



★ *CROSS COUNTRY* ★
CHAMPIONSHIP

2023 | MOREHEAD, KY



OCTOBER 28, 2023

MOREHEAD, KY

HOST: MOREHEAD STATE

**OFFICE OF INTERCOLLEGIATE ATHLETICS**

195 ACADEMIC ATHLETIC CENTER | MOREHEAD, KY 40351

P: 606-783-2088 | F: 606-783-5035

WWW.MSUEAGLES.COM

Monday, October 2, 2023

Dear Ohio Valley Conference Cross Country Student-Athletes, Coaches, and Staff,

On behalf of the Morehead State University Board of Trustees and President Jay Morgan, it is my privilege to welcome you to Morehead State University and Morehead, KY for the 2023 OVC Cross Country Championships.

The Morehead State Eagle community is excited to host the OVC Championships on Saturday, October 28th. We are looking forward to competitive races and the opportunity to crown the 2023 OVC cross-country champions at the MSU Eagle Trace Golf Course.

The Morehead State Athletics staff and our team have been working hard to provide an excellent weekend, race, and environment for the cross-country student-athletes of the OVC. We look forward to assisting you leading up to and during the event.

If you have questions, please contact MSU Deputy Athletic Director Richard Fletcher at 606-207-5122, the Head Cross Country Coach Clay Dixon at 859-513-0451, or a member of the OVC staff.

Go Eagles,

Kelly Wells, Director of Athletics



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Section 1: Sponsoring Institutions

Ohio Valley Conference institutions that sponsor the sport of cross country include:

Eastern Illinois University	University of Southern Indiana
Lindenwood University	Tennessee State University
University of Arkansas at Little Rock	Tennessee Technological University
Morehead State University	University of Tennessee Martin
Southeast Missouri State University	Western Illinois University
Southern Illinois University Edwardsville	

Section 2: Important NCAA Dates

October 28, 2023	Ohio Valley Conference Championship Eagle Trace Golf Course 1275 Eagle Drive Morehead State University, Host
November 10, 2023	NCAA Cross Country Regional Championships, Midwest: Oklahoma State South: Florida South Central: Arkansas
November 18, 2023	NCAA Cross Country Championship Earlysville, VA

For information regarding this handbook, please contact:

Katie Risewick, Director of Compliance and Championships
Ohio Valley Conference
215 Centerview Drive, Suite 115
Brentwood, TN 37027
(615) 690-6683 – direct
krisewick@ovc.org

Section 3: Championship Personnel

Ohio Valley Conference

215 Centerview Drive, Suite 115
 Brentwood, Tennessee 37027
 (615) 371-1698 – phone
 (615) 371-1788 – fax
 www.OVCSports.com



Beth DeBauche, Commissioner	615-371-1698	
Greg Walter, Associate Commissioner for Football, Basketball & Baseball....	615-371-1698	Ext. 6688
Kyle Schwartz, Associate Commissioner for Strategic Communications	615-371-1698	Ext. 6685
Stephanie Castera, Associate Commissioner/Institutional Services, SWA....	615-371-1698	Ext. 6684
Colin Parker, Assistant Commissioner for Championships.....	615-371-1698	Ext. 6682
Bryce Robinson, Assistant Commissioner for Digital Media.....	615-371-1698	Ext. 6691
Lauren Berst, Director of Administration	615-371-1698	Ext. 6692
Katie Risewick, Director of Compliance and Championships	615-371-1698	Ext. 6683
Jahmil Taylor, Director of Creative Content	615-371-1698	Ext. 6694
Jon Kuka, General Manager, OVC IMG Sports Marketing	615-371-1698	Ext. 6686

