

**Information Regarding the 2006 NCAA Division III Men's and
Women's Cross Country New England
Cross Country Regional**

**2006 NCAA Division III Men's and Women's Cross Country New England
Regional Cross Country**

Hosted By: Springfield College, Springfield, MA

Date: Saturday, November 11, 2006

Site: Veteran's Golf Course

South Branch Parkway

Springfield, MA

Race Times: 11:00am Men's 8K Race

12:00 noon Women's 6K Race

Course Inspection: Friday, November 10, 2006, from 2:30pm to dark

On Friday evening (Nov. 10), the night before the race, competing teams will have the opportunity to have a team dinner at Springfield College's Cheney Hall at a price of eight dollars per person, all you can eat. Cheney Hall is open on Friday from 4:00 p.m. to 8:00 p.m. Teams interested in this on campus dinner opportunity must call Jamie Carney at (413)748-3756 no later than Monday, November 6, 2006.

COURSE DESCRIPTION

The men's and women's championship course will be run at Veterans Golf Course in Springfield, MA. The course consists of natural grass with excellent footing. The course will be lined with two white lines the entire way and only one line where natural boundaries exist on the course. All runners are expected to stay within the designated course markings.

Women's Course Description: From the starting line the course runs flat for about 200 meters with a slight turn to the right down the outside of fairway, at about 400 meters there is a slight hill, then it drops down very slowly to a flat run making a loop back up the opposite side of fairway. From approximately 800 meters to 1-mile mark the course is slightly uphill to flat. After the 2-mile mark the course drops slowly downhill to flat around the pond. From that point onwards it is rolling hills to flat to small downhills to small uphill. The course finishes with about a 400 meters straightaway to the corral finish area.

Men's Course Description: From the starting line the course runs flat for about 200 meters with a slight turn to the right down the outside of fairway, at about 400 meters there is a slight hill, then it drops down very slowly to a flat run making a loop back up opposite side of fairway. From 800 meters approximately to 1-mile mark the course is slightly uphill to flat. After the 2-mile mark the course drops slowly downhill to flat around the pond. From that point onwards it is rolling hills to flat to small downhills to small uphill. The course consists of several outer loops and several inner loops as shown in map of course. The finish again is about 400 meters with a small turn to left to finish area of about 150 meters in length.

MANDATORY NCAA COACHES MEETING/PACKET PICK-UP

The mandatory NCAA coaches meeting will take place at 8:00pm in Cheney Hall, Rooms A&B on the campus of Springfield College, 263 Alden Street. A \$100.00 fine per institution will be imposed if you do not attend the meeting. A letter to your Director of Athletics may also be sent detailing the circumstances of the fine. Meet packets will be available at that time prior to the start of the meeting. Light refreshments will be served.

CAMPUS MAP: <http://www.spfldcol.edu/home.nsf/welcome/visit/campustour>

TIMING

The official timing company is Bay State Timing Systems of Haverhill, MA. A chip timing system on each participant's ankle will be used. The Finish Lynx Timing System will serve as the backup system and provide verification of places. According to 2006-07 NCAA Track and Field/Cross Country Rules Book (Rule 8-4-2), an officially designated video or photograph must be used to verify the order of finish in all cases where the timing system indicates a 1/10th of a second or less differential.

ENTRY PROCEDURE

Direct Athletics will serve as our online entry service for all NCAA divisions of cross country regionals this year.

Coaches will enter 10 athletes online at

<http://www.directathletics.com/ncaa.html> by Sunday, November 5, 2006, by the 5:00pm EST deadline.

A password and entry code is needed to enter teams and individuals. E-Mail Directathletics at **info@directathletics.com** to obtain your school personalized user name and password if you do not already have one. You will use this information to log in and register your athletes. You do not have to wait until Sunday, November 5th; registration can take place at anytime after September 1. Full instructions for coaches to complete their entries via this process are posted online.

Please note the following deadlines for regional entries this year:

- Sunday, November 5th** - All regional entries are due through Direct Athletics by 5:00 pm ET.
- Tuesday, November 7th** - At 5:00 pm ET no additional late entries will be accepted.

