



2009 Men's and Women's South Regional Cross Country Championships



**Hosted by:
The University of Alabama
November 14, 2009**

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Tournament Personnel

<p>Liz Suscha Associate Director of Championships</p> <p>NCAA P.O Box 6222 Indianapolis, IN 46206-6222</p> <p>Phone: 317-917-6189 Fax: 317-917-6826 e-mail: lsuscha@ncaa.org</p>	<p>Kristen Jacob Assistant Director of Media Coordination for Championships</p> <p>NCAA P.O Box 6222 Indianapolis, IN 46206-6222</p> <p>Phone: 317-917-6584 Fax: 317-917-6826 e-mail: kjacob@ncaa.org</p>
<p>Katie Holmes Administrative Assistant for Championships</p> <p>NCAA P.O Box 6222 Indianapolis, IN 46206-6222</p> <p>Phone: 317-917-6206 Fax: 317-917-6286 e-mail: kholmes@ncaa.org</p>	<p>Trent Barnes Tournament Director</p> <p>Phone: 205-348-6464 Fax: 205-348-9025 e-mail: tbarnes@ia.ua.edu</p> <p>The University of Alabama P.O Box 870393 Tuscaloosa, AL 35487</p>
<p>Milton Overton Senior Associate Athletics Director</p> <p>Phone: 205-348-3600 Fax: 205-348-2196 e-mail: moverton@ia.ua.edu</p> <p>The University of Alabama P.O Box 870323 Tuscaloosa, AL 35487</p>	<p>Dave Walker NCAA Site Representative</p> <p>Phone: 423-439-8478 Email: walkerd@etsu.edu</p>

<p>Bernard Burroughs Athletic Trainer</p> <p>Phone: 205-348-3456 Fax: 205-348-9932 e-mail: bburroughs@ia.ua.edu</p> <p>The University of Alabama P.O Box 870323 Tuscaloosa, AL 35487</p>	<p>Rod Black Media Relations</p> <p>Phone: 205- 348-7476 Fax: 205-348-8841 e-mail: rblack@ia.ua.edu</p> <p>The University of Alabama P.O Box 870391 Tuscaloosa, AL 35487</p>
<p><u>Referee</u> Stan Narewski</p> <p><u>Jury of Appeals</u> Wayne Williams Houston Young Pierre Goode</p>	



**2009 CROSS COUNTRY
CHAMPIONSHIPS**
DIVISION I • TUSCALOOSA, ALABAMA

2009 NCAA Division I
Men's and Women's Cross Country Championship
Schedule of Events

Practice – Friday, November 13

1:00 pm - 5:00pm- Practice

5:30 pm- Coaches Meeting/Packet Pick-up

Regional Meets-Saturday, November 14

7:00 am- Gates Open

9:45 am- National Anthem

10:00 pm- Start of men's 10,000 meter championship race

11:15 pm- Start of women's 6,000 meter championship race

12:15 pm- Recognition ceremonies begin

- Men's individual
- Men's teams
- Women's individuals
- Women's teams



Administrative Meeting

The NCAA site representative will conduct a mandatory administrative meeting before the start of the competition to review championship matters. It is mandatory that each institution is represented at the meeting. The meeting will be held in the Naylor Stone Media Room, on the 2nd floor of the Mal Moore Building on the campus of the University of Alabama at 5:30 pm, Friday, November 13, 2009.

Mal Moore Building Address:
1102 Coliseum Dr
Tuscaloosa, AL 35487

Athletic Training Facilities

Athletic training facilities will be located under a tent adjacent to the start and finish line. Additional Facilities will be available at Coleman Coliseum November 13 from 8 am -7 pm.

Awards

Awards will not be presented at the regional competition. However, a post-event recognition ceremony will include the top 10 finishers and the top four teams in each race.

Box Numbers

All starting boxes are randomly drawn and will be distributed at the meeting and in the tournament packet.

Changing Areas

Changing areas will not be provided.

Course Description

The course is all grass, flat to rolling with limited cart path crossing. Spikes recommended.

Credentials

Credentials will be issued to a maximum of seven declared student- athletes and one replacement. Each institution that qualifies a team will receive up to 13 credentials (8 student-athletes, 3 coaches, 1 administrator and 1 manager).

Directions

The Harry Pritchett Course is located near the Tuscaloosa VA Medical Center and the intersection of Veterans Memorial Parkway (15th Street East) and Loop Road. Enter through the Arboretum/Golf Course gate and follow the signs down the dirt road to course.

Address: 4800 Arboretum Way Tuscaloosa, AL 35487

Directions from the host hotel:

- Start out going East on 15th Street for approximately 2.5 miles
- You will then see a brown sign for the UA Arboretum, continue to follow the signs to the course.

