



**2009 Atlantic Regional  
Cross Country  
Championships**

**Highbanks Recreation Area  
Letchworth State Park, Mount Morris, NY  
Hosted by SUNY Geneseo**

**NCAA Division III Atlantic Regional Cross Country Championships**

**DATE:** Saturday, November 14, 2009

**TIME:** Women's 6K Race: 11:00 a.m.  
Men's 8K Race: Noon

**Meet Directors:** Mike Woods  
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**Co-Meet Director:** Brett Dolan, brd4@geneseo.edu

**REGIONAL ENTRY PROCEDURE/Direct Athletics:**

Regional entries must be completed and submitted at [www.directathletics.com/ncaa](http://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 (Sunday, November 8<sup>th</sup>, 2009) (late entries: \$100 fine per team, individual, and gender).



**INSPECTION:**

The course will be open and available for inspection from noon-6 p.m. on Friday, November 13th 2009.

**COACHES' MEETING:**

A mandatory NCAA Regional Coaches' Meeting will take place at 8:00 p.m. Friday, November 13, at the SUNY Geneseo Newton Lecture Hall (Rm. 201). Failure to attend this meeting will result in a \$100 fine. Light refreshments will be served beginning at 7:30 p.m.

**PACKET PICK-UP:**

Packets will be available for all coaches at the coaches' meeting on Friday night. Games Committee – will meet at 7pm in Newton Lecture Hall 201 for box draw and other items of discussion.

**BOX DRAW:**

Will be completed by the Games Committee and available at the coaches meeting.

**TIMING AND RESULTS:**

Chip Timing will be provided by Leone Timing Systems for the official results with a Finishlynx and video system used as the back-up (Full instructions will be in your packets). Unofficial results will be made available very quickly after each race and official results will be made available at the awards ceremony. In addition, results will be available on the championship website as soon as they become official.

**SCORING:**

Will be per NCAA rules with the top 5 place finishers per team scoring and the top 7 displacing.

**AWARDS:**

There will be an awards ceremony to recognize the competing teams and individuals who will advance to the NCAA finals as well as the All-Region teams beginning at 2:30 p.m. in the Merritt Gymnasium on the Geneseo Campus, which is 6 miles from the Letchworth Park course

**SPORTS INFORMATION:**

George Gagnier, SID	Phone: 585-245-5346
SUNY Geneseo	Fax: 585-245-5347
Geneseo, NY 14454	E-mail: <a href="mailto:gagnier@geneseo.edu">gagnier@geneseo.edu</a>

## **MEDICAL INFORMATION:**

On Friday the Athletic Training Room in the Merritt Athletic Center on the SUNY Geneseo Campus will be open for regular hours from 11:00 a.m. to 5:00pm. Any athlete requiring ultrasound or electrical muscle stimulation on Friday must have a note from their Athletic Trainer. Any athlete requiring tape or wrapping must bring their own materials.

On Saturday morning the Athletic Trainers will be available at the medical tent by the start/finish line. There will be no modalities (heat, ultrasound, muscle stimulation) at the race site on Friday or Saturday. Ice and water will be available at the finish line. No massages will be performed.

Sharron West (Head Athletic Trainer)  
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## **HOTELS, MAPS, LODGING AND DIRECTIONS:**

Can all be found on the SUNY Geneseo Admissions website:  
<http://admissions.geneseo.edu/?p=overnightaccommodations>

## **TIME SCHEDULE:**

The time schedule below will be followed;

- 10:30 AM- First Gun (30 minutes prior to race)
- 10:35 AM- National Anthem
- 10:40AM- Second Gun — Clerking begins at start area
- 10:50AM- Third Gun (10 minutes prior to Women's race)-Marshalls will begin clearing start area
- 10:55AM- Announcer takes over and announces each minute leading up to the start
- 11:00AM- Starter begins Women's Race
- 11 :30AM- First Gun will sound for the Men's Race and same protocol as above will follow

## **NCAA MERCHANDISE:**

A limited amount of NCAA merchandise will be available at the course on Friday between the hours of 1:00 p.m.-4:00 p.m. and all day on Saturday.

## **SHOWERS/LOCKER ROOMS:**

Limited locker room space will be made available in the Merritt Athletic Center and Schrader Athletic Center locker rooms for changing and showering.

## **INCLEMENT WEATHER PROCEDURES:**

In the event of any inclement weather concerns, please contact Mike Woods, 585-245-5340(w) or 585-733-3081(cell) ASAP.

## **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.

## **REFRESHMENTS:**

Light refreshments will be available for all competing athletes and coaches immediately following the conclusion of the Men's race in the Merritt Athletic Center.

## **FINAL DECLARATION:**

All competing athletes must check-in with the clerks at their assigned starting boxes 20 minutes prior to the start of the race. The clerk will also be inspecting for the NCAA uniform rule, logo rule, and compliance with race numbers and chips.

## **PARK ENTRY FEE:**

Letchworth Park will still be charging to enter the park as late as weather will allow. Thus, there is a good chance that the park will be charging on 11/13 and 11/14. All team buses and vans will be allowed in on both days free of charge. *Team buses and vans should park in the lot which is adjacent to the start/finish area. Busses must be turned off by 10 a.m.*

Spectators, however, will have to pay \$6 per vehicle. Please let your spectators (parents, alumni, friends, etc.) know that there are 2 ways to avoid this fee:

Arrive before the charging time of 9:00am.

Enter the park from the Mt. Morris entrance on Route 36 and start up the hill.

Take the right hand turn before the toll booth (Upper Mount Morris Road), go approximately 150 meters and take the first left (Highbanks Road). Follow this road about 2.2 miles and you will see a large gate on the left. If you look past this gate you will see the finish line and the chute area. Park on either side of the road, walk through the woods, and you will be on the course. **DO NOT** park in the gate driveway.