

**Northeast Conference  
Championship Handbook**



**Men's and Women's  
Cross Country**

**Saturday, October 29  
Saint Francis University**

**Women's Race - 11:00 a.m.**

**Men's Race - 12:00 p.m.**



***CROSS COUNTRY***

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# Championship Personnel

## Saint Francis University Staff

Name	Title	Email	Phone
Susan Robinson Fruchtl	Director of Athletics	srobinson@francis.edu	814-472-3280
Kevin Cavooris	<b>Meet Director</b> Asst. AD	kcavooris@francis.edu	814-472-2782 Cell: 631-848-5801
Andrew Smithmyer	Athletic Communications	ajs148@francis.edu	814-472-3196 Cell: 814-932-3198
Douglas Hoover	Head Cross Country Coach	dhoover@francis.edu	814-472-3345 Cell: 814-505-2886
H. Terry Bennett	Athletic Trainer	tbennett@francis.edu	814-472-3289 Cell: 814-322-2365

## Northeast Conference Staff

Name	Title	Email	Phone – 732-469-0440
Noreen Morris	Commissioner	<a href="mailto:nmorris@northeastconference.org">nmorris@northeastconference.org</a>	Ext 201
Ron Ratner	Sr. Assoc. Commissioner /Ext. Relations	<a href="mailto:rratner@northeastconference.org">rratner@northeastconference.org</a>	Ext 206
Andy Alia	Assoc. Commissioner/Marketing	<a href="mailto:aalia@northeastconference.org">aalia@northeastconference.org</a>	Ext 204
Ben Shove	Asst. Commissioner/Sport Services	<a href="mailto:bshove@northeastconference.org">bshove@northeastconference.org</a>	Ext 203
Lisa Archbald	Asst. Commissioner/Compliance	<a href="mailto:larchbald@northeastconference.org">larchbald@northeastconference.org</a>	Ext 202
Caitlin Hughes	Director of Sport Services – <b>XC Contact</b>	<a href="mailto:chughes@northeastconference.org">chughes@northeastconference.org</a>	Ext 205 <b>Cell: 860-614-8814</b>
Ralph Ventre	Director of Communications & Social Media	<a href="mailto:rventre@northeastconference.org">rventre@northeastconference.org</a>	Ext 207
Kyle Turner	Director of New Media and Communications	<a href="mailto:kturner@northeastconference.org">kturner@northeastconference.org</a>	Ext 210 Cell: 603-479-4860
Valerie Gomez	Asst. Director of Events and Operations	<a href="mailto:vgomez@northeastconference.org">vgomez@northeastconference.org</a>	Ext 209
Jashvina Shah	Media Relations Intern – <b>XC Contact</b>	<a href="mailto:jshah@northeastconference.org">jshah@northeastconference.org</a>	Ext 208 <b>Cell: 609-651-3787</b>
Chris Horton	Digital Media Intern	<a href="mailto:chorton@northeastconference.org">chorton@northeastconference.org</a>	Ext 212

# Cross Country Championship – Quick Reference

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Date: October 29, 2016  
Location: Immergrun Golf Course  
Saint Francis University Campus, 117 Evergreen Drive, Loretto, PA 15940  
Start times: Women's race 11:00 a.m., Men's race 12:00 p.m.

## 2016 Cross Country Schedule of Events

**Friday, October 28**  
From 10 am to 5 pm  
5:30 pm  
6:00 pm

**Event**  
Cross Country Course Available  
Coaches Meeting in the Conference Room  
Location: ground level of the JFK Student Center  
Banquet in the JFK Student Center

**Saturday, October 29**  
8:00 am  
9:00 am  
10:45 am  
10:50 am  
11:00 am  
11:45 am  
11:55 am  
12:00 pm  
1:00 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's team introductions  
Men's Race  
Awards Ceremony

## 2016 Championship Important Deadlines

Rosters/Entries Submitted on Direct Athletics & emailed to NEC by Friday, October 14  
Travel Party/Banquet #'s Submitted by Friday, October 14 - [http://northeastconference.org/sb\\_output.aspx?form=39](http://northeastconference.org/sb_output.aspx?form=39)  
Hotel Contact Submitted by Friday, October 14 - [http://northeastconference.org/sb\\_output.aspx?form=38](http://northeastconference.org/sb_output.aspx?form=38)  
Final Declarations Due at Friday, October 29<sup>th</sup> coaches meeting  
Substitutions Due 30 minutes before the race

