

2009 SEC CROSS COUNTRY
CHAMPIONSHIPS

SATURDAY OCTOBER 31ST



THE UNIVERSITY OF MISSISSIPPI
GOLF COURSE

PARTICIPANT MANUAL

CHAMPIONSHIP ADMINISTRATIVE TEAM

Director of Athletics

Pete Boone

Executive Associate AD

Lynnette Johnson
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**Ole Miss Head Track & Field Coach
Men's & Women's Cross Country Coach**

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Ole Miss Associate Head Coach

Doug Blackwell
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ndouglas@olemiss.edu

Timing/Results -- CFPITiming

Cleon Fowler
205/333-1112 (Office)
cleon@cfpiming.com
www.cfpiming.com

**Coordinator of Facilities and
Event Management**

Brian Russell
662/816-0775 (Cell)
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**Track & Field/Cross Country
Event Management**

Alicia Meredith
662/832-9191 (Cell)

**Championship Media Contact
Media Relations Office**

Jay D'Abramo
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Senior Associate Athletics Director

Shannon Singletary
662/816-7493 (Cell)
shannon@olemiss.edu

**Championship Medical Contact
Athletic Trainer/ Track & Field/Cross Country**

Kirk Emick
662/915-1834 (Office)
662/816-2332 (Cell)
kremick@olemiss.edu

SEC CONTACT & OFFICIALS

SEC Contact:

Torie Johnson
Asst. Dir. Championships
205/458-3000 (Office)
205/936-7659 (Cell)
tjohnson@sec.org

Head Referee

Wayne Williams

Head Finish Judge

Fred Wurth

Starter

Joe Wessel

Jury of Appeals

Bill Hoffman
Woody Barnett
To Be Announced

IMPORTANT DATES

Monday, October 12th.....On-Line Entries Open
Thursday, October 22nd.....Official Team Travel Party Form Due
Thursday, October 22nd.....On-Line Entries Close@6:00cst
Friday, October 30th (Noon-5:00 p.m.).....Practice Day
Friday, October 30th (5:00 p.m.).....Mandatory Coaches Meeting & Declarations
@Golf Club House.

CHAMPIONSHIPS SITE

University Golf Course
147 Golf Course Drive
Oxford, MS 38655

Course Description

The course is easy to follow on a cut grass path. The course will be marked at both the kilometer and miles. Splits will be called at the mile markers. Please see facility map, Men's 8k, and Women's 6k course maps. Maps are found on pages 10 and 11.

Course Markings

The course will be painted with continuous white lines plus flagged and marked appropriately. All changes of direction shall be indicated by the use of signs, directional boundaries, guideposts and blue, red, and yellow markings. The championship director shall oversee the random draw to select starting boxes and will provide assignments to coaches prior to the practice race day.

Directions to Course

The Ole Miss Golf Club is located on Golf Club Drive off of College Hill Road. From Jackson Avenue West, take College Hill Road. Stay straight until you reach the 2nd 3 way stop, which has a blinking red light. Take a right. Go straight at the next stop sign onto Golf Club Drive and follow the road. Please note the speed limit is 15 mph.

SCHEDULE OF EVENTS

Friday, October 31st

Noon – 5:00 p.m. Course available for practice
5:00 p.m. Coaches' Meeting at Golf Club House

Saturday, October 31st

10:00 a.m. Men's 8k race
11:00 a.m. Women's 6k Race
Noon Student-Athlete Lunch and Awards Ceremony

AWARDS

The SEC Championships Awards Ceremony will take place at the Ole Miss Golf Course awards area at approximately Noon on Saturday, October 31st. The following individuals will be recognized:

- Men's and Women's Conference Champion (trophies presented during ceremony)
- Men's and Women's Top 3 Place Finishers (medallions presented during ceremony)
- Men's and Women's 1st Team All-SEC (finishers 1-7)(awards sent post-championships)
- Men's and Women's 2nd Team All-SEC (finishers 8-14)(awards sent post-championship)
- Men's and Women's All-Freshman Team (top 7 freshman finishers)(awards sent post-championship)

CHAMPIONSHIPS COMMITTEE

The Championships Committee for the 2009 SEC Cross Country Championship will consist of:

Joe Walker
University of Mississippi
Host Institution Rep.

Torie Johnson
SEC
Assistant Director of Championships

Al Schmidt
Mississippi State University
2009 Men's Committee Chair

Sandy Fowler
University of Alabama
2009 Women's Committee Chair

OFFICIAL TRAVEL PARTY HOSPITALITY

A hospitality area will be available, adjacent to the start/finish areas from 7:00-11:00 a.m. on Saturday, October 31st at the University of Mississippi Golf Course. Light breakfast foods, fruit, snacks and drinks will be provided.