Section 4: Cross Country Meet Administration

Morehead State University

195 Academic-Athletic Center,
 Morehead, KY 40351
 msueagles.com
 606-783-2088

Richard Fletcher, Deputy Director of Athletics/Compliance, Meet Director	Office: 606-783-5136 Cell: 606-207-5122
Clay Dixon, Head Coach - Track and Field/Cross Country.....	Office: 606-783-2588 Cell: 859-513-0451
Matt Schabert, Media Relations	Office 606-783-2556 Cell: 606-202-3575
Jordan Kelly, Sports Medicine	Office: 606-783-2790 Cell: 573-220-0028

Section 5: Schedule of Events

Friday, October 27, 2023

12:00 pm – 5:00 pm	Course Inspection	Eagle Trace Golf Course
6:00 pm	Championship Banquet	Adron Doran University Center 400 E 2 nd St, Morehead, KY 3 rd Floor Banquet Room
Approx. 7:15 pm	Pre-Championship Meeting	

Saturday, October 28, 2023

9:00 am	Men's 8K Race	Eagle Trace Golf Course
10:00 am	Women's 6k Race	Eagle Trace Golf Course
12:00 pm	Awards Ceremony	Eagle Trace Golf Course

Section 6: Awards

Freshman of the Year. Freshman of the Year shall be determined by a coaches' vote prior to the start of the championship.

Athlete of the Year. Athlete of the Year shall be determined by a coaches' vote prior to the start of the championship.

Coach of the Year. Coach of the Year shall be determined by a coaches' vote at the conclusion of the championship.

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.

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.

Athlete of the Championship. The top finishing male and female runner shall be named Athlete of the Championship.

Championship Awards Ceremony. A championship awards ceremony will take place approximately 15 minutes following the conclusion of the final race. Team and individual awards will be distributed at that time.

Josten's. Josten's is the official supplier of OVC championship memorabilia. One of their representatives will be contacting the winning coach post-championship to follow up on any championship rings or memorabilia orders the teams would like to place.

Section 7: Championship Administration

Administration. The 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.

Games Committee.

Host Meet Director	Richard Fletcher
Meet Referee	Bill Smith
OVC Representative	Katie Risewick

This committee will function in the event of protests and general procedures of the meeting. A majority vote is required for all action.

Section 8: Championship Format

Rules. The NCAA Cross Country Rules and Regulations shall govern the men's and women's Conference competition.

Protest/Appeals. Protests relating to matters that develop during the conduct of the meet should be made at once and no later than 15 minutes after the last race of the meet has been posted. All implicated coaches must be notified of a tendered protest.

Protest Area. The protest area is located at the tent at the finish line.

Misconduct. The conference commissioner may reprimand publicly or privately and/or disqualify a student-athlete and/or a representative of an institution from further participation in the championship for reason of misconduct. "Misconduct" is defined as any act of dishonesty, or unsportsmanlike conduct in practice or in competition or breach of law that tends to discredit the championship, the Conference, and/or intercollegiate cross country.

Championship Determination. The Conference Champion will be determined by the results of the Conference race.

Race Times. The **Men's** 6K race will begin at 9:00 am ET. The **Women's** 8K race will begin at 10:00 am ET.

Course Inspection. The course will be available for inspection between 12:00 pm and 5:00 pm ET on Friday, October 28.

Section 9: Championship Site

The 2023 Ohio Valley Conference Cross Country Championship will be conducted at Eagle Trace Golf Course 1275 Eagle Drive, Morehead Kentucky 40351

Section 10: Entry Procedures

Entry Procedures. Coaches will utilize Direct Athletics for all entries. Entries must be submitted by Monday, October 23 at 4:00 pm CT.

Final Declarations. Final declarations and scratches will take place at the coaches' meeting. Each institution may declare a maximum of ten entrants. Any bibs prepared in advance of the meet for entrants who are not declared must be turned in at the coaches' meeting.

Section 11: Inclement Weather Policies

Inclement Weather Policies. When lightning is detected within a minimum of 30 miles of the championship site, we will inform those in attendance that inclement weather including lightning is within 30 miles and that patrons should be prepared to seek shelter. Additionally, we will notify the meet officials that inclement weather is moving into the area.

