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# Meet Personnel

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<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
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</table>
| **Meet Director**          | Reed Capener                | WORK: (435) 797-7186  
                             |                             | CELL: (435) 225-5096  
                             |                             | FAX: (435) 797-2615       |
|                            | Assistant AD – Event        |                                                   |
|                            | Operations/Facilities      |                                                   |
|                            | Email: reed.capener@usu.edu |                                                   |
| **Sports Information Contact** | Wade Denniston            | WORK: (435) 797-1361  
                             |                             | CELL: (435) 787-8587  
                             |                             | FAX: (435) 797-2615       |
|                            | Assistant Media Relations   |                                                   |
|                            | Coordinator                 |                                                   |
|                            | Email: wade.denniston@usu.edu |                                                 |
| **Sports Medicine Contact** | Laura McLane                | Office: (435) 797-3280  
                             |                             | Cell: (425) 223-0839      |
|                            | Assistant Athletic Trainer  |                                                   |
|                            | Email: laura.parry@usu.edu  |                                                   |
# 2017-18 Division I Men’s and Women’s Cross Country/Track & Field Committee

<table>
<thead>
<tr>
<th>Trey Clark</th>
<th>Milan Donley</th>
<th>Andy Eggerth</th>
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<tbody>
<tr>
<td>Head Track and Field Coach&lt;br&gt;Lamar University&lt;br&gt;211 Redbird Lane&lt;br&gt;Beaumont, Texas 77710&lt;br&gt;Office: 409-880-8318&lt;br&gt;Email: <a href="mailto:trey.clark@lamar.edu">trey.clark@lamar.edu</a></td>
<td>Meet Management/Director of Kansas Relays&lt;br&gt;University of Kansas&lt;br&gt;1651 Naismith Drive&lt;br&gt;Lawrence, Kansas 66045&lt;br&gt;Office: 785-864-7971&lt;br&gt;Email: <a href="mailto:mdonley@ku.edu">mdonley@ku.edu</a></td>
<td>Director of Track and Field/Cross Country&lt;br&gt;Kennesaw State University&lt;br&gt;590 Cobb Avenue – Mailbox 0201&lt;br&gt;Kennesaw, GA 30144&lt;br&gt;Office: 470-578-2801&lt;br&gt;Email: <a href="mailto:aeggerth@kennesaw.edu">aeggerth@kennesaw.edu</a></td>
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<th>Herman Frazier</th>
<th>Sean Harris</th>
<th>Nicole Harvey</th>
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<tr>
<td>Deputy Athletics Director/Chief of Staff&lt;br&gt;Syracuse University&lt;br&gt;1301 East Colvin Street&lt;br&gt;Syracuse, New York 13244-5020&lt;br&gt;Office: 315-443-2561&lt;br&gt;Email: <a href="mailto:hrfrazie@syr.edu">hrfrazie@syr.edu</a></td>
<td>Assistant Director, Sports Management and Championships&lt;br&gt;Pac-12 Conference&lt;br&gt;360 3rd Street, 3rd Floor&lt;br&gt;San Francisco, California 94107&lt;br&gt;Office: 253-249-8705&lt;br&gt;Email: <a href="mailto:sharris@pac-12.org">sharris@pac-12.org</a></td>
<td>Senior Associate Athletic Director&lt;br&gt;University of Central Florida&lt;br&gt;12698 Gemini Blvd. S. Room 125&lt;br&gt;Orlando, Florida 32816&lt;br&gt;Office: 407-823-4297&lt;br&gt;Email: <a href="mailto:nicole.harvey@ucf.edu">nicole.harvey@ucf.edu</a></td>
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<tr>
<th>Angie Lansing, Chair</th>
<th>Julie Levesque</th>
<th>Wendy McFarlane</th>
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<tr>
<td>Senior Woman Administrator&lt;br&gt;Indiana State University&lt;br&gt;401 North 4th Street, Arena 104B&lt;br&gt;Terre Haute, Indiana 47809&lt;br&gt;Office: 812-237-4091&lt;br&gt;Email: <a href="mailto:angie.lansing@indstate.edu">angie.lansing@indstate.edu</a></td>
<td>Senior Woman Administrator&lt;br&gt;University of Texas at El Paso&lt;br&gt;500 West University Avenue&lt;br&gt;El Paso, Texas 79968&lt;br&gt;Office: 915-747-7698&lt;br&gt;Email: <a href="mailto:jmlevesque@utep.edu">jmlevesque@utep.edu</a></td>
<td>Head Track and Field/Cross Country Coach&lt;br&gt;University of Delaware&lt;br&gt;621 S. College Avenue, 134 Delaware Field House&lt;br&gt;Newark, Delaware&lt;br&gt;Office: 302-831-8738&lt;br&gt;Email: <a href="mailto:wendym@udel.edu">wendym@udel.edu</a></td>
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<th>Sharlene Milwood-Lee</th>
<th>Ben Paxton</th>
<th>NCAA</th>
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<tr>
<td>Head Track and Field/Cross Country Coach&lt;br&gt;Farleigh Dickinson University&lt;br&gt;1000 River Road&lt;br&gt;Teaneck, New Jersey 07666&lt;br&gt;Office: 201-692-2242&lt;br&gt;Email: <a href="mailto:sharlene_milwood-lee@fd.edu">sharlene_milwood-lee@fd.edu</a></td>
<td>Head Men’s and Women’s Track Coach&lt;br&gt;Winthrop University&lt;br&gt;Winthrop Coliseum&lt;br&gt;1162 Eden Terrace&lt;br&gt;Rock Hill, South Carolina 29733&lt;br&gt;Office: 803-323-2129&lt;br&gt;Email: <a href="mailto:paxtonb@winthrop.edu">paxtonb@winthrop.edu</a></td>
<td>NCAA&lt;br&gt;Jeff Mlynski&lt;br&gt;Assistant Director&lt;br&gt;Championships and Alliances&lt;br&gt;P.O. Box 6222&lt;br&gt;Indianapolis, Indiana 46206&lt;br&gt;Office: 317-917-6503&lt;br&gt;Fax: 317-917-6237&lt;br&gt;Cell: 317-874-7615&lt;br&gt;Email: <a href="mailto:jmlynski@ncaa.org">jmlynski@ncaa.org</a></td>
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<tr>
<th>NCAA</th>
<th>Secretary-Rules Editor</th>
<th>Anjellica Rospond</th>
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<tbody>
<tr>
<td></td>
<td>Mark Kostek&lt;br&gt;Cell: 515-208-8300&lt;br&gt;Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></td>
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SCHEDULE OF EVENTS
(All Times Mountain Standard Time)

