



2022 DIVISION I
**CROSS COUNTRY
CHAMPIONSHIPS**

STATE COLLEGE, PA • Penn State University, Host

PARTICIPANT
2022-23 MANUAL
Regionals

2022

**Regional Participant
Manual**

November 11, 2022

Hosted by

Penn State University

University Park, PA

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MEET PERSONNEL

<u>Title</u>	<u>Name</u>	<u>Phone Number</u>
Meet Director	Name: Jennifer James Title: Associate Athletic Director Email: JQW7@PSU.EDU	Cell: 814-777-3471
Sports Information Contact	Name: Matt Rudisill Title: Sports Information Director Email: MPR5529@PSU.EDU	Cell: 814-321-8341
Sports Medicine Contact	Name: Mike Gay Title: Athletic Trainer Email: MRG201@PSU.EDU	Office: 814-865-8884 Cell: 814-777-1437
Sports Medicine Contact	Name: Allison Gawinski Title: Athletic Trainer Email: AYG5424@PSU.EDU	Office: 814-865-0561 Cell: 814-826-8408
NCAA Site Representative	Name: Elvis Forde Title: Temple Head Coach Track & Field and Cross Country Email: elvis.forde@temple.edu	Cell: 267-721-4217



SCHEDULE OF EVENTS ~ updated as of 11/8/2022
(All Times are Eastern Standard Time)

Thursday, November 10 ~ new practice/packet pickup end time as of 11/8/2022

10:00 a.m. – 5:00 p.m. **Course inspection/practice.**
Weather permitting.

10:00 a.m. – 5:00 p.m. **Packet pickup.**
White tent between the West Parking Deck and the finish line on the Penn State Golf Course. Address: 1 White Course Drive, State College, PA 16801.

Friday, November 11 ~ new race times as of 11/8/2022

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

9:10 a.m. Clerking procedure begins for women's race.

10:00 a.m. First gun fired (30 minutes to start of women's race).

10:10 a.m. Second gun fired (20 minutes to start of women's race).
Final check-in at clerk's tent for women's competitors.
Clerking procedure begins for men's race.

10:20 a.m. Third gun fired (10 minutes to start of women's race).

10:22 a.m. **National Anthem.**

10:30 a.m. Women's 6K championship race.

11:00 a.m. First gun fired (30 minutes to start of men's race).

11:10 a.m. Second gun fired (20 minutes to start of men's race).
Final check-in at clerk's tent for men's competitors.

11:20 a.m. Third gun fired (10 minutes to start of men's race).

11:30 a.m. Men's 10K championship race.

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

COURSE DIAGRAMS/INFORMATION

Men's and women's course maps and additional campus information:

<https://gopsusports.com/sports/2022/10/4/2022-ncaa-cross-country-mid-atlantic-regional>

DRESSING ROOMS

We have a large general Women's Locker Room and a large general Men's Locker Room available in Rec Hall across Atherton Street from the start/finish line. Please use the traffic light and cross walk at the White Course Drive intersection. Once across, take the sidewalk to the left and then turn right to enter at Hepper Fitness Center. Take the stairs to the second floor and security will let you in and direct you to the locker rooms.

- These are shared locker rooms for all teams by gender.
- Please bring your own soap and towels.
- Penn State will not be responsible for lost/stolen items.

TRANSPORTATION/PARKING

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

Directions to Course.

The Penn State Golf Course is located at 1 White Course Drive, State College PA, 16801. Adjacent to the West Parking Deck. For the best directions use the above address in your GPS.

Team parking will be available at

- **West Parking Deck for all vans, cars** – free parking for those who submitted requests prior to the deadline. A charge of \$1/hour for all others.
- **Porter North parking lot for team buses** – see map for drop-off and pick-up and then bus parking across campus. A lot of buses must go through here and share the space. Please let your driver know they will not be allowed to sit in this drop-off/pick-up area.

Additional parking details can be found here <https://gopsusports.com/sports/2022/10/4/2022-ncaa-cross-country-mid-atlantic-regional>

DRUG TESTING

Please see the 2022 NCAA Division I Cross Country Pre-Championship Manual for information.

Note that if drug testing does not occur during this championship round and/or a test is required outside of the standard championship protocol (e.g. national record, world junior record, etc.), the cost associated with such a test will be the responsibility of the tested student-athlete's institution.

DECLARATIONS

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 on Thursday, November 10 from 10:00 a.m. – 5:00 p.m., at the white tent between the West Parking Deck and the finish line. Address: 1 White Course Drive, State College, PA 16801. If an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race on Friday, November 11.

FINAL DECLARATION AND CHECK-IN: The head coach of each institution will be allowed to complete the check-in process on behalf of their team and/or student-athlete(s). Coaches will be required to ensure student-athletes comply with all uniform and logo requirements as well as ensuring their student-athletes report to the starting line not only wearing their hip numbers, bibs and chips, but wearing the **proper** hip numbers, bibs and chips. Uniform and logo rules contained in Rule 22-3 of the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply. Failure to comply with these championship policies and the requirements surrounding uniform and logo rules may result in disqualification.

