2017 DIVISION I
CROSS COUNTRY
CHAMPIONSHIPS
TUSCALOOSA, AL • University of Alabama, Host

PARTICIPANT
2017-18 MANUAL
Regionals
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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>David Neder</td>
<td>Office: 205-348-3189&lt;br&gt;Cell: 205-210-1121</td>
</tr>
<tr>
<td></td>
<td>Assistant Director, Event Management</td>
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</tr>
<tr>
<td>Sports Information Contact</td>
<td>Todd Bell</td>
<td>Office: 205-348-6084&lt;br&gt;Cell: 972-825-6686</td>
</tr>
<tr>
<td></td>
<td>Assistant Director, Communications</td>
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</tr>
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</tr>
</tbody>
</table>
### 2017-18 DIVISION I MEN’S AND WOMEN’S CROSS COUNTRY/TRACK & FIELD COMMITTEE

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Institution</th>
<th>Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
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<tr>
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</tr>
<tr>
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<td>Deputy Athletics Director/Chief of Staff</td>
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<td>315-443-2561</td>
<td></td>
<td><a href="mailto:hrfrazie@syr.edu">hrfrazie@syr.edu</a></td>
</tr>
<tr>
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<td>Assistant Director, Sports Management and Championships</td>
<td>Pac-12 Conference</td>
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<td>253-249-8705</td>
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<td><a href="mailto:sharris@pac-12.org">sharris@pac-12.org</a></td>
</tr>
<tr>
<td><strong>Nicole Harvey</strong></td>
<td>Senior Associate Athletic Director</td>
<td>University of Central Florida</td>
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<td>407-823-4297</td>
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<td><a href="mailto:nicole.harvey@ucf.edu">nicole.harvey@ucf.edu</a></td>
</tr>
<tr>
<td><strong>Angie Lansing, Chair</strong></td>
<td>Senior Woman Administrator</td>
<td>Indiana State University</td>
<td>401 North 4th St, Arena 104B, Terre Haute, IA 47809</td>
<td>812-237-4091</td>
<td></td>
<td><a href="mailto:angie.lansing@indstate.edu">angie.lansing@indstate.edu</a></td>
</tr>
<tr>
<td><strong>Julie Levesque</strong></td>
<td>Senior Woman Administrator</td>
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<td>500 West University Ave, El Paso, TX 79968</td>
<td>915-747-7698</td>
<td></td>
<td><a href="mailto:jlevesque@utep.edu">jlevesque@utep.edu</a></td>
</tr>
<tr>
<td><strong>Wendy McFarlane</strong></td>
<td>Head Track and Field/Cross Country Coach</td>
<td>University of Delaware</td>
<td>621 S. College Ave, Newark, DE 134</td>
<td>302-831-8738</td>
<td></td>
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</tr>
<tr>
<td><strong>Sharlene Milwood-Lee</strong></td>
<td>Head Track and Field/Cross Country Coach</td>
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<td>1000 River Rd, Teaneck, NJ 07502</td>
<td>201-692-2242</td>
<td></td>
<td><a href="mailto:sharlene_milwood-lee@fdu.edu">sharlene_milwood-lee@fdu.edu</a></td>
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<td>1162 Eden Terrace, Rock Hill, SC 29733</td>
<td>803-323-2129</td>
<td></td>
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</tr>
<tr>
<td><strong>Secretary-Rules Editor</strong></td>
<td>Mark Kostek</td>
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<td>317-917-6503</td>
<td></td>
<td><a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></td>
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<tr>
<td><strong>NCAA</strong></td>
<td>Jeff Mlyniski</td>
<td>Assistant Director                   Championships and Alliances</td>
<td>317-917-6237 317-917-6237 317-874-7154</td>
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<td></td>
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</tr>
<tr>
<td><strong>NCAA</strong></td>
<td>Anjellica Rospond</td>
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<td><a href="mailto:arospond@ncaa.org">arospond@ncaa.org</a></td>
<td></td>
<td></td>
</tr>
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</table>
SCHEDULE OF EVENTS
(All Times are Central Standard Time)

Thursday, November 9

9 a.m. – 5 p.m.  Course inspection/practice.
                Weather permitting.

5:30 p.m. – 6 p.m.  Packet pickup.
                    North Zone, Bryant-Denny Stadium
                    See Appendix C for directions

6 p.m.  Mandatory coaches’ meeting.
         North Zone, Bryant-Denny Stadium
         See Appendix C for directions

Friday, November 10

6:00 a.m.  Course opens to competitors.
             Please call 205-210-1121 or visit @AlabamaTrack for frost
             warning or severe weather updates on race day if needed.

