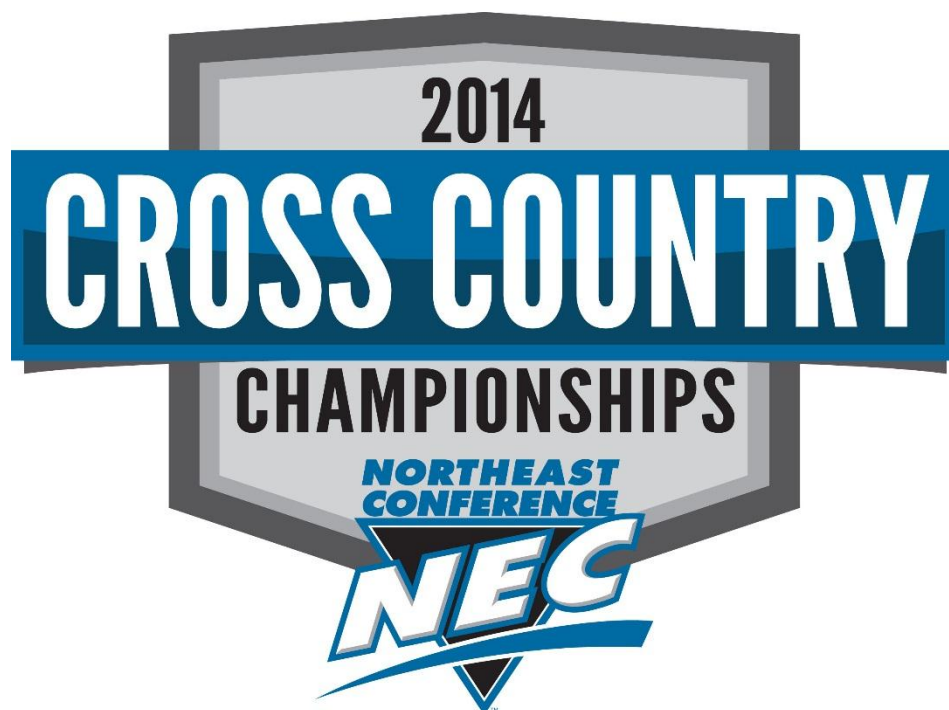


Northeast Conference Championship Handbook



Men's and Women's Cross Country

Saturday, November 1
Central Connecticut State University
Women's Race - 11:00 a.m.
Men's Race - 12:00 p.m.

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Championship Personnel

Central Connecticut State University Staff

Name	Title	Email	Phone
Paul Schlickmann	Director of Athletics	Paul.schlickmann@ccsu.edu	860-832-3038
Amy Strickland	Meet Director Assoc. AD/SWA	Stricklanda@ccsu.edu	860-832-3019
Tom Pincince	XC Media Contact	PincinceT@ccsu.edu	860-832-3089 Cell: 860-978-7235
Kathy Pirog	Head Athletic Trainer	pirog@ccsu.edu	860-832-3062 Cell: 860-978-7221
Eric Blake	Head Cross Country Coach	blakee@ccsu.edu	860-832-3054 Cell: 860-517-9529

Northeast Conference Staff

Name	Title	Email	Phone – 732-469-0440
Noreen Morris	Commissioner	nmorris@northeastconference.org	Ext 201
Ron Ratner	Sr. Assoc. Commissioner /Ext. Relations	rratner@northeastconference.org	Ext 206
Andy Alia	Assoc. Commissioner/Marketing	aalia@northeastconfernece.org	Ext 204
Ben Shove	Asst. Commissioner/Sport Services	bshove@northeastconfernece.org	Ext 203 Cell: 917-658-7581
Lisa Archbald	Asst. Commissioner/Compliance	larchbald@northeastconference.org	Ext 202
Caitlin Hughes	Director of Sport Services – XC Contact	chughes@northeastconference.org	Ext 205 Cell: 860-614-8814
Ralph Ventre	Director of Communications & Social Media	rventre@northeastconfernece.org	Ext 207
Kyle Turner	Director of New Media and Communications	kturner@northeastconference.org	Ext 210 Cell: 603-479-4860
Teneshia Ruff	Director of Events and Operations	truff@northeastconference.org	Ext 209
Erin Bean	Media Relations Asst. – XC Contact	ebean@northeastconference.org	Ext 208 Cell: 814-227-5535

Cross Country Championship – Quick Reference

Date: November 1, 2014
Location: CCSU Stanley Quarter Park, 451 Blake Road New Britain, CT 06051
Start times: Women's race 11:00 a.m., Men's race 12:00 p.m.

