

# **2009 Ohio Valley Conference Cross Country Championship Participant Manual**

**Hosted by:  
Tennessee State University**



## Letter of Welcome

Greetings:

On behalf of the Tennessee State University Department of Athletics, I am pleased to welcome the student-athletes and coaches to the Ohio Valley Conference Cross Country Championships. We are most proud to provide this opportunity for our conference student-athletes to display their talents this weekend in Nashville. May the records of this event be an empowering challenge for everyone to perform to the best of their abilities.

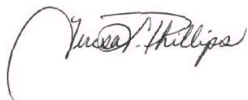
I personally would like to thank our constituents for your vote of confidence in extending this privilege to host the OVC Cross Country Championships. A total team effort has been made by our staff and administrators to ensure that this is a memorable experience.

A special expression of gratitude and appreciation is extended to head coaches, Chandra Cheeseborough and Kelly Carter, the race officials, volunteers, organizers and fans who have contributed to make the OVC Cross Country Championships a huge success.

This manual is to be utilized in conjunction with the Ohio Valley Conference Championship Guidelines. Please contact the meet director, Andrew Reynolds or the conference office staff at (615) 371-1698 if you have any questions regarding this information.

In order to assist with your arrangements and facilitate your meet preparation, please refer to the information provided in this manual.

Yours in sports,

A handwritten signature in black ink, reading "Teresa L. Phillips". The signature is written in a cursive style with a large, looping initial "T".

Teresa L. Phillips  
Director of Athletics  
Tennessee State University

# **2009 Ohio Valley Conference Cross Country Championship**

## **Sponsoring Institutions**

Ohio Valley Conference institutions that sponsor the sport of cross country (M/W) include:

Austin Peay State University  
Eastern Illinois University  
Eastern Kentucky University  
Jacksonville State University  
Morehead State University

Murray State University  
Southeast Missouri State University  
Tennessee State University  
Tennessee Technological University  
University of Tennessee at Martin

## **Important NCAA Dates**

### **2009**

October 31	Ohio Valley Conference Championship Percy Warner Park Nashville, Tn. Tennessee State University, host
November 14	NCAA Cross Country Regional Championship Various Sites
November 23	NCAA Cross Country Championship Wabash Valley Family Sports Center Terre Haute, Ind. Host: Indiana State University

### **2010**

October 30	Ohio Valley Conference Championship Tennessee Technological University, host
------------	---

For information regarding this handbook, please contact:

Jennifer Gibbs, Assistant Commissioner  
Ohio Valley Conference  
215 Centerview Drive, Suite 115  
Brentwood, TN 37027  
(615) 371-1698  
(615) 690-6682 – direct  
(615) 371-1788 – fax  
jgibbs@ovc.org

## 2009 Ohio Valley Conference Cross Country Championship

### Championship Personnel



Beth DeBauche, Commissioner.....	615-371-1698	
Heather Brown, Director of Media Relations.....	615-371-1698	Ext. 6687
Jennifer Gibbs, Assistant Commissioner/Championships, SWA.....	615-371-1698	Ext. 6682
Rob Haucke, Director of OVC Sport Properties.....	615-371-1698	Ext. 6686
Brian Pulley, Assistant Commissioner/External Affairs.....	615-371-1698	Ext. 6683
Kyle Schwartz, Assistant Commissioner/Media Relations.....	615-371-1698	Ext. 6685
Brad Walker, Associate Commissioner/Operations, COO.....	615-371-1698	Ext. 6688



### MEET ADMINISTRATION

Teresa L. Phillips, Athletic Director.....	615-963-5034
	615-533-8193 C
Valencia Jordan, (SWA) Associate Athletic Director.....	615-963-5754
	615-243-0936 C
<b>Meet Director</b>	
Carl Pillow, Assistant Athletic Director (Operations).....	615-568-9969 C
Zena Lewis, Sports Information Director.....	615-963-5922
Monroe Abrams, Head Athletic Trainer.....	615-642-1815 C
Taneisha Alexander, Ticket Office Manager.....	615-963-5841
Wesley Diggs, Gentry Center Contact.....	615-566-1753
Tennessee State University Police .....	615-963-5171
Chandra Cheeseborough, Women's Track Coach.....	615-963-5906
	615-294-0051 C
Allison May, Women's Track G.A.....	708-305-4233 C
Kelly L. Carter, Men's Track Coach.....	615-963-5890
	615-294-3553 C
Franz Holmes Men's Track G.A.....	615-977-8100 C