LATE ENTRY PROCEDURES

Late entries may be submitted to the Games Committee to be considered for entry in the meet via the same process as described above for entry procedures. A late fee of \$100.00 per team and gender may be assessed if selected to enter the meet. A letter to the Director of Athletics may be sent detailing the circumstances of the fine and late entry.

SQUAD SIZE

Participating teams are limited to a maximum of 7 runners in uniform. Institutions entering 5-7 runners in the regional qualifying meet must compete as a team. If fewer than 5 competitors from one institution compete in the regional qualifying meet they will compete as individuals only.

FINAL DECLARATION

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

QUALIFYING PROCEDURES and QUALIFIERS from pps. 10-11 NCAA HANDBOOK

http://www.ncaa.org/library/handbooks/crossCountry/2006/2006_d3_cross_country_handbook.pdf

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 criteria listed below; and
- Only the top five teams in each regional will be considered.

The selection criteria below (not listed in preferential order) will be considered to select the at-large teams:

- Regional place;
- Late-season performance (meets within the last 25 percent of the season);
- Head-to-head competition with teams already in the championships field and other potential at-large teams using late-season performance comparisons;
- Gap times amongst runners within a team (one to five runners) at regionals;
- Regional meet results – point gap for places of a team’s finish and total team score versus the team that placed ahead of them and behind them; and
- Late-season meet results - point gap for places of a team’s finish versus the team that placed ahead of them and behind them.

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.

SELECTION TIMELINE

Sunday November 12, 2006

- 3:00 pm ET** - Championships fields will be posted online at www.ncaasports.com and the championships meet website (<http://www2.wilmington.edu/ncaa-cc/index.cfm>).
- 3:00 – 9:00 pm ET** - Championships entry period online through Direct Athletics. Entries received after 9:00 pm ET shall be considered late but may still be accepted until 11:00 pm per games committee approval and with a \$100 fine per team and gender.

DIRECTIONS TO COURSE

From North and South

Take I-91, exit at I-291. Follow to East Springfield Exit 5B, follow ramp to light. Turn left onto Roosevelt Avenue at St. Mary's Catholic Church. Go through two lights and turn left onto Bay Street. Follow through two lights and cross over Boston Road. Bay St. will become Breckwood Blvd at that point across Boston Road. Breckwood Blvd. will then turn into Bradley Road. Follow Bradley Road through 3 lights past Western New England College and Covenant Evangelical Church to South Branch Parkway. Turn left onto South Branch Parkway. Course is on the right about ½ mile up the road.

From East and West

Take I-90 Mass Pike to Exit 6 Springfield. At light turn left onto I-291. Take East Springfield Exit 5B and bear to the right at the end of the ramp. Turn left onto Roosevelt Avenue at St. Mary's Catholic Church. Go through two lights and turn left onto Bay Street. Follow through two lights and cross over Boston Road. Bay St. will become Breckwood Blvd at that point across Boston Road. Breckwood Blvd. will then turn into Bradley Road. Follow Bradley Road through 3 lights past Western New England College and Covenant Evangelical Church to South Branch Parkway. Turn left onto South Branch Parkway. Course is on the right about ½ mile up the road.

***No Dogs Allowed on golf course.**

BOX DRAW ASSIGNMENTS

Box draw assignments will be completed by the games committee and distributed to the coaches during the mandatory meeting on Friday evening.

PARKING for BUSES and VANS

Parking at the course will be reserved for spectators. Should there be an overflow of spectators for parking police officers from the city of Springfield will direct drivers to the designated area(s).

We are asking that your bus/van drop you off at the entrance to the course and the bus driver/coach drive to the EVANGELICAL COVENANT CHURCH on the corner of Plumtree Rd. and Bradley Rd. Shuttle vans will run from the church lot to the course for drivers. The church parking lot is approximately ½ mile away. You may park the bus/vans there and run to the course if desired and vice versa.