2014 Cross Country Schedule of Events

Friday, October 31	Event
From 11 am to 5 pm	Cross Country Course Available
5:30 pm	Coaches Meeting in the Nutmeg Room located on first floor Memorial Hall
6:00 pm	Banquet in the Constitution Room located upstairs in Memorial Hall

Saturday, November 1	Event
8:00 am	Sports Medicine available
9:00 am	Hospitality available
10:45 am	Women at starting line
10:50 am	National anthem and Women's team introductions
11:00 am	Women's Race
11:45 am	Men at starting line
11:55 am	Men team introductions
12:00 pm	Men's Race
1:15 pm (approx.)	Awards Ceremony

2014 Championship Important Deadlines

Rosters	Submitted on Direct Athletics & emailed to NEC by Friday, October 17
Travel Party/Banquet #'s	Submitted by Friday, October 17 - http://northeastconference.org/sb_output.aspx?form=39
Hotel Contact	Submitted by Friday, October 17 - http://northeastconference.org/sb_output.aspx?form=38
Race entries	Due at Friday, October 31 st coaches meeting
Substitutions	Due 30 minutes before the race

Championship Games Committee

Caitlin Hughes, NEC Championship Representative
Amy Strickland, CCSU, Meet Director/Assoc. AD, M & W Cross Country Committee
Lily Otu, Mount St. Mary's, Director of Compliance, M & W Cross Country Committee
Head Official, Ed Gorman

Timing Service

Cleon Fowler, C.F.P.I. Timing
cleon@cfpfitiming.com
www.cfpfitiming.com

Participating Schools

Bryant University

Bill Smith, Director of Athletics
Beth Wandyes, Senior Woman Administrator
Stephanie Reilly, Head Coach
Allie Crandell, SID
Patrick O'Sullivan, Athletic Trainer

Central Connecticut State University

Paul Schlickmann, Director of Athletics
Amy Strickland, Senior Woman Administrator
Eric Blake, Head Coach
Tom Pincince, SID
Kathy Pirog, Athletic Trainer

Fairleigh Dickinson University

David Langford, Director of Athletics
Rita Babikian-Andrini, SWA
Sharlene Milwood-Lee, Head Coach
Chris Strauch, SID
Cathy Liggett, Athletic Trainer

LIU Brooklyn

Brad Cohen, Interim Director of Athletics
Margaret Alaimo, Senior Woman Administrator
Janine Davis, Head Coach
Daniel Lobacz, SID
Danny O'Connor, Athletic Trainer

Mount St. Mary's University

Lynne Robinson, Director of Athletics
Lily Otu, Senior Woman Administrator
Jim Stevenson, Head Coach
Mark Vandergrift, SID
John Hoffman, Athletic Trainer

Robert Morris University

Craig Coleman, Director of Athletics
Addie Muti, Senior Woman Administrator
Michael Smith, Head Coach
Jim Duzyk, SID
Mike Vittorino, Athletic Trainer

Sacred Heart University

Robert Valentine, Director of Athletics
Meghan Miller, Senior Woman Administrator
Christian Morrison, Head Coach
Chris O'Connor, SID
Leo Katsetos, Athletic Trainer

St. Francis College, Brooklyn

Irma Garcia, Director of Athletics
Meghan O'Brien, Senior Woman Administrator
Kyle Brown, Head Coach
Brian Morales, SID
Andrew Cornicello, Athletic Trainer

Saint Francis University

Bob Krimmel, Director of Athletics
Erika Renwick, Senior Woman Administrator
Doug Hoover, Head Coach
Peter Kazery, SID
Terry Bennett, Athletic Trainer

Wagner College

Walt Hameline, Director of Athletics
Peg Hefferan, Senior Woman Administrator
Joe Stasi, Head Coach
John Beisser, SID
Javier Jimenez, Athletic Trainer

Championship Policies

Awards, Post-Championship

The following awards will be presented in a brief ceremony that is scheduled to begin following the last race:

- Plaques to the top 14 individual finishers
- Outstanding Performer (Men's and Women's)
- Freshman of the Year (Men's and Women's)
- Coaching Staff of the Year (Men's and Women's)*
- First Place Team Trophy for Men's and Women's Races
- Second Place Team Trophy for Men's and Women's Race

*To be determined via email vote on Tuesday following the Championship.