Directions from Coleman Coliseum:

- Turn Left onto Hackberry Ln.
- Turn Left onto 15th street and continue to follow 15th street approximately 3.5 miles.
- You will then see a brown sign for the UA Arboretum, continue to follow the signs to the course.

Drug Testing

The Center for Drug Free Sport will conduct drug testing at selected championships. Any participating student-athlete may be tested. Accordingly, one testing area with separate facilities for men and women will be provided in the event drug testing is conducted.

Entry Forms and Declarations

Entry Forms: Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form. Only the 15 student-athletes listed on the entry form may compete in the regional meets. Coaches will not be able to change the 15 student-athletes on the entry form; should the team qualify for the national championship meet. Coaches must submit the forms online by 5:00 p.m. Eastern time, Thursday, November 5. Institutions submitting late entries are subject to a fine. Each institution should print a copy of its entry forms and take with them to the regional and national sites. Entry site is at www.directathletics.com

Declarations: Coaches must declare during coaches meeting/ packet pickup which up to eight of the 15 student-athletes submitted on their original entry form (seven competitors and one substitute). Any athletes not declared at the coaches meeting must have their chips and numbers/ bib returned during the meeting. If an institution declares eight student-athletes, the eighth athlete's chip and number/ bib must be returned to meet management no later than 15 minutes prior to the start of the race.

Hospitality

Media hospitality will be provided next to the PA tent.



Internet

There are three websites that may prove very helpful during your stay in Tuscaloosa:

www.rolltide.com will contain most information you will need about Alabama Athletics, tickets, events, and facility information.

<http://uagameday.com> provides the latest information on parking and transportation around campus.

Results and entry lists will be posted at www.rolltide.com and www.cfpitiming.com

Lodging

The host hotel will be the Holiday Inn Express Hotel & Suites. Teams are responsible for their own lodging.

Holiday Inn Express Hotel & Suites
1120 Veterans Memorial Parkway
Tuscaloosa, AL 35404

Hotel Front Desk: 205-464-4000 | Hotel Fax: 205-344-6654

Media

Your media contact will be Rod Black. You can contact Rod for any media or media credential needs.

Medical

Emergency Medical numbers:

University Police	205-348-5454
University Student Health Center	205-348-6262
Dr. Labenthal on Call Doctor	205-339-0171

If an institution wishes to have its own team doctor, that individual must count towards the travel party to receive a credential. Under no circumstance may an institution be provided more than 13 credentials for its official traveling party.

The area hospitals are:

DCH Regional Medical Center

Address: 809 University Blvd. E.

Tuscaloosa, AL 35401-2029

Phone: (205) 759-7111

Northport Medical Center

Address: 2700 Hospital Dr

Northport, AL 35476

Phone: (205) 333-4500

Merchandise

Merchandise and programs will be available to purchase at the site of the event.

Officials

The referee and starter will be appointed by the host site and approved by the NCAA Track and Field Committee.

Parking

Buses will drop off at the Harry Pritchett lot and then be routed to the McAbee Center where they will park. Tournament staff and media will park in the Harry Pritchett parking lot. Spectator parking is along Arboretum Way and will be monitored by University of Alabama staff.

Protest Table

A protest table will be on site for any discrepancies that may occur.

Scoring

The team score reporting form is required of teams wishing consideration for an at-large team selection to the team portion of the 2009 NCAA Division I Men's and Women's Cross Country Championships. The completed document, found at www.ncaa.org, must be returned by fax or email to Liz Turner Suscha (319-917-6826) or lsuscha@ncaa.org at the NCAA national office NO LATER than noon local time, Wednesday, November 11, 2009.

Ticketing

The 2009 NCAA Cross Country Regional hosted by the University of Alabama will be a non-ticketed event.

Timing/Scoring

Chips will be assigned per your declarations made and coaches can pick up at the packet pickup/coaches meeting on Friday. All bib numbers and hip numbers need to be clearly visible and not cut or folded according to NCAA rules.

Video Taping

Video taping is allowed in the designated area to the left of the finish line.



Visitor's Guide

A visitor's guide to Tuscaloosa is posted on www.rolltide.com with dining, lodging, and entertainment information. The guide also has links to University of Alabama campus information and the Tuscaloosa Convention and Visitor's Bureau.

To access the guide simply go to rolltide.com, place the cursor on the "Gameday" tab, and scroll down to "Visitor's Guide."

Preferred Hotels

Westervelt Warner Lodge
at Lake Tuscaloosa (10 minutes
from campus)
2700 Yacht Club Way
205-343-4215
<http://www.warnerlodge.com>

Hampton Inn University
600 Harper Lee Drive
553-9800
<http://www.hamptoninn.com>

Hotel Capstone
(Located right on campus)
320 Paul W. Bryant Dr.
Tuscaloosa, AL 35401
888-738-2444
<http://www.hotelcapstone.com>

Hilton Garden Inn
800 Hollywood Drive
722-0360
<http://www.hiltongardeninn.com>

Local Hotels

The below list is a sampling of some of the hotels available for lodging in the Tuscaloosa area. All unmarked area codes are (205).