When lightning is detected within a minimum of 20 miles of the championship site, we will suspend competition. We will then resume competition after 30 minutes of no detected lightning strikes within a 20-mile radius. Adequate warm-up time will be provided before the competition is resumed.

Section 12: Locker Rooms/Showers

Locker rooms and showers are not available at the Eagle Trace Golf Course.

Section 13: Lodging

Team Lodging. The host institution has recommended housing for the meet at selected properties throughout the area. Each team is responsible for making its own reservations and is also responsible for all hotel costs. [Refer to Appendix Section D].

Section 14: Medical/Training Room Information

Members of the athletic training staff will be on site. On Saturday, October 28th, the training staff will be available starting at 8:00 am.

The medical tent is located by the chute and will have treatment tables, taping tables, hot packs, ice, and a cold tub. Emergency equipment, AED, and crutches also be in the medical tent. We will also have an AED on the chase vehicle. EMS will be on site for both races.

Section 15: Official Travel Party/Squad Limitation

Travel Party List. All participating institutions must complete and submit the official travel party list (Section F) to the Conference office no later than **4:00 pm CST. Monday, October 23, 2023**. This list should include all eligible student athletes, coaches, managers, athletic trainers, and support staff. Travel party forms are also available on the Members Only page of the OVC's website.

Squad Limitation. Each institution shall be limited to ten (10) entrants, who must be declared at the coaches' meeting on the evening prior to the start of the championship.

Section 16: Participant Gift/Merchandise

Participant Gift. Each participating student-athlete in an Ohio Valley Conference championship will receive a commemorative memento from the conference office.

Championship Apparel. Limited amounts of championship merchandise can be purchased at the site of competition. For additional information, please contact Katie Risewick at krisewick@ovc.org

Section 17: Post Championship Survey

Championship participants (coaches, student-athletes, and administrators) are encouraged to complete the OVC Post Championship Survey following the event. Surveys will be available on the Members Only page of the OVC's website. Instructions for accessing the survey will be provided to each head coach no later than the pre-championship meeting on the evening prior to the start of the championship.

Section 18: Responsibilities of Participating Teams

Pre-championship Meeting. A mandatory pre-championship meeting will be held in-person at approximately 7:15 pm (CT) on Friday, October 27th. 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. The pre-championship meeting will take place on the third floor of the Adron Doran University Center.

Championship Banquet. The championship banquet will take place at the Adron Doran University Center, 400 East 2nd Street, Morehead Kentucky, 40351 at 6pm. Van can park in the parking lot to the left of the University Center. Buses are to take the left at that stop sign onto 3rd Street, then left on to Elizabeth Street with an immediate right onto University Blvd, buses will park in the lot on the left between Cartmel Hall and Laughlin Hall. Cartmel lot. A map is included in the participant manual.

Directions to the University Center from the Interstate: Take a right off the exit onto US 32 East. Drive straight until you come to US 60, take a left on to US 60/US32 East. Take a left at the second light, pass through the next light onto University Blvd. Drive straight, pass through stop sign. University Center will be ahead on the right. The bus stops at the next stop sign and drop students off then return to the Cartmel lot to park. Buses are to take the left at that stop sign onto 3rd Street, then left on to Elizabeth Street with an immediate right onto University Blvd, buses will park in the lot on the left between Cartmel Hall and Laughlin Hall. Cartmel lot. A map is included in the participant manual.

Contestant Uniforms/Numbers. All members of a cross-country team must wear the proper uniform and the 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. Each team will be provided chips for each participant. Instructions regarding the chips will be shared at the pre-championship coaches' meeting. It will be the responsibility of each team to collect and account for issued chips and return them at the conclusion of the meeting.

Section 19: Sports Information Procedures

Results. Results will be printed at the course and will be posted on the results board, first as unofficial, and then, after the protest period, official results. The OVC will then send and post results online at www.OVCSports.com.

Section 20: Photos

Photos. Photographs of the race along with award winners will be placed on the OVC site and Morehead State University Cross Country webpage and available for download by schools. Morehead State University will provide a staff photographer for this event.