COACHES' MEETING

The Coaches' meeting and meet instructions will be at 5:00 p.m. at the Golf Club House on Friday, October 30th. Declarations will be made at this time.

COURSE DISTANCES

Men: 8 Kilometers – See Course Map
Women: 6 Kilometers – See Course Map

ON-LINE ENTRY/DECLARATIONS

All competitors must be certified eligible by their institution as required by the SEC Office prior to participating in SEC Championships. On-line entry (cfpfitiming.com) will be open on Monday October 12th. All entries are due by 6:00 CST on Thursday October 22. Final declarations will be completed at the Coaches' Meeting on Friday, October 31st at 5:00 p.m. at the Golf Club House.

MEET PACKETS

Team packets will include entry rosters, time schedule, course maps, parking passes, competitor numbers, etc. Packets will be distributed at the Coaches' Meeting at 5:00 p.m. on Friday, October 30th.

PARKING

Team parking will be adjacent to the start/finish line on the Golf course main road. We will take one lane and rope this area off so that the teams will have access to their vans or buses during the meet. All other fan or administrator parking will be at the Golf Course Club house or the Whitten Golf House Parking lot. Parking passes will be issued due to limited parking.

PRACTICE TIMES

The Ole Miss Cross Country Course will be available for team practice Friday, October 30th from Noon – 5:00 p.m.

RULES

This meet will be conducted under the rules of the 2009 NCAA Track and Field Guide unless superseded by the Southeastern Conference 2009-2010 Men's and Women's Cross Country Commissioner's Regulations.

QUICK SCORE

Coaches should complete the quick score according to enclosed instructions as soon as possible following the conclusion of each race. The quick score materials should be turned in at the results table near the finish area.

SCORING

Each team may have ten competitors. Five student-athletes will score, with two others displacing. Any remaining athletes will not influence scoring in any way. Men's and Women's Meets will be scored by NCAA Rules.

SEVERE WEATHER PROCEDURES

In the event of severe weather and/or a tornado the Event Management will assist in directing student-athletes and spectators to their vehicles, team busses or vans. In the event of a tornado watch or warning all teams will be directed to the Coliseum or their hotels for safe haven until such time it is clear to return.

MEDIA RELATIONS

The Ole Miss Media Relations Department will be on site and available to manage all media requests. Jay D'Abramo will be the Assistant Media Relations Director on site and a media tent will be available for all meet results.

TRAVEL PARTY MEAL

A box lunch will be provided at the Ole Miss Cross Country Course on Saturday, October 31st at the same time as the Awards Ceremony. Please submit to Sally Worsham (*see page 8*) how many lunches your team will need by Wednesday, October 28th.

STUDENT-ATHLETE CHECK-IN

All student-athletes must check in at their team's assigned starting box 15 minutes prior to the start of the race.

TICKETS

Admission is free for the championships.

TEAM TENTS

Teams Tents will be provided. Team tents will be located near the start area.

MEDICAL INFORMATION

The Championship Certified Staff Athletic Trainer is **Kirk Emick**. A certified athletic trainer will be on site for the entire Championship. An athletic trainer will meet each team as they arrive and coordinate any medical needs. Visiting teams may utilize the athletic training facilities available in the Starnes Center. Please coordinate through Kirk any athletic training room use needed. There will be a medical tent set up at the course to provide limited needs.

There will be a physician at the Championship. If a team is in need of a physician at practice time please contact Kirk and he will set up a time to meet the physician at the course or will set up an appointment if needed.

Starnes Athletic Training Room: 662/915-7536 (office)
Kirk Emick 662/816-2332 (cell)
kremcik@olemiss.edu

There will be an Ambulance on site for the championship. Emergencies requiring hospital transportation will be directed to the Baptist Memorial Hospital-North Mississippi located on South Lamar Avenue in Oxford. Phone: (662) 232-8100

CREDENTIALS

Each institution shall be allowed a maximum of ten (10) credentials for the official traveling party. Credentials will be required for all hospitality areas. Additionally, post-meet results will be given only to coaches and media with credentials. **Please fax (662/915-7363) the Official Travel Party Forms to Sally Worsham no later than Wednesday, October 28, 2009.**

PARTICIPATING INSTITUTION CREDENTIAL FORM

<u>Title</u>	<u>Name</u>
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

_____ Total # of Boxes lunches to be provided

Fax to Sally Worsham (662/915-7253) by Wednesday, Oct. 28th.



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TOURISM COUNCIL
Oxford

for more information
 1.800.758.9177
 www.touroxfordms.com