



TO: Div. III Central Regional Cross Country Coaches
FROM: Will Freeman
SUBJECT: NCAA Central Regional Qualifying Meet Information

DATE: Nov. 14, 2009
RACE TIMES : 11 a.m.: Women's 6k race / Noon: Men's 8k race

CENTRAL REGIONAL WEBSITE: www.grinnell.edu/athletics/ncaaregional

GAMES COMMITTEE:

Will Freeman, meet director and NCAA rep
Others TBD

ENTRY PROCEDURE:

Regional entries must be completed and submitted at www.directathletics.com/ncaa by each participating institution per the linked instructions. Regional entries must be submitted via Direct Athletics by 5 p.m. local host time on the Sunday prior to the regional championship. (late entries: \$100 fine per team, individual, and gender).

Monday, November 9th - The host will then post preliminary entry lists by 5 p.m.local time.

Tuesday, November 10th – Late entries and corrections must be submitted online to Direct Athletics by 5 p.m. Late entries and corrections are subjected to a \$100 fine per team and gender and must be approved by the Games Committee. No further entries will be accepted after this deadline.

NATIONAL CHAMPIONSHIP QUALIFIER/ENTRY INFORMATION

Teams (32 per gender) will be selected in the following manner:

- 16 teams will automatically qualify (two per region);
- 16 at-large teams will be selected by the committee to be determined using the published criteria in the championships handbook;
- Only the top five teams in each regional will be considered.

Individuals (56 per gender) will be selected in the following manner:

- 56 Individuals will automatically qualify (7 per region). Remove the team championship qualifiers from regionals and renumber the remaining individuals (not with a qualifying team) to determine the individual national qualifiers.

Sunday – 3 pm ET – Championship fields will be posted online –www.ncaasports.com and championship meet website.

3 – 9 pm ET – Championship entry period via www.directathletics.com/ncaa. Entries received after 9 p.m. shall be considered late but may still be accepted until 11 p.m. ET per games committee approval with a \$100 fine per team and gender. After 11 p.m. no further entries will be accepted.

COURSE: The Oakland Acres Golf Course is located 4 miles West of Grinnell on Hwy. 6. Course map and description are enclosed in this packet.

COURSE INSPECTION: Course is available for inspection beginning at 1:00pm on Fri. Nov. 14th. Do not allow your athletes on the course prior to this time.

PACKET PICK-UP: Packets will be available at the coaches meeting 8:00 Fri. evening at the Joe Rosenfield Center, room 101.

RESULTS: Preliminary results will be available at the course after the final race and also will be on the Grinnell athletic website. Final results will be posted 30 minutes after each race.

AWARDS: USTFCCCA regional awards for the top 15 individual finishers of each race will be given out at the course. The top 35 individuals will be sent certificates. If there is inclement weather, this will occur in the Harris Center theatre next to the Physical Education Complex, 10th Ave. Grinnell.

FOR MORE INFORMATION:

Meet Directors:	Will Freeman	cell: 641-821-8628	freemanw@grinnell.edu
S.I.D.	Ted Schultz	cell: 641-990-5419	schultzt@grinnell.edu
FAX for all above:		641-269-3818	
Meet website:		www.grinnell.edu/athletics/ncaaregional	

HOTELS: Motel and restaurant listing is enclosed in the packet

MAPS: course map and description of course are enclosed.

DIRECTIONS: Provide directions to the course and any other meeting locations on campus etc. from major interstates, hotels or airports.

COACHES' MEETING: A mandatory coaches' meeting will take place at 8:00pm Fri. evening in the JRC room 101 on the Grinnell Campus. Failure to attend this meeting will result in a \$100 fine. Food and drink provided. Packets may be picked up at this meeting.

BOX DRAW: A Random draw of starting boxes will be done and distributed at the coaches meeting.

TIME SCHEDULE:

10:30 First gun fires for 1st race.

10:35 National Anthem is played

10:40 20 min. to go gun is fired. Clerking begins, non-athletes are asked to leave start area. Teams introduced.

10:50 10 min. to go gun is fired. Announcer takes over and announces each minute countdown to race.

11:00 Women's 6k race

11:40 20 min. to go gun is fired. Clerking begins, non-athletes are asked to leave start area. Teams introduced.

11:50 10 min. to go gun is fired. Announcer takes over and announces each minute countdown to race.

12:00 Men's 8k race

1:00 Regional awards given out at course. If inclement weather, award presentation will be moved to the Harris Center at 1:30 (10th Ave. on Grinnell Campus. Drive into Grinnell on Hwy 6. Turn left at first light. Go to the 10th and turn right. Harris center in 3 blocks on right...across from new pool construction)

SPLITS: Will be read out at all mile marks. Note that all kilometer marks will be marked as well.

FINAL DECLARATION: Student-athletes must check in with the clerks at their assigned box 20 minutes before the start of the race.

START PROCEDURES:

- After the one minutes call, the starter will blow a whistle to indicate “runners to the line”. The starter will raise both arms straight out to the side from his shoulders, one with the pistol, the other with a flag.
- In the “set” position, the pistol and flag are slowly raised overhead simultaneously.
- When pistol and flag come together overhead, and runners are steady, the pistol is fired. The flag is dropped as the pistol is fired.
- If a runner falls in the first 100 meters, the starter and assistant starter will fire pistols and wave flags. A second false start will disqualify competitors.

ATHLETIC TRAINING: Information sheet is enclosed in this packet.

PARKING: Parking at the Oakland Acres Golf Course is at a premium. Only team vehicles will be permitted into the parking lot. All other vehicles will be parked along Hwy 6. Park as far off road as possible.

CHIPS: Chips are being used for this competition. They will be available in your team packet. Chips must be tuned in at the check in tent after each race by a team representative.. Please count your chips to make sure all are accounted for. Schools must pay for all lost chips.

NCAA MERCHANDISE: A table will be set up near the entrance to the course will NCAA merchandise.

SHOWERS/LOCKER ROOMS: Athletes my shower in the PEC on the campus of Grinnell College (next door to Harris Center on 10th Ave).

INCLEMENT WEATHER PROCEDURES: If frost or snow is on the course, please call Will Freeman prior to inspecting course on Fri or arriving to race on Sat. Will Freeman’s cell: 641-821-8628.

SQUAD SIZE: Participating teams are limited to a maximum of seven runners in uniform. Institutions entering five to seven runners in the regional qualifying meet must compete as a team. If fewer than five competitors from one institution compete in the regional qualifying meet they will compete as individuals only

DIRECTIONS:

FROM I-80: Take the Oakland Acres exit 4 miles west of Grinnell exit. Turn left off of exit ramp. Cross railroad tracks. At stop sign (Hwy 6), turn left. Course is 1 mile on right.

FROM GRINNELL: Take Hwy. 6 4 miles West of Grinnell. Course is on right.

TO COLLEGE FROM COURSE: Take Hwy. 6 East 4 miles. At first light in Grinnell, turn left. Go to 10th Ave and turn right. Harris Center (inclement weather awards site) and PEC (showers) are 3 blocks on right (directly across from new pool construction).

NCAA UNIFORM RULE: See enclosed sheet on this.

PROTESTS: Protests may be lodged at the check-in table. Protest will cost \$50 (refundable if upheld). Coaches have 30 minutes following the posting of unofficial results to file written protests on the form provided in this packet. At the completion of the 30 minute protest period, results will be considered official.