



**MVC Cross Country Championship
Vaughn's Gap Course | Percy Warner Park
Belmont University | Nashville, TN
Friday, October 27, 2023**

Table of Contents

Contact Information	3
1. Administration/Championship Oversight	4
2. Admission	4
3. Athletic Training	4
4. Awards	4
5. Box Assignments	5
6. Coaches' Meeting	5
7. Course Information	5
8. Eligibility	5
9. Entries	5
10. Event Management	5
11. Hospitality	5
12. Lightning	5
13. Locker Rooms	6
14. National Anthem	6
15. Officials	6
16. Parking	6
17. Participant Gifts	7
18. Practice	7
19. Protests	7
20. Scoring	7
21. Sports Information	7
22. Sportsmanship	7
23. Squad Limits	7
24. Schedule of Events	7
25. Team Camps	7
26. Team Travel Accommodations	7
27. Team Travel / Contact Form	7
28. Tent Rental	7
Schedule of Events	8
Team Travel/Contact Form	9
Course Maps	10-11
Hotels and Restaurants	12

2023 Missouri Valley Conference
 Cross Country Championship
 Contact Information

Missouri Valley Conference Administration:	Cell Phone #
Associate Commissioner for ChampionshipsKirsten McCowan	214-674-7620
and Student-Athlete Experience	
Dir. of Marketing and Corporate Fulfilment.....Russell Susuki.....	314-477-3716
Dir. of Digital StrategyMalory Henze.....	641-485-1222
Meet Referee.....Carolyn Hill	515-988-7905

Belmont Administration & Meet Personnel:

Scott Corley	Director of Athletics	o. 615-460-5547
Steve Barrick	Associate AD, Director of Facilities/Championship Director	c. 615-336-9522
John Langdon	Director of Compliance/Assistant Championship Director	c. 615-512-9597
Kim Anderson	Director of Sports Medicine	c. 615-969-1861
Brie Ashauer	Assistant Athletic Trainer	c. 920-428-5727
Luke Bolanos	Director of Athletic Communications (XC Contact)	c. 276-870-4755
Jeff Langdon	Director of Cross Country/Track and Field	c. 615-509-9762
Kate Bucknam	Assistant Cross Country/Track and Field Coach	c. 479-935-6425

1. Administration / Championship Oversight: The administration and conduct of the MVC championships are under the joint jurisdiction of the MVC Senior Woman Administrators and the Conference staff. Championship duties shall specifically include

- a. Approval of practice schedule;
- b. Oversight of event management;
- c. Oversight of media operations, including press conferences and post-race interviews;
- d. Authority to handle incidents of misconduct, including criticism of officials; and,
- e. Authority to suspend and/or reschedule race(s) due to inclement weather.

2. Admission: Admission to the championship will be free to all spectators.

3. Athletic Training/Medical Information:

Athletic Training Contact Information

Brie Ashauer, Assistant ATC (615) 969-2529 (C) / brie.ashauer@belmont.edu

Kim Anderson, Director of Sports Medicine / (615) 969-1861 (C) / kim.anderson@belmont.edu

The following medical equipment will be provided on-site:

Water/Gatorade – 2 locations

Team tent area for use by all teams.

Finish line and recovery tent

Recovery Tent (located at the finish line)

Ice, ice bags, wrap

First Aid and biohazard supplies

Medical Tent (located between the finish and start area of the course)

Emergency equipment (Emergency Equipment will also be located on the Polaris/mobile emergency cart, which will remain on course during the race)

Dunk Tanks for cold water immersion

Medical Tent will be staffed by Belmont Sports Medicine, Vanderbilt LifeFlight (Emergency Medicine) and Elite Sports Medicine Physician. A Vanderbilt LifeFlight Ambulance and team will be present onsite to transport individuals, if needed.

NO modalities including heat packs, e-stim, ultrasound, light therapy, and Gameready will be provided at the course.

If a Certified Athletic Trainer is NOT traveling, please contact Belmont Sports Medicine in advance for any special arrangements that may be required.