7:40 a.m.  Clerking procedure begins for women’s race.

8:30 a.m.  First gun fired (indicating 30 minutes to start).

8:35 a.m.  National Anthem.

8:40 a.m.  Second gun fired (20 minutes to start).

8:50 a.m.  Third gun fired (10 minutes to start).

9:00 a.m.  Women’s 6K championship race.

9:30 a.m.  First gun fired (30 minutes to start).

9:40 a.m.  Second gun fired (20 minutes to start).

9:50 a.m.  Third gun fired (10 minutes to start).

10:00 a.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.

Headquarter Hotel: Hotel Capstone- $120/night
320 Paul W Bryant Drive
Tuscaloosa, AL 35401
(205) 343-1114 –
Speak to Traci Channell to lock in discounted room rate

Other Hotels and Restaurants in the Area:
See Appendix A for restaurants
See Appendix B for hotels

COURSE DIAGRAMS/INFORMATION
Men’s and women’s course maps and additional campus information:
The course will be painted with white lines as well as flagged and marked appropriately. Kilometers and miles will be marked for both the men’s and women’s distances. The following markers will differentiate kilometers and miles for the women and men.

Women’s 6k
Kilometers: White diamond with red numbers
Miles: Red square with white numbers

Men’s 10k
Kilometers: Blue diamond with white numbers
Miles: White square with blue numbers

There will split times given at the 2K and 4K markers for the women and the 2k, 4K, 6K and 8k for the men. Live splits will be available for both races by clicking on the “Live Results” timing link located on the championship website, http://ua_ftp.sidearmsports.com/custompages/sports/c-xctrack/regionals.html.

Men’s and women’s course map:
See Appendix E for Women’s course map
See Appendix F for Men’s course map

DRESSING ROOMS
There are no locker rooms available at the course. Locker rooms can be made available on campus at Coleman Coliseum by contacting David Neder, 205-210-1121.

DRUG TESTING
Please see the 2017 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 championships. 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 30. Coaches must submit the forms ONLINE by 5 p.m. Eastern, Thursday, November 2. The late deadline, with fine, for regional entries is 5 p.m. Eastern on Friday, November 3. 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://ua_ftp.sidearmsports.com/custompages/sports/c-xctrack/regionals.html by 5 p.m. local time on Monday, November 6.

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.

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.

DECLARATIONS: Onsite declarations will be held during packet pickup from 5:30 – 6 p.m., Thursday, November 9 at the North Zone of Bryant-Denny Stadium. If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of chips and bibs), those additional 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 clerking location up to 80 minutes prior to the start of their race. Teams are encouraged to check-in as soon as possible, but 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.

Please note that teams and/or individuals that check-in late and not in accordance with the times outlined in this manual will jeopardize participation in their race, will have a letter sent to their institutional athletics director and will have a financial fine assessed for failing to abide by championship policies.

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 within an eight-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. There is no available shelter at the course. Buses and personal vehicles will be used as shelter in case of inclement weather.
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. Information on delays and/or postponements will be available at @AlabamaTrack. The host will provide all necessary information alerting coaches of different start times or delays in course inspection times due to any 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

At the finish line there will be two chip timing mats. Runners should continue racing past both mats and into the chute area. Runners do not need to maintain their order in the chute. Once in the chute the runner’s timing chips will be removed and they will have water and trainers available. Runner’s MUST have their timing chips removed before leaving the chute.

There will be two Finish lynx cameras for primary timing and another two Finish lynx cameras as back up timing. There will be four split mats on the course and these split times will be available on the website as soon as the runners complete their splits.
PACKET PICK UP
Packets will be available Thursday, November 9, from 5:30 p.m. – 6 p.m. in the North Zone of Bryant-Denny Stadium. See Appendix C.

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

MANDATORY COACHES’ MEETING
Coaches are required to attend the mandatory coaches’ meeting on Thursday, November 9 at 6 p.m. at North Zone of Bryant-Denny Stadium. **Failure to attend the mandatory coaches’ meeting will result in a minimum $200 fine/gender/institution.** (See Appendix C for directions to Bryant-Denny Stadium)

MERCHANDISE
Merchandise will be available at the course for purchase on Friday from 8:30 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 9 a.m. – 5 p.m. The course will be open at 6 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.