# 2009 Ohio Valley Conference Cross Country Championship

## 1. **AWARDS**

- 1.1 Team Trophies.** The men's and women's champions of the Cross Country Championship shall receive a team trophy. The championship team shall also receive commemorative t-shirts. Each member of the championship team will receive an individual championship medallion.
- 1.2 All-Conference Team.** The men's and women's cross country all-conference teams shall each consist of the top 14 finishers in each championship race. The top seven finishers will be designated as First Team All-Conference members, while those that finish in places eight through 14 shall be designated as Second Team All-Conference performers.
- 1.3 Freshman of the Year.** The top male and female freshman finisher shall be declared the Freshman of the Year.
- 1.4 Athlete of the Year.** The top male and female finishers shall be declared the Athlete of the Year.
- 1.5 Coach of the Year.** Coach of the Year shall be determined by a coaches' vote at the conclusion of the championship.
- 1.6 Championship Awards Ceremony.** A championship awards ceremony will take place approximately 10 minutes following the conclusion of the final race. Team and individual awards will be distributed at that time.

## 2. **CHAMPIONSHIP ADMINISTRATION**

- 2.1 Administration.** Administration and conduct of the Ohio Valley Conference Cross Country Championship shall be under the control and direction of the Conference Commissioner, and is subject to the standards and requirements set forth by meet and Conference guidelines. The Conference Commissioner, or designated representative, has the authority to make procedural or protest decisions during the championship.
- 2.2 Games Committee.** The Ohio Valley Conference Cross Country Championship Games Committee will consist of the host meet director Valencia Jordan, meet referee Sam Smith, and Jennifer Gibbs from the Conference office staff. This committee will function in the event of protests and general procedures of the meet. A majority vote is required for all action.

### **3. CHAMPIONSHIP FORMAT**

- 3.1 Rules.** The NCAA Cross Country Rules and Regulations shall govern men's and women's Conference competition.
- 3.2 Championship Determination.** The Conference champion will be determined by the results of the Conference race.
- 3.3 Race Times.** The men's 8K race will begin at 9:00am CT. The women's 5K race will begin at 10:00am CT.
- 3.4 The Course.** The course will be contested in Percy Warner Park (Vaughn's Gap CC course). Course map is enclosed with the manual.
- 3.5 Course Inspection.** The course will be available for inspection on Friday October 30<sup>th</sup> at 3:30-5pm

### **4. CHAMPIONSHIP SITE**

The 2009 Ohio Valley Conference Cross Country Championship will be conducted on the Vaughan's Gap cross country course at Percy Warner Park in Nashville, TN.

### **5. ENTRY PROCEDURES**

- 5.1 Entry Procedures.** Entry deadline is Monday, October 26<sup>th</sup> by 4 p.m. (CT)  
Online entry will be available at [www.cfpitiming.com](http://www.cfpitiming.com)
- 5.2 Final Declarations.** Final declarations and scratches will be made at the coaches' meeting. Each institution may declare a maximum of eight entrants.

### **6. LODGING**

- 6.1 Team Lodging.** The host institution has recommended housing for the tournament at selected properties throughout the Nashville area. The visiting teams are NOT required to stay at those properties. Each team is responsible for making its own reservations, and is also responsible for all hotel costs.

**Baymount Inn & Suites**  
**5612 Lenox Ave, Nashville, TN 37209**  
**Rate: \$86.58 + tax**  
**Full Breakfast**  
**Contact Info: 615-353-0700**

## **7. MEDICAL/TRAINING ROOM INFORMATION**

Tennessee State University will provide training facilities on site. In addition, a medical doctor will be on call, as will ambulance service. Questions concerning medical/training details should be addressed to Patrice Elder, Assistant Athletic Trainer, and Tennessee State University. The medical station will be located at the tent within the venue.

### **TRAINING ROOM**

The training room is located on the first floor on the Gentry Center behind the basketball court. Our Athletic training room is equipped with the following modalities:

1. Whirlpool
2. Electrical Stimulation
3. Ultrasound
4. Hydrocollator
5. Ice

We ask that if you need to use the training room or have athletes that need specific treatments, please let us know so a time can be scheduled for your athletes. If you need hospital care, Baptist Hospital is located at 2000 Church St. and can be reached at (615) 284-8484 and Centennial Medical Center is located at 2300 Patterson St. and can be reached at (615) 342-1500; both hospitals are within 10 minutes of the campus. If you have any questions please give us a call.

