

SCHEDULE OF EVENTS

(All Times Are Pacific Standard Time)

Friday, November 11

- | | |
|------------------|---|
| 11 a.m. - 4 p.m. | Course inspection/practice.
Weather permitting. |
| 8:00 p.m. | Packet pickup & Mandatory coaches meeting.
Meeting room at Doubletree by Hilton Hotel (official meet hotel) |

Saturday, November 12

- | | |
|-----------|---|
| 7 a.m. | Course opens to competitors.
Please call Robert Bartlett at (818) 618 9455 for frost warning or severe weather updates on race day if needed. |
| 8:30 a.m. | First gun fired (indicating 30 minutes to start). |
| 8:35 a.m. | National Anthem. |
| 8:40 a.m. | Second gun fired (20 minutes to start).
Women's competitors must report to assigned boxes.
Begin clerking procedure. |
| 8:50 a.m. | Third gun fired (10 minutes to start). |
| 9 a.m. | Women's 6K championship race. |
| 9:30 a.m. | First gun fired (30 minutes to start). |
| 9:40 a.m. | Second gun fired (20 minutes to start).
Men's competitors must report to assigned boxes.
Begin clerking procedure. |
| 9:50 a.m. | Third gun fired (10 minutes to start). |
| 10 a.m. | Men's 8K championship race. |

DRUG TESTING

Please see 2011 NCAA Division III Cross Country Championship Handbook for information.

EVACUATION/SEVERE WEATHER PLAN

Lightning Policy. Following NCAA protocol, we will be using WeatherSentry 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 an 8 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 the event of severe weather we will use the public address system to announce the need to evacuate. Please evacuate by walking to the classroom on the north end of the track near the tennis courts.

Severe Weather Policy for 2011 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 track and field committee will monitor the weather during the week and morning of the championships.
2. A central information location and/or phone number to call for information on delays and/or postponement to the following day. Then the host can leave a message at that number alerting coaches of different start times or a delay in course inspection times due to inclement weather. This number (818) 618 9455 will be placed in the information with the coaches' packets and on the meet website.
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. All consideration should be taken in regards to the policies toward competition on Sunday for each institution.
4. If the race has already begun and would have to be suspended in the middle of the competition, the track and field committee would recommend the following:

Men's 8,000 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 Sunday, per NCAA policy, with competition not starting prior to Noon. This information must be communicated with all involved institutions.
6. If the meet is postponed to Sunday because of severe weather, the following time schedule **may be** used.

9:00 a.m. **Women's 6000m race**

10:00 a.m. **Men's 8000m race**

- ** 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.

MANDATORY MEETING

Coaches are required to attend a mandatory coaches meeting on Friday, November 11 at 8:00 p.m. PST in the meeting room at the Doubletree by Hilton Hotel. Prior to the start of the meeting, coaches may pick up their packets at the same location.

PACKET PICKUP

Packets will be available Friday, November 11, from 7:30 p.m. in the meeting room at the Claremont Doubletree by Hilton Hotel.

Course maps and descriptions will also be available and host representatives will be there to answer any questions on the course. Coaches with outstanding fines will not receive their packets until the fine is paid.

PRACTICE SCHEDULE

Practice access to the course is limited to Friday and the day of competition, weather permitting. The course will be available November 11, from 11 a.m. - 4 p.m. The course will be open at 7 a.m. the morning of the race unless there is frost on the ground.

**Please call Robert Bartlett at (818) 618 9455 on race day before leaving for the course for frost warning or severe weather updates if necessary.

PROTESTS

A protest/appeals tent 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 NCAA committee's ruling and explanation will be posted along with the results of the race. **NEW!** The protest period now does not begin until the results of the last race have been posted.

RESULTS

Each coach will receive one copy of the official results. Results will also be posted on NCAA website (NCAA.com) and at oxyathletics.com. Coaches will pick these up at the finish line.

SPORTS MEDICINE

There will be a training area set up near the finish line. If you have any special needs, please contact Taylor Woods at (323) 259 2572 or by email at woodst@oxy.edu.

Trainers on course:	Friday, November 11	10 a.m. - 5 p.m.
	Saturday, November 12	Beginning at 7 a.m.

Student-trainers 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 athlete becomes injured or ill. Ambulance will be onsite for the races.

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; if they are singlets, they must be identical; (2) pants may be of any length, but must have identical color; and (3) visible undergarments 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, wristbands, visors or hats, and towels) 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 1/4 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.

http://documentcenter.ncaa.org/cc/champs/CT/CrossCountryMWDIII/DocsCrossCountryMWDIII/2011_DIIXC_Regional_Participant_Manual_072811_HS_Img.doc