Closest Hospital to Cross Country Course:

Ascension Saint Thomas Hospital West

4220 Harding Pike, Nashville, TN 37205

4. Awards: The following awards will be presented at the awards ceremony, following the conclusion of the final championship race:

- a. First-place tournament team trophies / Championship hats

- b. Second-place tournament team trophies
- c. All-Conference plaques to top ten finishers, including Athlete of the Year
- d. All-Conference Honorable Mention certificates
- e. Elite 17
- f. Freshman of the Year

Coach of the Year will be voted on following the championship.

5. Box Assignments: The Valley will draw starting box assignments on Monday, October 23 and send those out to the coaches.

6. Coaches' Meeting: The pre-championship coaches' meeting will be held virtually Wednesday, October 25th at 9:00 a.m. Coaches may use the following information to join:

Join Zoom Meeting

<https://us02web.zoom.us/j/87021031483?pwd=RDFLZ0ZhUHk1NjUrZlZCNTd4bEZMUT09>

Meeting ID: 870 2103 1483

Passcode: 049732

7. Course Information/Description: [Course Map Link](#)

8. Eligibility: Each participant must be eligible under the rules of the institution, MVC, and NCAA.

9. Entries: All entries must be completed by 5:00 pm on Friday, October 20. Entries will be available on Direct Athletics. No late additions will be allowed. A maximum of 15 athletes must be declared by 5:00 pm CT Friday, October 20 and a maximum of 9 athletes will be allowed to compete. Please declare 9 athletes to the clerk on race day. Coaches can pick packets at the course on Thursday, October 26 from 12:00 noon- 5:00pm CT. Return extra bibs and chips for non-competing student-athletes between 20-80 minutes prior to the start of the first race (10:00am CT) at the championship operations tent.

10. Event Management Staff: The host will provide all event management staff including tournament announcer and other event management personnel as needed to manage the course. Event management will maintain physical distance and will be masked when indoors.

11. Hospitality: There will not be hospitality for coaches and athletes. There will be hospitality for officials and event staff. The hospitality tent will open at 8:00am CT and be located at the championship operations tent.

12. Lightning: Kim Anderson (Director of Sports Medicine) along with the MVC Staff will have the final decision on lightning delays.

Belmont Sports Medicine will utilize Weather Sentry app to monitor weather conditions such as temperature, severe weather, and lightening. (Weather Bug app with lightening detection will be used as back up if Weather Sentry is not working)

Severe Weather

Weather Sentry will send out notifications when the national weather service has issued a severe thunderstorm watch and/or warning as well as tornado watches and/or warnings.

Belmont Sports Medicine will monitor weather conditions in advance and recommend any necessary adjustments meet time to ensure a safe environment for athletes and staff.

During the competition, Belmont Sports Medicine personal on-site will have primary responsibility for monitoring weather conditions. Game administrators will assist with weather monitoring and consult the AT prior to communicating with officials and game staff.

Lightning

Advance Warnings: If lightning is detected within 30 miles of practice or home events the AT will inform the game administrator to prepare for the possibility of severe weather

Suspending Play: If lightening is detected within 10 miles of practice or home events the event will be suspended immediately and participants will be instructed to seek safe shelter.

- PA announcer and Air Horn signals will be used to notify all participates and spectators of incoming weather and the suspension of activity. Participants and spectators will be instructed to return to vehicles for safety.
 - o Long (longer than 3 seconds) horn/sound for stopping activity and proceed to safe shelter

Resuming Play: A suspended practice or event may resume after 30 minutes has elapsed with no detected or predicted lightning strikes within a 10 mile radius.

- PA announcer and Air Horn signals will be used to notify all participates and spectators of resuming activity.
 - o Two short (less than 1 second) horn/sounds for resuming activity.

13. Locker Rooms: Locker room access will not be provided.

14. National Anthem: The host institution will make arrangements to have the National Anthem played 30 minutes prior to the first championship race.

15. Officials: The MVC will provide the meet referee and the host will provide all race officials, including Starter and Timers.

16. Parking: Team parking and bus drop off will be at the Vaughn's Gap parking lot (7199 TN-100, Nashville, TN) (it will be marked). **Parking at the course will be for team vans and team cars only.** After dropping teams off, team buses will park at the soccer/flag football fields on Vaughn Road (61 Vaughn Rd) just down the road (1.2 miles away). Due to limited space, buses will not be allowed to idle at the course after drop off or for an extended period before pick up.

