMILY/VARIETY (con't)
Outback Steakhouse
1905 Waddle Road
861-7801

Panera Bread
148 S. Allen St.
867-8883

P.J. Harrigan’s Bar and Grill
1450 S. Atherton St.
235-3009

Red Lobster
1670 N. Atherton St.
867-3867

Texas Roadhouse
1885 Waddle Road
235-7427

TGI Fridays
1215 N. Atherton St.
861-5540

The Tavern Restaurant
220 E. College Ave.
238-6116

The Waffle Shop (3 locations)
CASH ONLY but Worth it!
* 364 E. College Ave.
  237-9741
* 1229 N. Atherton St.
  238-7460
* 1610 W. College Ave.

SUBS/SANDWICHES/ETC.
Wings Over Happy Valley
536 Westerly Parkway
237-5700

FAMILY/VARIETY
Applebee’s
12 Colonnade Way
235-3890

Baby’s Burgers and Shakes
131 S. Garner St.
234-4776

Champs Sports Bar and Grill
1611 N. Atherton St.
234-7700

Corner Room Restaurant
Corner of College Ave. & Allen St.
237-3051

Letterman’s
1031 E. College Ave.
237-6700

Hi-Way Pizza Pub
1688 N. Atherton St. (Village Square)
237-0375

Home Delivery Pizza
1820 S. Atherton St.
237-7777

Hoss’s Steak and Sea House
1450 N. Atherton St.
234-4009
SUBS/SANDWICHES/ETC. (con’t)

Wegman’s Café
345 Collonade Boulevard
278-9000

C.C. Peppers
Wal-Mart (N.Atherton) Shopping Plaza
238-6688

Irving’s Bagels
110 E. College Ave.
231-0604

Jersey Mike’s
128 S. Allen St.
954-7591

2009 S. Atherton St.
954-4179

Jimmy John’s
434 E. College Ave.
237-9300

Penn State Sub Shops (2 locations)
* 225 E. Beaver Ave.
234-4782
* 1788 N. Atherton St.
234-7000

Subway (4 locations)
* 100 S. Burrowes St.
231-0232
* 300 S. Pugh St.
231-0231
* 454 E. College Ave.
231-0233
* Northland Center (N. Atherton St.)
231-0234

The Pita Pit
218 E. Calder Way
234-1228

PIZZA

Brother’s Pizza
238 W. Hamilton Ave
237-6000

Domino’s Pizza
1100 N. Atherton St.
237-1414

Gumby’s
300 S. Pugh St.
234-4862

Papa John’s
1341 S. Atherton St.
234-7272

Pizza Hut
760 S. Atherton St.
237-8093

ETHNIC
Chinese/Stir Fry:
Golden Wok Chinese Restaurant
332 W. College Ave.
234-1102

The Green Bowl
131 W. Beaver Ave.
238-0600

Hunan Wok
452 E. College Ave
278-7560

Uncle Chen’s
430 E. Callder Way
238-1985

Italian:
Faccia Luna
1229 S. Atherton St.
234-9000

Mario & Luigi’s
1272 N. Atherton St.
234-4273

Olive Garden
1945 Waddle Rd.
861-1620

Olive Garden
Rotelli's
250 E. Calder Way
238-8463

Mexican:
Chipotle
116 Heister St.
231-0442

Mad Mex
240 S. Pugh St. (Days Inn)
272-5656

Rey Azteca
485 Benner Pike
238-8700

Qdoba Mexican Grill
206 W. College Ave.
861-3288

*All restaurants are located in State College, unless otherwise indicated.

**All phone numbers begin with area code 814.
Appendix G: Directions to Penn State University

From Harrisburg, PA (Distance approx. 88 miles)
- From Harrisburg, take US-22 W towards Lewistown
- Take US-322 W ramp and follow US-322 W all the way to State College

From New York City (Distance approx. 226.5 miles)
- From New York City, take I-280 W to I-80 W exit
- Go West on I-80
- Take the Bellefonte exit (Exit 161)
- Follow US-220/I-99 to State College (Exit 74)

From Philadelphia, PA (Distance approx. 194 miles)
- From Philadelphia, Schuylkill Expressway, follow the PA turnpike to exit 274 (Harrisburg)
- Proceed on I-283 to I-83 and then to the I-81 interchange
- Follow I-81 S to Route 322W
- Follow US-322 W all the way to State College

From Pittsburgh, PA (Distance approx. 140.3 miles)
- From Pittsburgh, follow US Route 22 E to Duncansville
- Merge onto I-99/US-220 North
- Merge onto US-322 E to Mount Nittany Expressway/State College (exit 73)

Blue/White Golf Courses The cross country course takes advantage of the challenging landscape of the Penn State Blue/White Golf Courses. The competitive start and finish lines can be found off of North Atherton Street (US Business Routh 322) at White Course Drive. This is located on the Western edge of campus, behind Rec Hall.
Appendix H: Map of Parking and Tent Area at Start/Finish Line

NCAA Mid-Atlantic Cross Country Regionals Tent Information

Please see next page for Parking Information for teams, officials, staff and spectators
Parking permits for Coaches, Officials, and School vans/cars will be provided by PSU and available at the Kiosk located in lot Red A, and at the entrance to the Nittany Deck. **Spectator parking** will be available at the Nittany Deck only at $1.00 per hour. All vehicles must enter the left entrance lane next to the kiosk booth only. **Note: Nittany Deck has a 6’ 8” max clearance.**

= route to Porter North. Buses should enter Lot Red A, unload, return to Atherton Street, turn left on Atherton Street to Park Avenue (use right lane), turn right on Park Avenue to Porter Road, turn right on Porter Road to Lot Porter North.

= route to Nittany Deck **Note: Nittany Deck has a 6’ 8” max clearance.** Return to Atherton Street, turn left on Atherton Street to Park Avenue (using right lane), turn right on Park Avenue, then turn right on Fischer Road (just past Nittany Lion Inn).
Appendix I: Women’s 6,000 Meter Course Map
Appendix J: Men’s 10,000 Meter Course Map