** Please call 205-210-1121 or search @AlabamaTrack 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 awards stand. 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 $100 protest fee (cash only) for each protest. The $100 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 tent, located near the awards stand. Results will also be posted at [http://ua_ftp.sidearmsports.com/custompages/sports/c-xtrack/regionals.html](http://ua_ftp.sidearmsports.com/custompages/sports/c-xtrack/regionals.html).
- At the meet - members of the media may pick up results after each race at the awards area.
- Contact Todd Bell at tbell@ia.ua.edu for more information.
SPORTS MEDICINE
A temporary training room is located at the course, near the finish line. The training room is equipped with basic training supplies. If you have any special needs, please contact Bernard Burroughs at 205-348-3456 or by email at bburoughs@ia.au.edu.

Training Room Hours:

Thursday, November 9 from 9 a.m. – 5 p.m.
Friday, November 10 from 8:00 a.m. – Conclusion of second race

The training room is located near the finish line.

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

TENTS
Teams can rent tents from Game Day Tents, 205-752-8199. All tent locations will be decided by Meet Director and will be set up on Thursday, November 9.

TRANSPORTATION/PARKING
All transportation needs will be the responsibility of the participating team.

Directions to Course.
The Harry Pritchett Cross Country Course is located southeast of the University of Alabama. Take McFarland Blvd. to 15th St. East. Turn onto 15th St. East (Veterans Memorial Parkway) towards VA Hospital. In approximately 2.5 miles exit to right at split (towards VA Hospital and UA Arboretum) and then an immediate left to UA Arboretum. Cross over Loop Road. One way signage will force you to turn left (again towards UA Arboretum). After left turn and before crossing back under Veterans Memorial Parkway road will again split. Take to right towards UA Arboretum. UA running park is at the top of hill on the way to the UA Arboretum.

Also can be found on the website and in Appendix D.

Team parking map can be found in Appendix H.

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; they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments, including arm and leg-warmer, 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-warmer, wristbands, visors and hats) 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: Tuscaloosa Restaurant Guide

### Multiple Locations

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>American</td>
<td>Avenue Pub</td>
<td>405 23rd Ave.</td>
<td>205.759.4900</td>
</tr>
<tr>
<td></td>
<td>Archibald’s BBQ*</td>
<td>1211 MLK Jr. Blvd. (original)</td>
<td>205.345.6861</td>
</tr>
<tr>
<td></td>
<td>Baumhower’s Restaurant*</td>
<td>500 Harper Lee Dr.</td>
<td>205.556.5658</td>
</tr>
<tr>
<td></td>
<td>Buffalo Phil’s Wings</td>
<td>1149 University Blvd.</td>
<td>205.758.3318</td>
</tr>
<tr>
<td></td>
<td>Buffalo Wild Wings</td>
<td>2710 McFarland Blvd. E.</td>
<td>205.523.0273</td>
</tr>
<tr>
<td></td>
<td>Burger Fi</td>
<td>1320 McFarland Blvd. E. #510</td>
<td>205.759.2510</td>
</tr>
<tr>
<td></td>
<td>Cracker Barrel</td>
<td>4800 Doris Pate Dr.</td>
<td>205.562.8282</td>
</tr>
<tr>
<td></td>
<td>Dotson’s Burger Spot</td>
<td>2322 4th St.</td>
<td>205.248.2493</td>
</tr>
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<td></td>
<td>Dreamland BBQ*</td>
<td>5535 15th Ave. E. (original)</td>
<td>205.343.6677</td>
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<td></td>
<td>Five Guys Burgers and Fries</td>
<td>1800 McFarland Blvd. E.</td>
<td>205.391.0575</td>
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<td></td>
<td>Full Moon BBQ</td>
<td>1434 McFarland Blvd. E.</td>
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<td>Hoo’s Q</td>
<td>101 15th St. E.</td>
<td>205.345.6400</td>
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<td></td>
<td>Jim ‘N’ Nicks</td>
<td>305 21st Ave.</td>
<td>205.469.2060</td>
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<td>The Levee</td>
<td>1 Bridge Ave.</td>
<td>205.632.3136</td>
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<td></td>
<td>Moe’s Original BBQ</td>
<td>2101 University Blvd.</td>
<td>205.752.3616</td>
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<td>Mooyah Burgers Fries &amp; Shakes</td>
<td>1130 University Blvd.</td>
<td>205.710.5111</td>
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<td></td>
<td>Mugshtos Grill</td>
<td>511 Greensboro Ave.</td>
<td>205.391.0572</td>
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<td></td>
<td>O’Charley’s</td>
<td>3799 McFarland Blvd.</td>
<td>205.556.5143</td>
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<td></td>
<td>Rama Jamas</td>
<td>1017 Paul W. Bryant Dr.</td>
<td>205.750.0901</td>
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<td></td>
<td>Southern Ale House</td>
<td>1530 McFarland Blvd. N.</td>
<td>205.248.7500</td>
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<td></td>
<td>Steamers Restaurant</td>
<td>823 Hargrove Rd.</td>
<td>205.561.6177</td>
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### Sandwiches/Wraps/Gyros