**Thursday, November 9**

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

5:30 – 6:30 p.m.  **Packet pickup.**
West Stadium Center – Club Level
(Directions in Appendix)

6:30 – 7 p.m.  **Mandatory coaches’ meeting.**
West Stadium Center – Club Level
(Directions in Appendix)

**Friday, November 10**

7:15 a.m.  **Course opens to competitors.**
Please call or visit @USUTF_XC for frost warning or severe weather updates on race day if needed.

8:55 a.m.  Clerking procedure begins for women’s race.
9:45 a.m.  First gun fired (indicating 30 minutes to start).

9:50 a.m.  **National Anthem.**

9:55 a.m.  Second gun fired (20 minutes to start).
Clerking procedure begins for men’s race.
10:05 a.m.  Third gun fired (10 minutes to start).
10:15 a.m.  **Women’s 6K championship race.**

10:45 a.m.  First gun fired (30 minutes to start).
10:55 a.m.  Second gun fired (20 minutes to start).
11:05 p.m.  Third gun fired (10 minutes to start).
11:15 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:

La Quinta Inn & Suites Logan  
853 S. Hwy 89/91  
Logan, UT 84321  
(435)-752-0707  
http://www.laquintaloganut.com/

Other Hotels and Restaurants in the Area:
See Appendix

COURSE DIAGRAMS/INFORMATION
Men’s and women’s course maps and additional campus information:

Maps, campus information and race preview are available at the following link:

Men’s and women’s facility layout:
http://grfx.cstv.com/photos/schools/ust/sports/c-xc/auto_pdf/2016-17/misc_non_event/Mountain-Regional-Course-Map.pdf
See Appendix pages 19 and 20 for course maps and links

DRESSING ROOMS
There are no locker room facilities located at the course. There will be temporary rest room facilities available.

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](http://www.directathletics.com). If you experience technical difficulty using the online entry system, please contact DirectAthletics ([support@directathletics.com](mailto:support@directathletics.com); phone: 347-674-3002).

Entries will be posted at [www.UtahStateAggies.com/XCNCAA17](http://www.UtahStateAggies.com/XCNCAA17) 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](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 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 – 6:30 p.m., Thursday, November 9 at the West Stadium Center. 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, Weather.com and Weatherbug 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. In case of inclement weather participants and fans are to return to their bus, van or vehicle in order to wait.

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 (435) 225-5096 and @USUTF_XC. 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**

The order of finish will be verified with Finish Lynx system. Two Lynx cameras will be on each of the finish line mat. 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 the mat 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. Volunteers will be there to help remove all timing chips from competitor shoes. All timing chips need not be returned prior to exiting the finish area. Coaches and fans can wait for runners outside of the finish chute.

**PACKET PICK UP**

Packets will be available Thursday, November 9, from 5:30 – 6:30 p.m. at the West Stadium Center. (directions to packet pick up are located in the Appendix) 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 6:30 p.m. MST at the West Stadium Center. Failure to attend the mandatory coaches’ meeting will result in a $200 fine/gender/institution. (Directions to meeting included in Appendix)

**MERCHANDISE**

Merchandise will be available at the course for purchase from 10 a.m. to 2 p.m. Thursday and 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 8 a.m. – 5 p.m. The course will be open at 7:15 a.m. the morning of the race unless there is frost on the ground or additional weather concerns.
**Please call 435-225-5096 or visit @USUTF_XC 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 $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 main/starters tent. Results will also be posted at NCAA.com.
• At the meet - members of the media may pick up results after each race at the main tent. Contact Wade Denniston at wade.denniston@usu.edu for more information.