Student-athletes participating in the championship will receive an NEC commemorative gift. Participant gifts will be distributed at the banquet on Friday, October 31. The NEC will provide a maximum of 14 participant gift items per team.

Banquet

A championship banquet for participants and members of your institution's official travel party has been scheduled for Friday, October 31, at 6:00 pm in the Constitution Room located upstairs in Memorial Hall on the campus of Central Connecticut State University. Directions to Memorial Hall (building #18 on campus map) are included at the back of the handbook.

The banquet will be a buffet style meal including chicken, pasta, salad, vegetables, dessert and beverages. Each visiting team will contribute \$18.00 per person towards the banquet. If writing a check for the banquet, please make the check payable to Central Connecticut State University. Attire for the banquet is neat/casual. Each participating team is expected to attend the banquet and should plan travel accordingly.

Please complete the travel party roster via this link: http://northeastconference.org/sb_output.aspx?form=39 by **Friday, October 17th**. This is the form we will use to get a count of how many people you will have attending the banquet. Please include a bus driver if they will be having dinner with your team.

Coaches Meeting

A mandatory pre-championship meeting to review logistics and procedures for the event will be held on Friday, October 31 at 5:30pm and will be held in the Nutmeg Room (1st floor Memorial Hall). If a head coach cannot attend the meeting, a representative of the institution must take his/her place. Starting box assignments will be randomly chosen during this meeting.

Certification of Eligibility

It is the responsibility of each institution to certify that all student-athletes entered to participate in the championship(s) meet all applicable NCAA, Northeast Conference and institutional requirements and are eligible to represent their respective institution in NCAA and NEC competition.

Code of Conduct/Sportsmanship

Each participating institution in this championship has the primary responsibility to cultivate and maintain wholesome conditions and behavior for coaches, athletes and spectators by ensuring maximum sportsmanlike conduct throughout the championship(s). The conference's sportsmanship policy requires coaches and athletes to conduct themselves in

a dignified and courteous manner. Negative comments, insults and physical threats to other individuals (e.g., participants, officials) will not be tolerated and will lead to immediate ejection from the championship and could lead to additional sanctions from the Conference (e.g., letter of reprimand, suspension from subsequent NEC competition).

Competitor Numbers

Runners shall wear numbers on the front of their uniforms and wear their hip numbers as instructed at the coaches' meeting. A chip/transponder timing system will be used.

Course & Records

The course is located at Stanley Quarter Park in New Britain, CT. Directions to and maps of **the course are included in the back of this handbook**. **Course is available for inspection after 11 am on Friday, October 31st.**

Course Records: 5000m: 16:49 -Andrea Walkonean, Boston University, 2008
8000m: 24:50 – Ry Sanderson. Central Connecticut, 2010

Directions and Drop-off/Parking Instructions

Banquet: Constitution Room located upstairs in Memorial Hall

Championship: Stanley Quarter Park

Directions to CCSU's Campus and Stanley Quarter Park are included at the end of this document. **Detailed van/bus parking and drop-off instructions will be emailed the week of the championship.**

Entries and Substitutions

Only teams are eligible to enter the NEC Cross Country Championships. A team shall consist of a minimum of five (5) runners. Each team may enter between five (5) and ten (10) participants. All entries are due at the championship's coaches meeting. Entry forms are attached. *Please note your team roster (should include all persons who will be eligible to run in the Championship event) must be entered at www.directathletics.com by Friday, October 17th and also emailed to Caitlin Hughes at chughes@northeastconference.org. Directions for entry are included on page*

Coaches are permitted to substitute one athlete (who was already submitted on the roster) on the team's entry form up to thirty (30) minutes prior to the start of each race. A substitution form is included at the end of the handbook. The substitution form must be handed to Caitlin Hughes, the NEC representative at the meet.

Hospitality

Hospitality for coaches, visiting Administrators and support staff will be available during the NEC races. A tent will be set-up in a designated location at the park, which will be announced at the coaches meeting. Six Administrative passes have been sent to each Athletic Director; Administrators attending the event should bring a pass with them.

Hotel

Each school will be responsible for making its own hotel arrangements. The Conference office will not designate a tournament hotel. Listed below is information on some local hotels:

Courtyard Marriott – Cromwell, 4 Sebethe Drive, Cromwell, CT 06416, Contact – Dan Miller, 860-635-1001 x407. Rate \$89.00 per night.