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<td></td>
<td>Chicken Salad Chick*</td>
<td>1800 McFarland Blvd. E.</td>
<td>205.462.3594</td>
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<td></td>
<td>Firehouse Subs</td>
<td>1130 University Blvd. #3</td>
<td>205.248.0680</td>
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<td></td>
<td>Glory Bound Gyro Co.</td>
<td>2325 University Blvd.</td>
<td>205.349.0505</td>
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<td>Hooligan’s</td>
<td>1915 University Blvd.</td>
<td>205.759.2424</td>
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<td>Jason’s Deli</td>
<td>2300 McFarland Blvd. E.</td>
<td>205.752.6192</td>
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<td>Jimmy John’s*</td>
<td>1400 University Blvd.</td>
<td>205.366.3699</td>
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<td></td>
<td>McAlister’s Deli*</td>
<td>101 15th St.</td>
<td>205.758.0039</td>
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<td>Momma Goldberg’s Deli</td>
<td>409 23rd Ave.</td>
<td>205.345.5501</td>
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<td>Newk’s Express Cafe</td>
<td>205 University Blvd. E.</td>
<td>205.792.6477</td>
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<td>Panera Bread</td>
<td>1800 McFarland Blvd. E.</td>
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<td>Pita Pit</td>
<td>1207 University Blvd.</td>
<td>205.409.8889</td>
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<td>Schlotzsky’s</td>
<td>405 15th St. E.</td>
<td>205.248.2472</td>
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<td>Subway*</td>
<td>1306 A University Blvd.</td>
<td>205.349.5782</td>
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<td></td>
<td>Taziki’s Mediterranean Café</td>
<td>1800 McFarland Blvd. E.</td>
<td>205.344.6444</td>
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<td></td>
<td>Which Wich Superior Sandwiches</td>
<td>2128 University Blvd.</td>
<td>205.764.1673</td>
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<tr>
<td></td>
<td>Zoe’s Kitchen*</td>
<td>312 Merchants Walk</td>
<td>205.344.4450</td>
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### Fine Dining

<table>
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<tr>
<td></td>
<td>301 Bistro</td>
<td>301 Greensboro Ave.</td>
<td>205.764.1395</td>
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<td>Chuck’s Fish</td>
<td>508 Greensboro Ave.</td>
<td>205.248.9370</td>
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<td></td>
<td>Cypress Inn</td>
<td>501 Rice Mine Rd.</td>
<td>205.345.6963</td>
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<tr>
<td></td>
<td>Evangeline’s Restaurant</td>
<td>1653 McFarland Blvd. N.</td>
<td>205.752.0830</td>
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<tr>
<td></td>
<td>Five</td>
<td>2324 6th St.</td>
<td>205.345.6089</td>
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<td>R. Davidson Chophouse</td>
<td>2330 4th St.</td>
<td>205.614.8782</td>
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<td>The River</td>
<td>1650 Jack Warner Pkwy.</td>
<td>205.632.3801</td>
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<td>Side by Side</td>
<td>2410 University Blvd.</td>
<td>205.561.5500</td>
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Pizza/Italian
- Anthony’s Italian Kitchen 1351 McFarland Blvd. NE. 205.523.7548
- DePalma’s 2300 University Blvd. 205.759.1879
- Heat Pizza 2250 6th St. 205.632.3282
- Little Italy* 1130 University Blvd. 205.345.4354
- Mr. G’s 908 McFarland Blvd. 205.339.8505
- Olive Garden 2100 McFarland Blvd. E. 205.750.0321
- Pyro’s Pizza 1320 McFarland Blvd. E. 205.248.7343

Steakhouses
- Logan’s Roadhouse 1511 Skyland Blvd. E. 205.349.3554
- Longhorn Steakhouse 1800 McFarland Blvd. E. #412 205.345.8244
- Outback Steakhouse 5001 Oscar-Baxten Dr. 205.758.9316
- Texas Roadhouse 1363 McFarland Blvd. E. 205.759.2596

Asian
- Bento Japanese Restaurant 1306 University Blvd. 205.758.7426
- Ichiban Japanese Grill & Sushi 502 15th St. 205.752.8844
- KOBE Japanese Steakhouse 1800 McFarland Blvd. E. 205.759.1400
- Mr. Chen’s 514 14th St. 205.343.6889
- Nothing But Noodles 1320 McFarland Blvd. E. #530 205.349.2900
- Panda Express* 636 15th St. 205.343.6888
- Pearl Garden 2719 Lurleen B. Wallace Blvd. 205.339.0880
- Ruan Thai 1407 University Blvd. 205.391.9973
- Surin of Thailand 1402 University Blvd. 205.752.7970