SPORTS MEDICINE
The training room is located at in the north end zone of the football stadium in the Jim and Carol Laub Athletic and Academic Complex. The training room is equipped with the following modalities: e-stim, ice, heat, and ultrasound. There will also be a training area set up at the course during practice on Thursday and competition on Friday. If you have any special needs, please contact Laura McLane at (425) 223-0839 or by email at laura.parry@usu.edu.

Training Room Hours:

Thursday, November 9 from 8 a.m.- 6 p.m.
Friday, November 10 from 7:15 a.m. – 5 p.m.

The training room is located at 800 East and 1350 north in Logan, Utah.

Trainers at course: Thursday, November 9 8 a.m. – 5 p.m.
Friday, November 10 Beginning at 7:15 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 student-athlete becomes injured or ill. An ambulance will be onsite for both races.

**TENTS**

Team tent locations depicted on the map at this link:

http://grfx.cstv.com/photos/schools/ust/sports/c-xc/auto_pdf/2016-17/misc_non_event/Mountain-Regional-Course-Map.pdf

Tent rentals are available at:

Northwood Rentals:
45 W 3800 N Hyde Park, Utah
(435) 563-8008
http://www.northwoodrentals.com/

Tent rentals may be limited and early rental is encouraged.

**TRANSPORTATION/PARKING**

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

**Directions to Course.**
The Steve and Dona Reeder Cross Country Course is located at 1165 East 1400 North. Driving directions to the course can be located in appendix.

Team parking will be available at 1165 East 1400 North.

**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-warmers, 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-warmers, 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.
Hotels & Restaurants

Hotels

Holiday Inn Express
2235 N Main St.
Logan, UT 84341
(435) 752-3444

La Quinta Inn & Suites
853 S Hwy 89
Logan, UT 84321
(435) 752-0707

University Inn
850 E 700 N
Logan, UT 84322
(435) 797-0017

Restaurants

Angie’s
690 N Main St.
Logan, UT 84321
(435) 752-9252

Bull’s Head
1111 N 800 E
Logan, UT 84341
(435) 787-2092

Café Sabor
600 W Center St.
Logan, UT 84321
(435) 752-8088

Costa Vida
1309 N Main St.
Logan, UT 84341
(435) 755-0077

Dickey’s BBQ Pit
55 E 1400 N #120
Logan, UT 84321
(435) 753-7681

Firehouse Pizzeria
682 S Main St.
Logan, UT 84321
(435) 787-4222

Fizz N Fryz
111 E 1600 N
Logan, UT 84341
(435) 262-0265

Herm’s Inn
1435 Canyon Rd.
Logan, UT 84321
(435) 792-4321

Lee’s Marketplace Deli
555 E 1500 N
Logan, UT 84341
(435) 755-5100

Lucky Slice Pizza
64 Federal Ave.
Logan, UT 84321
Macey’s Deli
50 N Hwy 165
Providence, UT 84332
(435) 753-3301

McDonald’s
810 N Main St.
Logan, UT 84321
(435) 753-3119

1035 S Hwy 89
Logan, UT 84321
(435) 755-8060

Old Grist Mill
78 E 400 N
Logan, UT 84321
(435) 753-6463

981 S Main St. #150
Logan, UT 84321
(435) 755-0262

Smith’s Marketplace Deli
442 N 175 E
Logan, UT 84321
(435) 753-6840

750 N Main St.
Logan, UT 84321
(435) 753-1004

Swig N Sweets
880 S Main St.
Logan, UT 84321
(435) 628-1113

Village Inn
1633 N Main St.
Logan, UT 84341
(435) 752-5656

USU Dining Services
Off Premise Catering (Café Sabor)
Directions to Logan

Logan, Utah is located approximately 80 miles north of Salt Lake City, Utah.

From Salt Lake International Airport:
Take I-80 East out of the airport to I-215 North, which will turn into I-15 North. Follow I-15 North to exit 362 (Highway 89-91) at Brigham City. Follow Highway 89 into Logan, where it becomes Main Street. Continue on Main Street until you reach 1000 North and turn right. Continue on 1000 North until 800 East. For the Dee Glen Smith Spectrum turn right at 800 East and it will be on your left. For the Maverik Stadium turn left at 800 East and the stadium will be on your right.

From 1400 North to Steve and Dona Reeder Cross Country Course:
Take 1400 North Eastward to 1165 East, the parking lot is on the left/north side of 1400 North.
Directions to Coaches Meeting

The coaches meeting will be held in the Champions Club level of the West Stadium Center facility at Maverik Stadium. The facility is located on 800 East and 1000 North in Logan, Utah. Coaches are welcome to park in the lot immediately west of the stadium and take the elevators to level 3, Champions Club Level.
Maps

Men’s 10k

Mountain Region Cross Country Course

http://grfx.cstv.com/photos/schools/ust/sports/c-xc/auto_pdf/2016-17/misc_non_event/Mountain-Regional-Mens-Course.pdf
Women’s 6k

http://grfx.cstv.com/photos/schools/ust/sports/c-xc/auto_pdf/2016-17/misc_non_event/Mountain-Regional-XC-Course.pdf