In addition to the hotels listed above, a list of Choice Hotels the "Official Hotel of the NEC" in proximity to the venue can be found in the NEC Policy Manual. All institutions staying at a Choice Hotel, can receive discounted room rates.

Hotel and Head Coach Contact form must be filled out via this link:
http://northeastconference.org/sb_output.aspx?form=38 by Friday, October 17th.

Locker Rooms/Bathroom Facilities

Locker Rooms will be available (Kaiser Hall). We will have signs for both men and women locker rooms. There will be portable restrooms at the Start/Finish area.

Media & Meet Results

All requests for media credentials should be directed to Caitlin Hughes chughes@northeastconference.org at the Conference office. Championship results will be available as soon as possible after completion of the races. Results will be e-mailed to sports information directors and media outlets following the conclusion of both races. For any media related questions, please contact CCSU sports information office. The Northeast Conference will have complete championship results on its website shortly following the completion of the championship(s). The Northeast Conference's website address is www.northeastconference.org.

The NEC will use Twitter handle @necxc to update fans on all the action during the course of the event. Fans can also visit www.NECFrontRow.com for live footage of the Cross Country banquet and highlights from the Championship.

Medical

A sports medicine tent will be available (near the start/finish line) at 9:00 a.m. on Saturday. Athletic training coverage will be staffed by CCSU. There will be a certified athletic trainer on duty, though limited services will be available in the tent (e.g., ice, taping). Visiting institutions are expected to make every good-faith effort to bring trainers to the championship. Visiting teams should bring their own tape, towels, etc. Visiting teams should contact Paul Manwaring at (860-832-3170) or (mawaringp@ccsu.edu), to find out what specific training services will be provided by Central Connecticut State University.

In the event of a medical emergency, student-athletes will be transported to the following hospital:
The Hospital of Central Connecticut – New Britain
100 Grand Street
New Britain, CT 06050
860-224-5671 x3 Emergency Department

Merchandise & Programs

The Northeast Conference will have merchandise and Tournament Programs on sale at the course. Championship specific t-shirts will be \$16.00 and long sleeve shirts will be \$22.00 will be available in limited quantities.

National Anthem/Runner Introductions

The national anthem will be played prior to the first race. Teams and two designated student-athletes will be announced prior to each race. Please include your two designated student-athletes on the entry form.

Protest Procedures

The on-site representative of the conference office, using all appropriate resources available, such as the Cross Country Games Committee (which may be comprised of an NEC Championship Representative, NEC Administrator, XC Meet Director, Head official and XC Head Coach), shall serve as the final authority on any changes, additions, deletions and/or interpretation of NEC policy as necessary, during and/or after all NEC championships. The referee and/or games committee shall serve as the final authority on any interpretations of the NCAA rules pertaining to Cross Country.

Team Rosters

Team rosters must be entered into the NEC XC Championship Roster section at Direct Athletics (directathletics.com) by Friday, October 17th at noon. There is currently no limit on roster size for the NEC Cross Country Championship; a maximum of 10 athletes will be allowed to compete. Rosters entered on www.directathletics.com must also be emailed to Caitlin Hughes (chughes@northeastconference.org) by noon on Friday, October 17th.

Rules

Competition shall be governed by NCAA Track & Field/Cross Country rules book, except as amended by the Northeast Conference.

Schedule of Events

Friday, October 31

From 11 am to 5 pm

5:30 pm

6:00 pm

Event

Cross Country Course Available

Coaches Meeting in the Nutmeg room Memorial Hall (1st floor)

Banquet in Constitution room Memorial Hall (upstairs)

Saturday, November 1

8:00 am

9:00 am

10:45 am

10:50 am

11:00 am

11:45 am

11:55 am

12:00 pm

1:15 pm (approx.)

Event

Sports Medicine available

Hospitality available

Women at starting line

National anthem and Women's team introductions

Women's Race

Men at starting line

Men team introductions

Men's Race

Awards Ceremony

Scoring

1. Only the first five runners from each team shall enter into the scoring.
2. First place shall score one point; second place, two points; third place, three points; etc. All runners who finish the course shall be ranked and tallied in this manner. Team scores shall be determined by totaling the points scored by the first five finishers from each team. The team with the lowest total number of points shall be declared the winner. First-place ties will not be broken.
3. Although the sixth and seventh finisher from each team do not score towards their respective team's total, their places, if better than any of the first five finishers from any opposing team, serve to increase the opposing team's total.
4. The eighth through tenth finishers from each team will not displace.
5. If fewer than five runners from a team finish the course, the places of all team members of that team shall be disregarded in both the team and individual scoring.