Section 21: Sportsmanship Statement

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.

Section 22: Ticket Policies

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

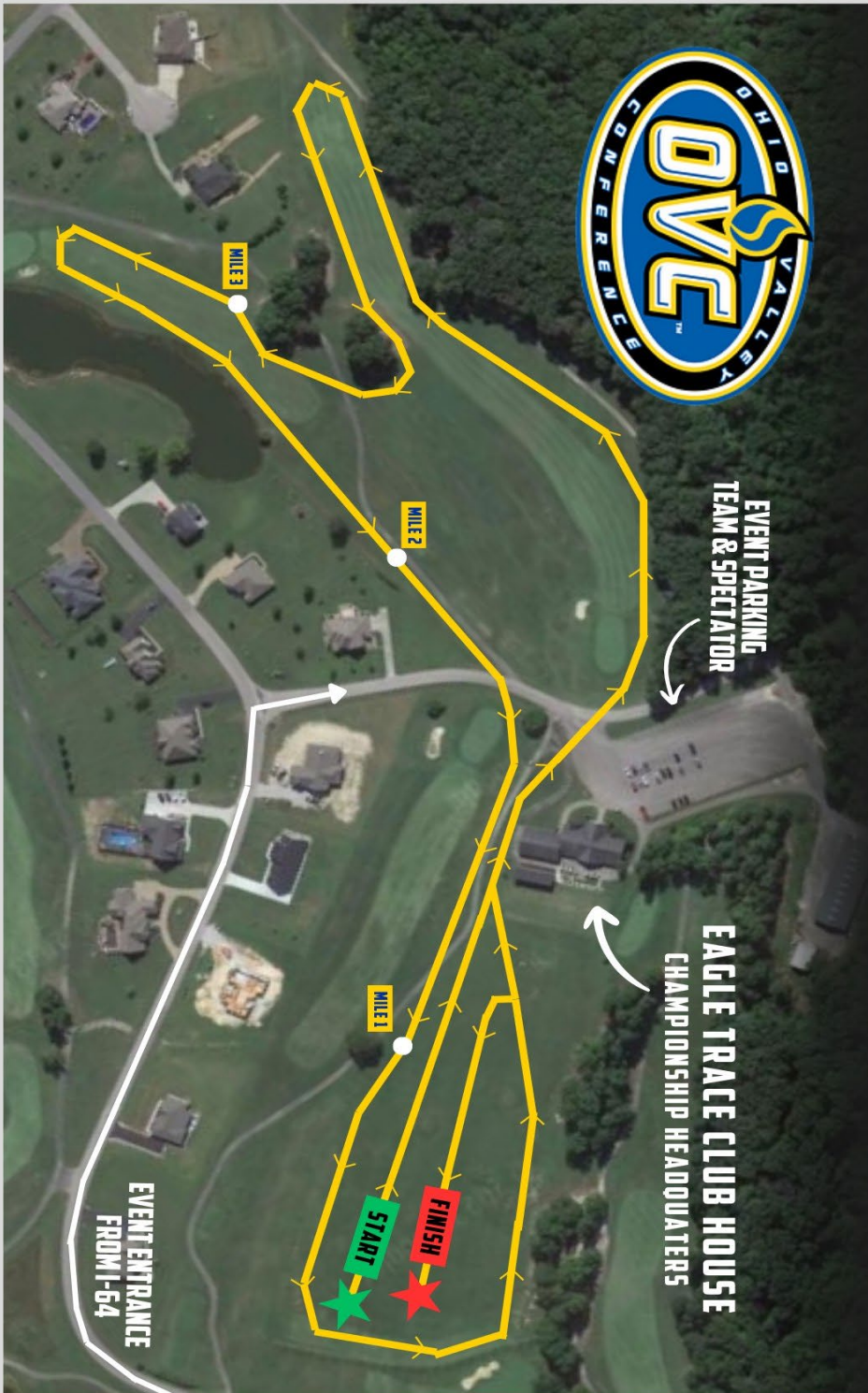
Spectator Areas. Spectators may occupy all areas outside of the white lined running course.