Spectator parking will be at the Vaughn's Gap lot and surrounding grass area. Once that lot area is full, overflow parking will be directed to the Burch Reserve Park and Edwin Warner Park just down the road (0.4 miles).

17. Participant Gifts: The MVC Office will provide the participant gifts for each participating team. The final details pertaining to participant gifts came under separate cover from Angie Allen of the MVC office.

18. Practice: The course will be open for practice on Thursday, October 26 from 12:00 noon - 5:00pm CT.

19. Protests: The Championship will follow the NCAA protest procedures. The meet referee shall rule on all protests. Please see the MVC Cross Country procedures for information regarding protest period and jury of appeals.

20. Scoring: CFPI Timing will be the official timer of the championship. Timing chips will be utilized to score the meet. They will be placed on the student-athletes' shoes. Live results with splits will be available.

21. Sports Information: Results will be distributed via email and will be posted online at www.belmontbruins.com, www.mvc-sports.com, and www.cfpitiming.com.

22. Sportsmanship: Attention to the MVC Code of Sportsmanship will continue to be a point of emphasis. Coaches and student-athletes should be reminded of their responsibility to positively impact sportsmanship by modeling and promoting appropriate behavior.

23. Squad Limits: There are no travel squad restrictions. However, each team is limited to no more than nine (9) student-athletes competing in the Conference Championship. Any of the 15 athletes entered may warm-up prior to the final declaration deadline (20 min prior to the race). Following the deadline only the 9 declared athletes will be allowed on the course.

24. Schedule of Events: A full schedule of events and deadlines can be found on page 8.

25. Team Camp: See course map for location of the team camp area. There will be designated student-athlete portable toilets located near the team camp area.

26. Team Travel Accommodations: All competing teams are required to make their own travel and food accommodations.

27. Team Travel / Contact Form: The Team Travel / Contact Form can be found on page 9. It should be completed and returned to Steve Barrick (steve.barrick@belmont.edu) and Kirsten McCowan via email at kmccowan@mvc.org, by the entry deadline of 5:00 pm on Friday, October 20.

28. Tent Rental: Teams needing to rent tents can contact Jordan Gracia at Nashville Tent and Awning Company at Jordan@ntaco.com.

2023 Missouri Valley Conference Cross Country Championship
Schedule of Events
(All times in Central time)

Wednesday, September 13

8:00 am Entries opened

Friday, October 20

5:00 pm Entries close

5:00 pm Team Travel / Contact Form due to Belmont/MVC Office

Thursday, October 26

12:00 pm Championship Course open (only to participating teams)

5:00 pm Championship Course closed

Friday, October 27

8:30 am Championship course open to teams / spectators

8:40 am Declaration period opens for women's race

9:30 am National Anthem

9:40 am Deadline for declaration of 9 competing runners in women's race

Declaration period opens for men's race

9:50 am Women's teams report to assigned starting boxes / clerking

9:57 am Starting area cleared - except competitors and coaches

Runners remove sweats and come to starting line

10:00 am Women's 6K Championship

10:40 am Deadline for declaration of 9 competing runners in Men's race

10:50 am Men's teams report to assigned starting boxes / clerking

10:57 am Starting area cleared - except competitors and coaches

Runners remove sweats and come to starting line

11:00 am Men's 8K Championship

11:50 am Women's awards ceremony

Men's awards ceremony

1:00 pm Course closed to teams / spectators

2023 Missouri Valley Conference Cross Country Championship
Team Travel / Contact Form

Please fill out the following form and submit it to Steve Barrick and Kirsten McCowan by 5:00 pm on Friday, October 20.