Starting box Assignments

The starting box assignments will be randomly drawn at the coaches meeting on Friday evening.

Timing System

C.F.P.I. (cfptiming.com), Cleon Fowler, will be the official timer of the NEC Cross Country Championship. If you have any questions regarding, C.F.P.I. Timing please contact Cleon Fowler (Cleon@cfptiming.com).

Tobacco, Alcohol Policy

The use of any tobacco product on or adjacent to an NEC championship competition site is prohibited. Any use of a tobacco product by any coach or student-athlete discovered by an official or NEC representative at any NEC championship practice or competition shall result in immediate disqualification from the remainder of the championship for the individual committing the violation.

The sale of alcoholic beverages at NEC championships is prohibited unless approved in advance by the Council of Presidents. It is not permissible for alcoholic beverages to be brought to the competition site by spectators, participants, coaches, patrons or facility employees.

Uniforms

Rule 4-3 and 8-8 (The Uniform) of the NCAA Track & Field/Cross Country Rule Book shall be followed and enforced. All cross country team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team. Visible undergarments on top (e.g. t-shirts) worn by team members must be of an identical solid color. Visible undergarments on the bottom (e.g. tights of any length) must be of an identical solid color. Logo rules are the same and can be found in Rule 4-3-3.

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally (e.g., top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official that repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

- a. A uniform consists of two school-issued components, shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (e.g., sweat pants, tights) that is school-issued becomes the official uniform, when worn.
- b. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.
- c. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the briefs, while the competitor is standing, and allow for competitors' numbers to be placed above the waist, front and back.
- d. Uniform tops must be worn so to not obscure hip numbers.
- e. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.
- f. The use of, or wearing of, artificial noisemakers by competitors is prohibited.

Note: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation, and reported to the referee. A report of uncorrected violations shall be made to the referee and offending competitor's coach.

Directions to CCSU & Stanley Quarter Park

Central Connecticut State University

1615 Stanley St.
New Britain CT 06050

Directions To Campus

From the Southwest (Stamford/New Haven)

Take 95 North to 91 North to Exit 22 North, to Rte. 9 North.

Follow Rte. 9 North and take Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the Southeast (Groton/New London)

Take 95 South to Rte. 9 North to Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the East (Hartford)

Take 84 West to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in cases of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the West (Danbury/Waterbury)

Take 84 East to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

Stanley Quarter Park

451 Blake Road

New Britain, CT 06051

From I-84 East or West:

Take I-84

Take Exit 39A for Route 9 South

Take Exit 30 for Corbin's Corner

Take a right at the end of the ramp onto Hartford Road

Continue straight

Hartford Road will change into Stanley Street

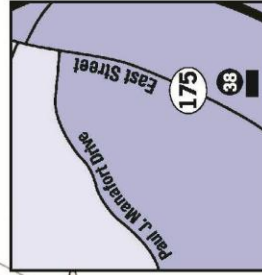
Continue through approximately 5 lights

At the 6th light, the park will be in front of you.



Central Connecticut State University

CLASSROOM BUILDING CODES		
CODE	NO.	NAME
ANX	35	Kaiser Hall Annex
EB	22	Elihu Burritt Library
EW	11	Emma Hart Willard Hall
FA	25	James J. Maloney Hall
FD	15	Frank J. DiLoreto Hall
HB	5	Henry Barnard Hall
HK	7	Harrison J. Kaiser Hall
HW	6	Herbert D. Welte Hall
LD	1	Lawrence J. Davidson Hall
MS	12	Maria Sanford Hall
MW	3	Marcus White Hall
NC	23	Nicolaus Copernicus Hall
RVAC	37	Robert C. Vance Academic Center
SSH	70	Social Sciences Hall