Bama's Gameday Center
712 12th Avenue
344-9299
<http://www.gamedaycenters.com>

Comfort Inn
4700 Doris Pate Drive
556-3232
<http://www.choicehotels.com>

Days Inn & Suites
1201 Skyland Blvd E
800-325-2525, 759-9000
<http://www.daysinn.com>

Best Western Catalina
2015 McFarland Blvd.
339-5200
<http://www.bestwestern.com>

Comfort Suites
3916 McFarland Blvd. East
553-4343
<http://www.choicehotels.com>

Econo Lodge Inn & Suites
4501 McFarland Blvd. East
345-1434
<http://www.econolodge.com>

Best Western Park Plaza
3801 McFarland Blvd.
556-9890
<http://www.bestwestern.com>

Country Inn & Suites
4801 McFarland Blvd. E
800-456-4000, 345-9999
<http://www.countryinn.com>

Econo Lodge Inn & Suites
1930 McFarland Blvd. West
330-0345
<http://www.econolodge.com>

Columbus Street Inn
1043 Columbus Street West
Fayette, AL
932-4411
<http://www.columbusstreetinn.com/>

Courtyard by Marriott
4115 Courtney Drive
750-8384
<http://www.marriott.com>

Fairfield Inn
4101 Courtney Drive
366-0900
<http://www.fairfield.com>

Hotel Capstone
326 Paul Bryant Drive
752-3200
<http://www.hotelcapstone.com>

Guest Lodge Inn & Suites
3920 McFarland Blvd.
553-1550
<http://www.guestlodge.com>

Hampton Inn Interstate
6400 Interstate Drive
562-9000
<http://www.hamptoninn.com>

Holiday Inn Express
1120 Veterans Memorial Pkwy.
464-4000
<http://www.ichotelgroup.com>

Hometown Suites
1650 Veterans Memorial Pkwy.
553-3828
<http://www.htshotel.com>

Howard Johnson
4808 Skyland Blvd.
469-1500
<http://www.howardjohnson.com>

Jameson Inn
5021 Oscar Baxter Blvd.
345-5024
<http://www.jamesoninn.com>

LaQuinta Inn
4122 McFarland Blvd. E
349-3270
<http://www.lq.com>

Master's Inn Economy
3600 McFarland Blvd.
556-2010
<http://www.mastersinn.com>

Microtel Inn
6331 Interstate Drive
556-1555
<http://www.microtel.com>

Motel 6
4700 McFarland Blvd.
759-4942
<http://www.motel6.com>

Quality Inn
4541 Jug Factory Road
759-9878
<http://www.choicehotels.com>

Ramada Inn
631 Skyland Blvd East
759-4431
<http://www.ramadainn.com>

Sleep Inn
4300 Skyland Blvd. East
556-5696
<http://www.choicehotels.com>

Super 8 Motel
4125 McFarland Blvd. East
758-8878
<http://www.super8.com>

NOTE: The University of Alabama or its' Department of Athletics does not endorse any of the above hotels. This list is merely intended to be a guide for visiting fans

Restaurant Guide

Tuscaloosa is home to many good restaurants and eateries. The below list is intended as a guide to some of Tuscaloosa's best-known and finest restaurants in several different categories. All unmarked area codes are (205).

AMERICAN

- Full Moon BBQ: 1383 McFarland Blvd East, 366-3555. <http://www.fullmoonbbq.com>
- Applebee's (2 locations): University Mall, McFarland Blvd., 633-0900. Burgers, salads, chicken sandwiches, etc.
- Barnhill's Buffet: 230 15th Street East, 759-5942.
- Bob Baumhower's Wings & Sports Grille: 500 Harper Lee Drive, 556-5658. Wings, burgers, etc.
- Buffalo Phil's Wings: 1149 University Blvd., 758-3318. Wings, burgers, etc.
- Buffalo Wild Wings: 2710 McFarland Blvd. East, 523-0273.
- Chili's: 1020 Skyland Blvd. East, 750-8881. Burgers, chicken, salad & assorted entrees.
- Cracker Barrel: 4800 Doris Pate Drive, 562-8282. Southern cooking, salads & entrees.
- Cypress Inn: 501 Rice Mine Road, 345-6963. Riverfront dining, seafood & assorted entrees.
- Dreamland BBQ (2 locations): (Northport) 101 Bridge Avenue, 343-6677 or (Original) 5535 15th Avenue East, 758-8135
- Guthrie's of Tuscaloosa: 205 15th Street East, 349-2222. Chicken fingers & sandwiches.
- IHOP: 724 Skyland Blvd., 366-1130. Breakfast.
- Mellow Mushroom: 2230 University Blvd., 758-0012. Pizza, calzones, salads, etc.
- O'Charley's: 3799 McFarland Blvd., 556-5143. A variety of popular food items.
- Rama Jama's: 1000 Paul Bryant Drive, 750-0901