Coaches must check-in their student-athletes with the clerks at the assigned clerking location up to 80 minutes prior to the start of their race. Coaches are encouraged to check-in as soon as possible, but not later than 20 minutes prior to the race. Check-in will **NOT** be allowed at the start line and coaches must check-in all teams/student-athletes at the assigned clerking location. Again, be reminded that if an institution declares more than seven student-athletes during packet pickup (i.e. takes an eighth or ninth set of hip numbers, chips and bibs), those additional hip numbers, chips and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

Please note that teams and/or individuals that are checked-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 (7) 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 a 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. Follow the link for shelter locations for teams and fans in case of inclement weather. <https://gopsusports.com/sports/2022/10/4/2022-ncaa-cross-country-mid-atlantic-regional>

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., lightning, 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 [@PennStateTFXC](#). 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 AND TIMING/RESULTS

Timing Company – Prime Time Timing

- Phone: (800) 766-4167
- Email: info@pttiming.com

Timing System - Color digital high-resolution photo-finish cameras placed on the finish line to provide timing images. PTT uses the latest cameras from Lynx System Developers, the manufacturers of the most reliable photo finish cameras on the market. Camera system will have a minimum of two independent systems on the finish line, each system will have a UPS battery backup in the event of a power outage, so the cameras continue to operate until the power is restored. A reverse angle camera will be placed to provide images from both side of the finish line for a clear determination of placement in the race. Primary and backup front view video cameras for identifying athletes by their front bib number that integrates into the photo finish system. Side angle cameras and front view cameras are time synced allowing you to move frame by frame through the front video as you move through the photo finish image. RFID Timing System -Two independent systems at the finish line for a primary and backup system. Finish can be up to 8m in width. RFID timing system integrates directly with the photo finish system allowing for instant review of the race finish with chip reads appearing on the photo finish image. PTT will use a disposable bib tag timing system so timing chips do not need to be recovered following each race. All runners will be verified with the photo finish cameras at the finish to resolve any close races and to make sure the official results are correct based on the athlete's torso. The primary timers screen will display the side view photo finish, front view camera and chip data all on one screen allowing for quick work of double checking all finishes. This eliminates the possibility of missing something by only evaluating the "close races" with the camera. The primary timer will work with the meet referee and any committee representatives as the finish is evaluated to make sure everyone agrees with the adjustments being made.

PACKET PICK UP

Packets will be available Thursday, November 10 from 10:00 a.m. – 5:00 p.m., at the white tent between the West Parking Deck and the finish line on the Penn State Golf Course. Onsite declarations will be held during packet pickup on Address: 1 White Course Drive, State College, PA 16801.

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

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 runs at the course is limited to Thursday and the day of competition, weather permitting. The course will be available on Thursday from 10:00 a.m. – 5:00 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 visit [@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 at the tent 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 PICKUP/SPORTS INFORMATION

Results.

- Results will also be posted at <https://pttiming.com/results-current.php> There will be no paper results.
- At the meet - members of the media may access results after each race at <https://pttiming.com/results-current.php> There will be no paper results.
- Contact Matt Rudisill SID at MPR5529@PSU.EDU for more information.

SPORTS MEDICINE

Facilities:

The main athletic training space for the cross-country meet will be in the medical tent located adjacent to the finish line. In this area, we will have treatment tables, hydrocollators, modalities (including electrical stimulation and ultrasound machines), ice and a supply of tape and biohazard materials.

Medical Services:

Basic Medical Supplies, Water, Gatorade, Treatment Ice and Cold Tubs will be available on site at the course in the medical tent. We do not have modalities, hot packs etc. available on the course for this event. All medical personnel are permitted to full access to their athletes in the chute at the end of the race. 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 the cross-country meet. Emergency Medical Services will be on-site for all event sessions and Mt. Nittany Medical Center will be utilized for emergency situations and is located approximately two miles from our facility.

Trainers at the course:

Friday, November 11

Beginning at 8:30 a.m.

If you have any further requests for medical services or have any questions, we can be reached 24/7 during the competition using our cell numbers at **814-777-1437 (Mike)** and **814-826-8408 (Allison)** at any time during your visit to Penn State.

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 or in the finish chute unless their student-athlete becomes injured or ill. An ambulance will be onsite for both races.

TENTS

If you ordered tents through Best Event Rental – they are located to the East of the finish line and each one is labeled with your school name. Pop up tents can be added in this same area on a first come, first served basis.

UNIFORMS AND LOGOS

Uniform and logo rules contained in Rule 22-3 of the NCAA Cross Country/Track and Field Rule Book and Bylaw 12.5.4 in the NCAA Manual shall apply in all championship related events, press conferences and award ceremonies. Competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships. The 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.

MISCONDUCT

Misconduct Incident to Competition - If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during break in the continuity of the championship when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing following the action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

Penalty for misconduct - A governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, enroute to, from or at the locale of competition or practice.

- (a) Public or private reprimand of the individual;
- (b) Disqualification of the individual from further participation in the NCAA championship involved;
- (c) Banishment of the individual from participation in one or more following championships of the sport involved;
- (d) Cancellation of payment to the institution of the Association's travel guarantee for individuals involved;
- (e) Withholding of all or a portion of the institution's share of the revenue distribution;
- (f) Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
- (g) Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
- (h) Cancellation of all or a portion of the honorarium for hosting an NCAA Championship; and
- (i) Financial or other penalties different from (a) through (h) above, but only if they have prior approval of the Division I Competition Oversight Committee.