1. Lawrence J. Davidson Hall (LD)	20. Robert Vance Residence Hall	36. F. Don James Residence Hall	PARKING KEY	R. Kaiser Annex Lot
2. Power House (Facilities Management)	21. Arute Stadium/Press Box	37. Robert C. Vance Academic Center (RVAC)	A. Kaiser Hall Lot*	S. Vance Residence Hall Reserved Lot*
3. Marcus White Hall (MW)	21A. Arute Field	38. Early Learning Center	B. Student Center Lot*	SG. Student Center Garage*
3A. Marcus White Annex	22. Elihu Burritt Library (EB)	41. Future Residence Hall	BB. Library Lot*	T. Memorial Hall Lot
4. Clarence Carroll Hall	23. Nicolaus Copernicus Hall (NC)	42. Ball-Savin Field/Bortolico	C. Pileall Lot	U. Copernicus Hall Lot
5. Henry Barnard Hall (HB)	23A. Anthony and Helen G. Bichum	43. Baseball Pressbox	CG. Copernicus Garage*	V. East Hall Upper Lot
6. Herbert D. Welte Hall (HW)	25. Engineering Laboratory	44. Energy Center	D. Charter Oak State College Reserved Lot	VG. Vance Garage*
7. Harrison J. Kaiser Hall (HK)	26. East Hall (Facilities Management)	47. East Pump House	E. Welte Hall Lot*	W. East Hall Lower Lot
8. Catharine Beecher Residence Hall	27. North Pump House (Facilities Management)	47. East Pump House	F. Barrows/James Hall Lot*	WG. Welte Garage*
9. Samuel J. May Residence Hall	28. Charter Oak State College Management	64. Softball Field/Tressbox	G. Marcus White Service Drive	X. Receiving (Gas Pump) Lot
10. Emma Hart Willard Hall (EW)	29. Administrative Buildings	67. ATM Kiosk	H. Willard/DiLoreto Lot	Z. Fine Arts Center Lot
11. Maria Sanford Hall (MS)	29D. Public Safety Building	70. Soccer Field	J. Ball-Savin Field Lot	
13. Student Center	32. Athletic Field (future site)	76. Hitchcock-Young Pavilion	K. James Hall Circle	
14. Robert E. Sheridan Residence Hall	34. Grounds Building	NH. Newman House	L. Willard Hall Reserved Lot	
15. Frank J. DiLoreto Hall (FD)	35. Mildred Barrows Residence Hall		M. Maintenance Grounds Lot	
16. Thomas H. Gallaudet Residence Hall			N. Davidson Hall Reserved Lot	
18. Memorial Hall			O. May Hall Lot	
19. Mildred Barrows Residence Hall			P. Power House Lot	

EMERGENCY PHONE LOCATIONS

* Student parking. All resident hall students should park in CG, SG or WG.

For more information visit: www.ccsu.edu/police

REV.3.25.13

NEC Cross Country Championship Women's Entry Form

Due Date: Friday, October 31, 2014

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 31st at the pre-championship coaches meeting.

Please type and fill out this Entry Form completely.

School: _____ **Nickname:** _____

Uniform Colors: _____

The following student-athletes are eligible to compete in the 2014 Northeast Conference Cross Country Championship (student-athletes' names/roster information must have been submitted previously).

****Please indicate two athletes you would like to recognize as team leaders in the pre-race announcements – including their year in school.****

Names (maximum of 10):

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Coaches

Name: _____

**Coaches Signature or
electronic approval:** _____

NEC Cross Country Championship

Men's Entry Form

Due Date: Friday, October 31, 2014

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 31st at the pre-championship coaches meeting.

Please type and fill out this Entry Form completely.

School: _____ **Nickname:** _____

Uniform Colors: _____

The following student-athletes are eligible to compete in the 2014 Northeast Conference Cross Country Championship (student-athletes' names/roster information must have been submitted previously).

****Please indicate two athletes you would like to recognize as team leaders in the pre-race announcements – including their year in school.****

Names (maximum of 10):

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____
- 8.) _____
- 9.) _____
- 10.) _____

Coaches

Name: _____

**Coaches Signature or
electronic approval:** _____

2014 Northeast Conference Men's and Women's Cross Country Championships

Substitution Form

On the day of the championship, a team may substitute one athlete up to thirty (30) minutes prior to the start of the race. Substitution must be made on this form and handed to the NEC representative on-site.

Name of Athlete Being Removed From Entry: _____

Athlete's Competitor Number: _____

Name of Athlete Being Entered: _____

Athlete's Competitor Number: _____

Please make the above substitution.

Name of Coach

Institution

Signature of NEC Representative

Time Substitution Request Received