MAP of LOCATION:

http://maps.yahoo.com/maps_result?addr=Plumtree+and+Bradley+Rd&csz=Springfield%2C+MA&country=us&new=1&name=&qty=

COURSE MAPS 6K Women and 8K Men
***No Dogs Allowed on golf course.**

Women's 6K Course:



Men's 8K Course:



CHAMPIONSHIP TIME SCHEDULE

7:00 am Course open

10:00 am Chip return of unused chips not in championship

10:45 am First gun fired for Men's 8K Championship Race

REPORT TO STARTING LINE BOXES TO CHECK-IN

10:50 am Second gun fired for Men's 8K Championship Race

10:55 am Final gun fired for Men's 8K Championship Race

11:00 am Men's race

11:45 am First gun fired for Women's 6K Championship Race

REPORT TO STARTING LINE TO CHECK-IN

11:50 am Second gun fired for Women's 6K Championship Race

11:55 am Final gun fired for Women's 6K Championship Race

Noon Women's race

TIMING CHIPS - IMPORTANT

Make sure your athletes have the correct two timing chips that correspond to their name and their correct number pinned to their chest.

All timing chips need to be returned to meet management or you will be charged \$30.00 per chip. We will not track you down to recover chips. It is the coaches' responsibility to make sure all timing chips are returned when his/her student-athletes complete race. They will be collected from participants upon exiting the corral area of the finish line. Coaches must return all UNUSED Chips as soon as possible to "chip return area" near the finish line.

RESULTS

Unofficial results will be posted as soon as possible following the completion of the race on the windows of the clubhouse and the walls of the maintenance shed near the finish line. Pending no protests, the results become official 30 minutes following the posting of unofficial results. They will be marked as unofficial or official results.

The NCAA official scoring instrument is the chip system. Races where the results show finishes of tied times or times 1/10 second apart will be reviewed using the Lynx Camera. Finish places may be adjusted pending the review of the Lynx camera.

POST RACE RESULTS and AWARDS

Results will be posted on the Springfield College website www.spfldcol.edu and Cool Running www.coolrunning.com. Results will be distributed to the coaches following the meet where we will announce results and give coaches association awards.

SHOWERS

Locker rooms and showers will be available on Friday and Saturday on the Springfield College campus.

NCAA MERCHANDISE

NCAA merchandise will be sold at the site of the competition on Saturday starting at 8:00am near the clubhouse.

Check back in October for more information regarding possible pre-event orders from Event1.

LODGING in SPRINGFIELD AREA

Rooms have been reserved at the following establishments. Please request the NCAA Cross Country block. **Blocks are held until October 10, 2006.**

**Hotel
Address
Phone
Contact
Charge**

Holiday Inn
711 Dwight Street
Springfield, MA
413-750-3105
Stacey Earnest
\$99

Crowne Plaza
1 Bright Meadow Blvd.
Enfield, CT
860-741-2210
Lynn Grant
\$99

Economy Inn
357 Burnett Road
Chicopee, MA
413-592-9101
NCAA XC
\$83

Clarion
1 Atwood Drive
Northampton, MA
413-586-1211
NCAA XC
\$89-155

Sheraton
1 Monarch Place
Springfield, MA
413-781-1010
Reservation
\$159

ATHLETIC TRAINERS INFORMATION

Licensed, Certified Athletic Training services will provide ice, water, and cups; however, no electric modalities will be provided. On Friday, November 10th, there will be a Licensed, Certified Athletic Trainer (ATC) available from 3:00 pm – 5:00 pm on the course site. On Saturday, November 11th, the athletic training area will be open at 9:00 am on the course site. There will be two Licensed, Certified Athletic Trainers (ATCs) and two athletic training students available. They will have golf cart accessibility during the Championship races.

CONTACTS

Meet Director: Dr. Cathie Schweitzer 413-748-3333
Springfield College Event Manager: Dr. Craig Poisson 413-748-3166
Springfield College Asst. Event Manager: Jamie Carney 413-748-3756
Springfield College A.T.: Barclay Duggar 413-748-3650
Springfield College S.I.D.: Steve Raczynski 413-748-3342
Springfield College Women's XC Coach: Jim Pennington 413-748-3351
Springfield College Men's XC Coach: James Larson 413-748-3650

For weather delays, please call Coach Jim Pennington at 413-748-3351 by 9:00 am on Saturday, November 11th, 2006.