Section 23: Transportation and Parking Procedures

Spectator & Team Parking: Refer to team parking map on page 14.

Section A: Men's & Women's Course Maps

2023 OVC CROSS COUNTRY CHAMPIONSHIP COURSE MAP
HOSTED AT MOREHEAD STATE UNIVERSITY
EAGLE TRACE GOLF COURSE ADDRESS: 1275 EAGLE DRIVE - MOREHEAD, KY 40351

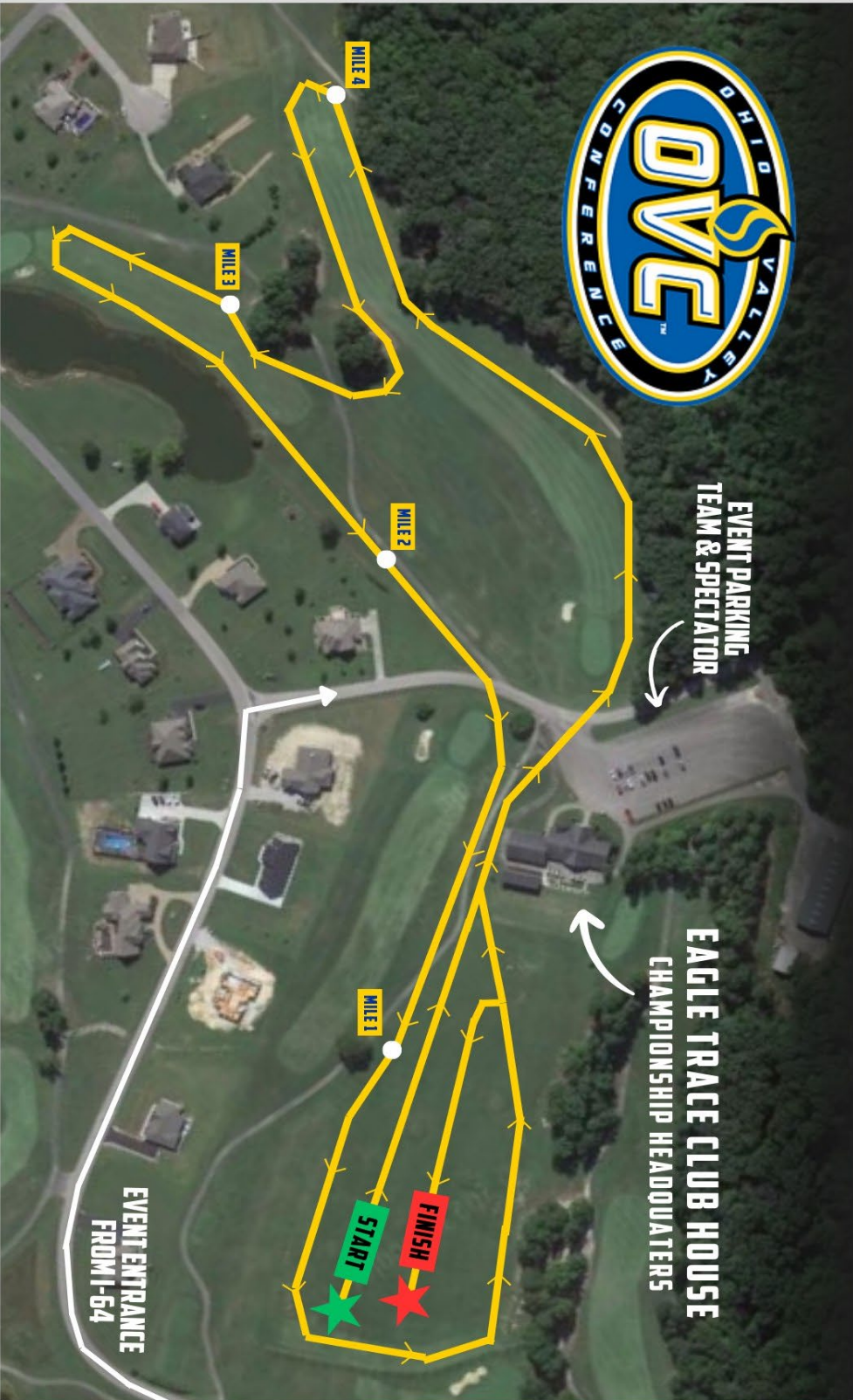


THE COURSE WILL BE COMPLETED IN COUNTER CLOCKWISE LAPS
WOMEN'S RACE: 3 LOOPS = 6K

2023 OVC CROSS COUNTRY CHAMPIONSHIP COURSE MAP

HOSTED AT MOREHEAD STATE UNIVERSITY

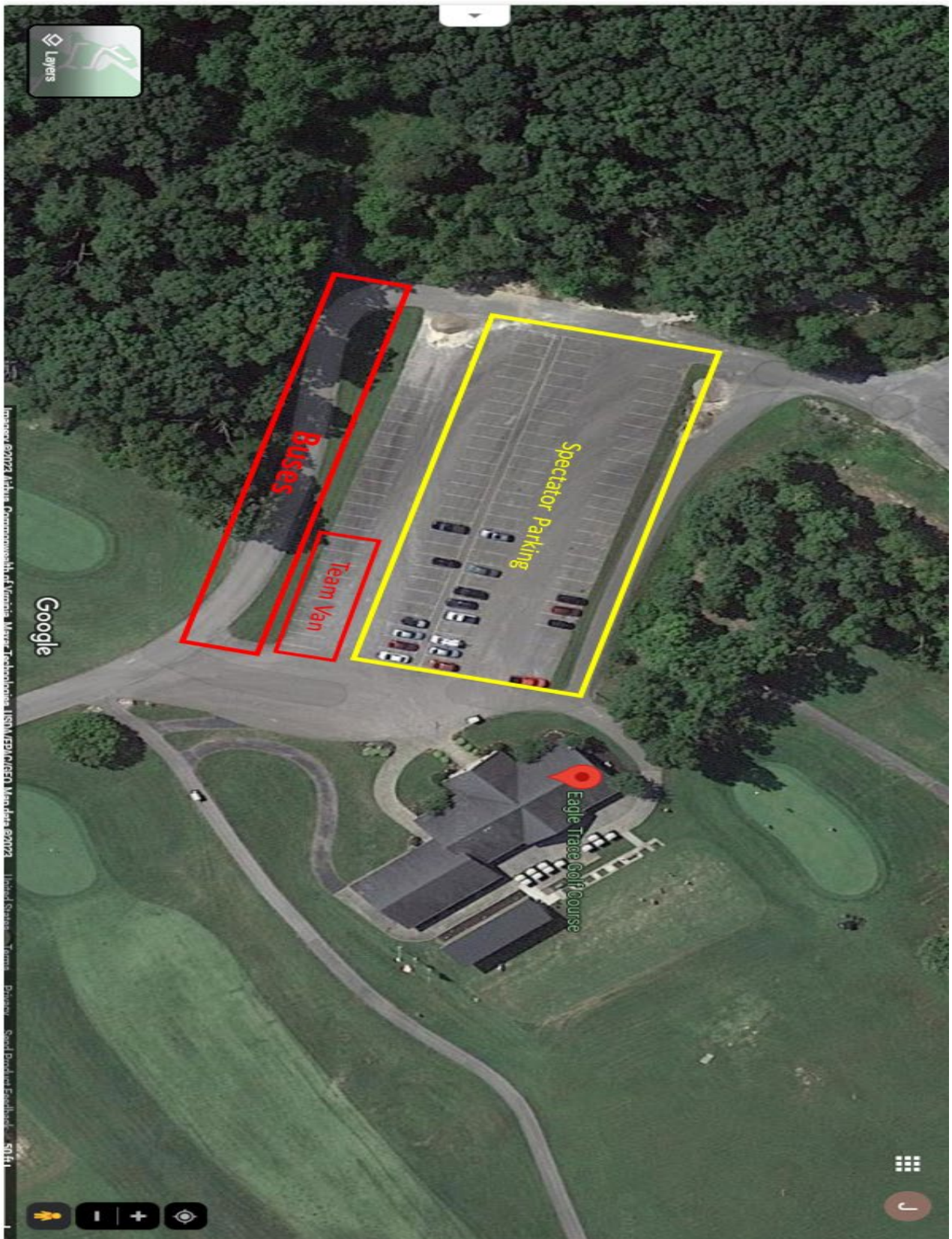
EAGLE TRACE GOLF COURSE ADDRESS: 1275 EAGLE DRIVE - MOREHEAD, KY 40351



THE COURSE WILL BE COMPLETED IN COUNTER CLOCKWISE LAPS

MEN'S RACE: 4 LAPS = 8K

Section B: Team & Spectator Parking Maps



Section C: Address of Site of Competition

Eagle Trace Golf Course is located at 1275 Eagle Drive, Morehead Kentucky 40351

Section D: Coaches Meeting

The coaches meeting will be held at Adron Doran University Center at approximately 7:15pm EST. on Friday, October 27.