- Red Lobster: 2620 McFarland Blvd., 553-8810. Seafood specialties and more.
- Ruby Tuesday: 311 Merchants Walk, 345-4540. Burgers, salads, chicken, etc.
- Steamers: 1 Bridge Avenue, 247-7772.
- Riverfront dining, seafood, salads, etc.

STEAKHOUSES

- Logan's: 1511 Skyland Blvd., 349-3554.
- Lone Star Steakhouse: 808 Skyland Blvd., 345-9445.
- Outback Steakhouse: 5001 Oscar Baxter Drive, 759-9000.
-
- Ryan's Family Steakhouse: 4373 Courtney Drive, 366-1114.

ITALIAN

- Depalma's Italian Cafe: 2300 University Blvd., 759-9000. A variety of fine Italian cuisine.
- Mr. G's: 908 McFarland Blvd., 339-8505. Italian dishes.
- Olive Garden: 2100 McFarland Blvd., 750-0321. Large variety of fine Italian food.

SANDWICHES

- Firehouse Subs: University Blvd., 248-0680. Assorted oven baked sandwiches and potatoes.
- Hooligan's American and Mediterranean: 1915 University Blvd., 759-2424.
- Jason's Deli: 2300 McFarland Blvd. Suite 10 & 11, 752-6192.
- Jimmy Johns: 1400 University Blvd., 343-2044
- Lenny's Sub Shop: 220 15th Street, 758-0039. Assorted oven baked sandwiches.
- Milo's Hamburgers: 1307 McFarland Blvd. East, 343-6456.
- Roly Poly: 2300 4th Street, 366-1222. Assorted tortilla-wrap sandwiches.
- Schlotzsky's Deli: 405 15th Street East. 759-1975. Soups, sandwiches, salads.
- Steak Out: 1301 McFarland Blvd. 750-0005. A variety of popular food items.
- Subway: 1306 University Blvd, 349-5782. Freshly-made sub sandwiches.

HOME COOKING

- 15th Street Diner: 1036 15th Street, 750-8750. Chicken, pork & fish entrees, variety of vegetables.
- Northport Diner: 450 McFarland Blvd., 333-7190. Chicken, pork & fish entrees, variety of vegetables.
- City Cafe: 408 Main Avenue, Northport, 758-9171.

FINE DINING

- Arman's Coyote Cafe: 1006 7th Avenue, 752-5885. Gourmet cuisine & steaks.
- Epiphany Cafe: 519 Greensboro Avenue, 344-5583
- Evangeline's: 1653 McFarland Blvd., 752-0830. Fresh seafood cuisine.
- The Globe: 430 Main Avenue, Northport, 391-0949. Fresh gourmet cuisine from around the globe.

MEXICAN

- Cancun Mexican Restaurant: 2200 McFarland Blvd. East, 758-0875. Authentic Mexican food.
- Jalapeno's Bar & Grill: 405 23rd Avenue, 343-2422
- LaFiesta: 9770 Highway 69 South, 366-0078. A variety of Mexican entrees.
- Pepito's: 1301 McFarland Blvd, 391-4861. A variety of Mexican entrees.
- Qdoba: 1130 University Blvd., 391-9888.

- Taco Casa #4: University Mall, 1701 McFarland Blvd. East, 556-5674
- Taco Casa #7: 603 15th Street; 345-0751

CHINESE/JAPANESE/THAI

- Benkei: 1223 McFarland Blvd. NE, 759-5300. Japanese Steakhouse.
- Hong Kong King Buffet: 1434 McFarland Blvd., 342-3348. Extensive, affordable Chinese buffet.
- Old Siam House: 1306 D College Station, 758-7426. Thai cuisine.
- Tokyo: 6521 Highway 69 South, 366-1177. Japanese Steakhouse.

PIZZA DELIVERY

- Domino's (Northport ,333-0401; University ,345-9600; Skyland ,553-0026)
- Papa John's (University ,345-3450; Northport ,339-9200; Skyland ,554-7272)
- Pizza Hut (East Tuscaloosa & University,758-4888)

SMOOTHIES/COFFEE, ETC.

- Cuppy's Coffee, Smoothies & More: 815 Lurleen Wallace Blvd. South, 248-9136.
- Smoothie King: 415 15th Street East, 349-1721.
- Cold Stone Creamery: 1130 University Blvd., 343-1670.

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