Steve Barrick (steve.barrick@belmont.edu)

Kirsten McCowan (kmccowan@mvc.org)

Institution: _____

Team – Men: _____

Team – Women: _____

Head Coach: _____

Cell Phone: _____

Assistant Coach: _____

Cell Phone: _____

Other Contact: _____

Cell Phone: _____

Hotel: _____

Arrival Date: _____

Departure Date: _____

Will Your Team Need Locker Rooms Following the Championships? _____

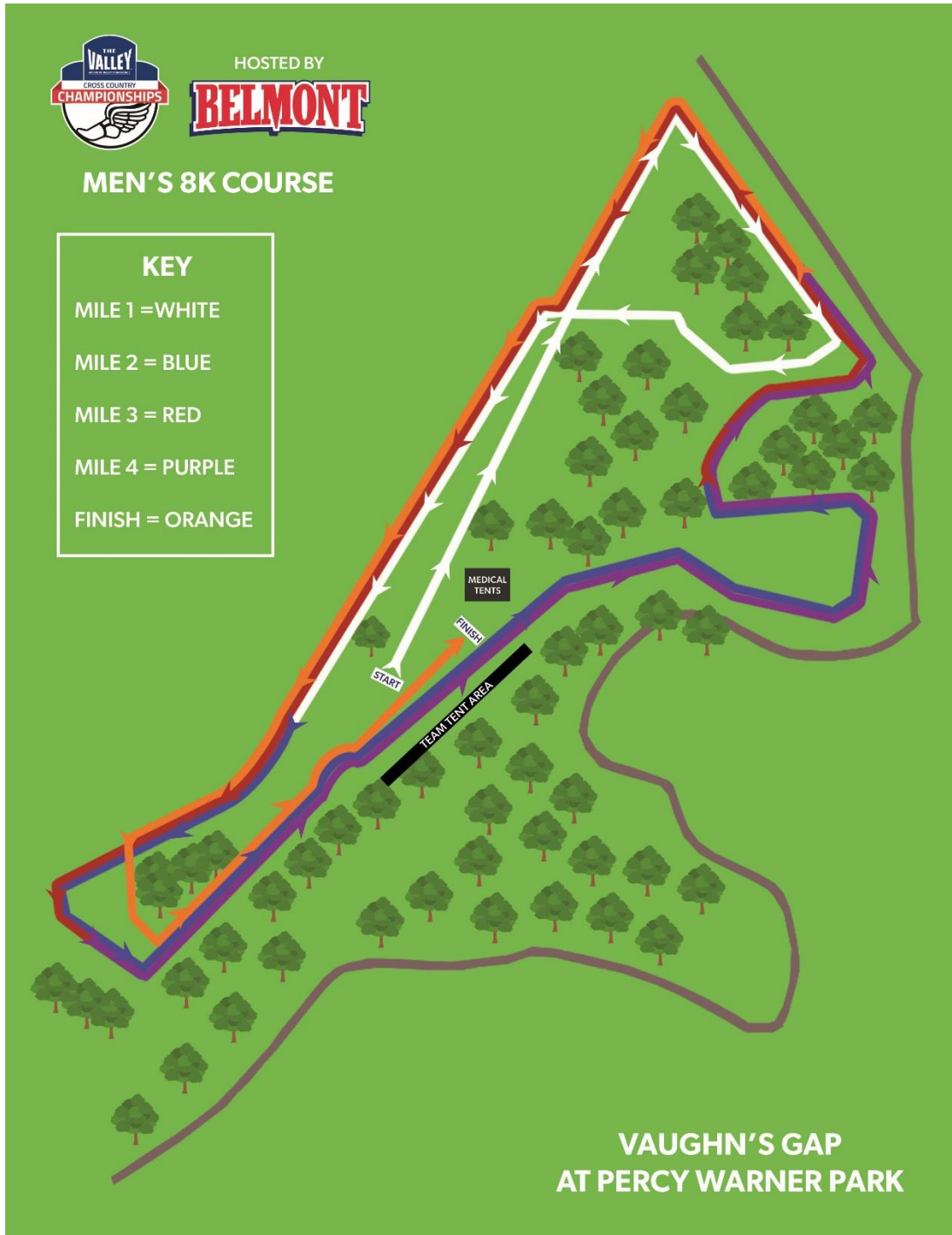
of Athletes Requiring Locker Rooms: _____

2023 Missouri Valley Conference Cross Country Championship
Course Maps

Women's 6,000 meter Race



Men's 8,000 meter Race



Hotels

For a list of Belmont partner hotels, click on the link below:

<https://www.belmont.edu/about/visit/places-to-stay.html>

Restaurants

For a list of Belmont partner restaurants, click on the link below:

https://belmontbruins.com/documents/2023/7/17/Belmont_University_Athletics_23-24_Visitors_Guide.pdf