Mexican
- Central Mesa 519 Greensboro Ave. 205.523.7738
- Chipotle* 1800 McFarland Blvd. E. #608 205.391.0140
- Chuy’s 1320 McFarland Blvd. E. 205.349.4947
- La Hacienda 1817 University Blvd. 205.758.1161
- Iguana Grill 1800 McFarland Blvd. E. #430 205.752.5895
- Jalapenos Mexican Grill* 4421 Old Birmingham Hwy. 205.331.4816
- Los Tarascos* 1759 Skyland Blvd. E. 205.553.8896
- Moe’s Southwest Grill 2330 McFarland Blvd. E. 205.342.1487
- Taco Mama 2104A University Blvd. 205.409.8173

Breakfast/Smoothies
- Another Broken Egg Café 1650 Jack Warner Pkwy. 205.750.2120
- Babe’s Doughnut Co. 500 Greensboro Ave. 205.722.2154
- Edelweiss German Bakery 2324 4th St. 205.343.6545
- Edgar’s Bakery & Café 1653 McFarland Blvd. N. 205.345.6031
- Frutta Bowls 2531 University Blvd. 205.752.3293
- Heritage House Coffee & Tea* 700 Towncenter Blvd. 205.758.0042
- Holler & Dash 1130 University Blvd. 205.752.3310
- Juice Bar 1320 McFarland Blvd. E. 205.758.1944
- Monarch Espresso Bar 714 22nd Ave. 205.210.8751
- O’Henry’s Coffee 2531 University Blvd. 205.650.4044
- Smoothie King* 1403 University Blvd. #1 205.462.3664
- Tropical Smoothie Café 1800 McFarland Blvd E. 205.331.4070
- T-Town Café 500 14th St. 205.759.5559
### Appendix B: Tuscaloosa Hotels

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>City</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel Capstone</td>
<td>320 Paul W Bryant Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 752-3200</td>
</tr>
<tr>
<td>Hampton Inn-University</td>
<td>600 Harper Lee Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 553-9800</td>
</tr>
<tr>
<td>Hampton Inn-East</td>
<td>6400 Interstate Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 562-9000</td>
</tr>
<tr>
<td>Courtyard by Marriott</td>
<td>4115 Courtney Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 750-8384</td>
</tr>
<tr>
<td>Fairfield Inn by Marriott</td>
<td>4101 Courtney Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 366-0900</td>
</tr>
<tr>
<td>Hilton Garden Inn</td>
<td>800 Hollywood Drive</td>
<td>Tuscaloosa, AL</td>
<td>(205) 722-0360</td>
</tr>
<tr>
<td>Springhill Suites by Marriott</td>
<td>4020 Greensboro Avenue</td>
<td>Tuscaloosa, AL</td>
<td>(205) 750-2003</td>
</tr>
<tr>
<td>Embassy Suites</td>
<td>2410 University Boulevard</td>
<td>Tuscaloosa, AL</td>
<td>(205) 561-2500</td>
</tr>
<tr>
<td>Home2 Suites by Hilton</td>
<td>2610 University Boulevard</td>
<td>Tuscaloosa, AL</td>
<td>(205) 349-2002</td>
</tr>
<tr>
<td>Hotel Indigo</td>
<td>111 Greensboro Avenue</td>
<td>Tuscaloosa, AL</td>
<td>(205) 469-1660</td>
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</tbody>
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Appendix C: Directions to North Zone at Bryant-Denny Stadium

From McFarland Blvd. turn onto University Blvd and head west for approximately 1.7 miles. Turn left onto Wallace Wade Ave. There is street parking on Wallace Wade Ave., as well as lots on either side.

Enter into stadium at gate 1 for Coaches’ meetings.
Appendix D: Directions to Harry Pritchett Running Course

McFarland Blvd. to 15th St. East. Turn onto 15th St. East (Veterans Memorial Parkway) towards VA Hospital. Approx 2.5 miles exit to right at split (towards VA Hospital and UA Arboretum) and then an immediate left to UA Arboretum. Cross over Loop Road. One way signage will force you to turn left (again towards UA Arboretum). After left turn and before crossing back under Veterans Memorial Parkway road will again split. Take to right towards UA Arboretum. UA running park is at the top of hill on the way to the UA Arboretum.
Appendix E: Women’s 6,000 Meter Course Map
Appendix F: Men’s 10,000 Meter Course Map
Appendix G: Meet HQ Map
Appendix H: Parking Map