Section E: Hotel Accommodations

The following is a list of lodging facilities in Morehead Kentucky:

Comfort Inn
2650 KY-801 North
Morehead, Ky 40351
(606) 780-7378

Days Inn
170 Toms Drive
Morehead, KY 40351
(606) 783-1484

Best Western
110 Toms Drive
Morehead, KY 40351
(606) 784-5796

Hampton Inn
500 Hampton Way
Morehead, KY 40351
(606) 780-0601

Section F: Restaurants Nearby

Morehead:

Rocky Adkins Dining Commons
333 Evans Branch rd.
606-784-1299

Buffalo Wild Wings
250 NewTowne Square
606-783-2727

Giovanni's Pizza
700 E Main Street
606-755-2100

Jimmy John's
110 Flemingsburg rd.
606-784-0010

Hibachi Express
408 Flemingsburg rd.
606-784-1363

Mr. Gatti's Pizza
520 E Main Street
606-784-6637

Cracker Barrel
1698 Flemingsburg rd.
606-784-2545

Reno's Roadhouse
1695 Flemingsburg rd.
606-783-0467

Fuzzy Duck Coffee
159 E. Main St.
606-784-9877

Pasquale's / Local Taco
182 E Main St.
606-691-4767



**OHIO VALLEY CONFERENCE
 CROSS COUNTRY CHAMPIONSHIP
 OFFICIAL TRAVEL PARTY AND ELIGIBILITY LIST**

INSTITUTION: _____ **MEN:** **WOMEN:**

Each participating team may be provided passes limited to each member of the official travel party. These passes are not transferable.

PARTICIPANT GIFTS/AWARDS: 14 participant gifts will be provided to the entire championship travel party. Only members of the official travel party listed below will be announced and presented with an individual championship award (14 medallions) during the awards ceremony.

IN ALPHABETICAL ORDER, PLEASE LIST THE 10 STUDENT-ATHLETES

NAME (First & Last)

1.	
2.	
3.	
4.	
5.	

6.	
7.	
8.	
9.	
10.	

NAME (First & Last)

AFFILIATION (e.g. Coach, Manager)

11.		
12.		
13.		
14.		

Affirmation of Eligibility: By signing below, I acknowledge the above student-athletes' eligibility for participation in this OVC championship have been certified per applicable NCAA, OVC, and institutional rules. (Compliance officer or FAR, signature required)

Head Coach's Cell Number: _____

Date form was completed: _____

FAR or Senior Compliance Officer: _____