Monroe Abram, MED, ATC/L  
Head Athletic Trainer  
(615) 963-7829 (office)  
(615) 425-8141 (cell)

Patrice Elder, M.A.ED, ATC  
Assistant Athletic Trainer  
(615) 963-7769 (office)  
(615) 425-8141 (cell)

## **8. OFFICIAL TRAVEL PARTY/SQUAD LIMITATION**

**8.1 Travel Party List.** All participating institutions must complete and submit the official travel party list (appendix C) to the Conference office no later than **Wednesday, October 28, 2009**. This list should include all eligible student-athletes, coaches, managers, trainers and support staff.

**8.2 Squad Limitation.** Each institution shall be limited to eight (8) entrants, who must be declared at the coaches' meeting on the evening prior to the start of the championship.

## **9. PERCY WARNER PARK AMENITIES**

- 9.1 Locker Rooms/Showers.** There are no showers or locker rooms on site. Showers are available at The Gentry Center on the campus of Tennessee State University.

## **10. RESPONSIBILITIES OF PARTICIPATING TEAMS**

- 10.1 Pre-championship Meeting.** A mandatory pre-race meeting will be held in the Hall of Fame Room, Gentry Center at 6:30pm. Each institution's head coach (or designated representative) is required to attend this meeting. Items of interest relating to the championship, including box assignments, will be reviewed and discussed.
- 10.2 Contestant Uniforms/Numbers.** All members of a cross country team must wear the proper and same uniform of the institution they represent. Each participant shall display a number on the front of his/her jersey. Contestant numbers will be provided by the host institution.

## **11. SOUVENIR PROGRAM/PARTICIPANT GIFT**

- 11.1 Participant Gift.** Each participating student-athlete in an Ohio Valley Conference championship shall receive a commemorative memento from the conference office.
- 11.2 Programs.** Each participating team shall receive an allotment of 10 complimentary souvenir championship programs prior to the start of the event. The programs will be distributed to each head coach at the pre-championship meeting.

## **12. SPORTS INFORMATION PROCEDURES**

- 11.1 Results.** Will be available at [cfpfitiming.com](http://cfpfitiming.com) and [tnstate.edu](http://tnstate.edu). A results board will also be available onsite.

## **13. SPORTSMANSHIP STATEMENT**

- 13.1 Administrator Responsibilities.** It is expected that institutional administrators create an environment of hospitality for visiting teams. OVC administrators must develop the attitude that the treatment of a visiting team and its fans will be in a fair and equitable manner.



**14. TICKET POLICIES**

**14.1 Ticket Prices.** Admission to the Ohio Valley Conference Cross Country Championship is free for all spectators.

**14.2 Credentials.** N/A

**14.3 Spectator Areas.**

**15. TRANSPORTATION AND PARKING PROCEDURES**

**15.1 Parking.** Buses will be parked at the venue in the parking lot. All other vehicles will be directed to park on the grass.

## **2009 Ohio Valley Conference Cross Country Championship**

### **SCHEDULE OF EVENTS**

**Friday, October 30**

<b>3pm-5pm Course</b>	<b>Course Inspection</b>	<b>Vaughn's Gap</b>
---------------------------	--------------------------	---------------------

<b>6:30pm</b>	<b>Pre-Championship Meeting</b>	<b>Gentry Center</b>
---------------	---------------------------------	----------------------

**Saturday, October 31**

<b>9:00am Course</b>	<b>Men's 8K Race</b>	<b>Vaughn's Gap</b>
--------------------------	----------------------	---------------------

<b>10:00am Course</b>	<b>Women's 5K Race</b>	<b>Vaughn's Gap</b>
---------------------------	------------------------	---------------------

## **2009 Ohio Valley Conference Cross Country Championship**

### **COURSE MAP AND DIRECTIONS**

**See Attachments**

#### **Directions to Warner:**

From downtown Nashville, take Interstate 40 west to exit 199 (Old Hickory Blvd.), turn left and follow Old Hickory Blvd. for 4 miles to Highway 100 (Old Hickory will dead-end at this intersection). Turn left at Highway 100. Turn right into Vaughn's Creek (Percy Warner Park), just past Old Hickory Blvd.

#### **From the South:**

Take I-65 N to I-440 W. Take West End Ave. exit (exit 1) West. Follow West End Ave. West and continue onto Harding Road. Bare left onto Highway 100 at the Highway 100 and Highway 70 split. Turn left into Vaughn's Creek (Percy Warner Park) off of Highway 100, before Old Hickory Blvd.

#### **From the Tennessee State University:**

Take Interstate 40 west (Memphis) to exit 199 (Old Hickory Blvd.), turn left and follow Old Hickory Blvd. for 4 miles to Highway 100 (Old Hickory will dead-end at this intersection). Turn left at Highway 100. Turn right into Vaughn's Creek (Percy Warner Park), just past Old Hickory Blvd.