## Championship Games Committee

Caitlin Hughes, NEC Championship Representative  
Kevin Cavooris, SFU, Meet Director  
Lily Otu, Mount St. Mary's, M & W Cross Country Committee  
Amy Strickland, CCSU, M & W Cross Country Committee  
Ed Gorman, Head Official

## Timing Service

Cleon Fowler, C.F.P.I. Timing  
[cleon@cfpiming.com](mailto:cleon@cfpiming.com)  
[www.cfpiming.com](http://www.cfpiming.com)

# Participating Schools

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## Bryant University

Bill Smith, Director of Athletics  
Beth Wandyes, SWA  
Mitchell Switzer, Head Coach  
Allie Crandall, SID  
Patrick O'Sullivan, Athletic Trainer

## Central Connecticut State University

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

## Fairleigh Dickinson University

David Langford, Director of Athletics  
Cathy Liggett, SWA  
Sharlene Milwood-Lee, Head Coach  
Bryan Jackson, SID  
Amanda Livsey, Athletic Trainer

## LIU Brooklyn

Brad Cohen, Director of Athletics  
Margaret Alaimo, SWA  
Janine Davis, Head Coach  
Daniel Lobacz, SID  
Courtney Civitano, Athletic Trainer

## Mount St. Mary's University

Lynne Robinson, Director of Athletics  
Lily Otu, SWA  
Jay Phillips, Head Coach  
Mark Vandergrift, SID  
TBD, Athletic Trainer

## Robert Morris University

Craig Coleman, Director of Athletics  
Addie Muti, SWA  
Caitlin Cotter, Head Coach  
Jim Duzyk, SID  
Mike Vittorino, Athletic Trainer

## Sacred Heart University

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

## St. Francis College, Brooklyn

Irma Garcia, Director of Athletics  
Maggie Martini, SWA  
Chris Mills, Head Coach  
David Gansell, SID  
Andrew Cornicello, Athletic Trainer

## Saint Francis University

Susan Robinson Fruchtl, Director of Athletics  
Erika Renwick, SWA  
Douglas Hoover, Head Coach  
Barry Beal, SID  
Terry Bennett, Athletic Trainer

## Wagner College

Walt Hameline, Director of Athletics  
Peg Hefferan, SWA  
Joe Stasi, Head Coach  
John Beisser, SID  
Andrew Levine, Athletic Trainer

# Championship Policies

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## 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 28. 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 28, at 6:00 pm in the JFK Student Center on the campus of Saint Francis University. Directions to the JFK Student Center/SFU Campus 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 \$20.00 per person towards the banquet. If writing a check for the banquet, please make the check payable to Saint Francis 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](http://northeastconference.org/sb_output.aspx?form=39) by **Friday, October 14<sup>th</sup>**. 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 28 at 5:30pm and will be held in the Conference Room on the ground floor of the JFK Student Center. 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 the Immergrun Golf Course on the campus of Saint Francis University. Directions to and maps of **the course are included in the back of this handbook. Course is available for inspection after 10 am on Friday, October 28<sup>th</sup>.**

Course Records: 5000m: **Eimear Black, Bryant University, 17:46.0 (11/2/2013)**  
8000m: **Craig Hunt, Central Connecticut, 26:23.0 (11/2/2013)**

## Directions and Drop-off/Parking Instructions

Banquet: JFK Student Center

Championship: Immergrun Golf Course

Directions to SFU's Campus 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. Final declarations of participants 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](http://www.directathletics.com) by Friday, October 14<sup>th</sup> and also emailed to Caitlin Hughes at [chughes@northeastconference.org](mailto:chughes@northeastconference.org).*

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 course, which will be announced at the coaches meeting. Administrative passes (6) will be included with team credentials for those Administrators noted on forms. Administrators attending the event should bring the 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:

Comfort Inn – 130 Patchway Rd, Duncansville, PA 16635 (814) 693-1800  
Courtyard by Marriott – 2 Convention Center Drive, Altoona, PA 16602 (814) 312-1800  
Hampton Inn – 180 Charlotte Drive, Altoona, PA 16601 (814) 941-3500  
Hampton Inn – 129 Commerce Court, Johnstown, PA 15904 (814) 262-7700  
Holiday Inn Express – 3306 Pleasant Valley Blvd., Altoona, PA 16602 (814) 944-9661  
Holiday Inn – 2500 Market Street, Johnstown, PA 15901 (814) 535-7777  
Ramada Inn – 1 Sheraton Dr., Altoona, PA 16601 (814) 946-1631

Hotel and Head Coach Contact form must be filled out via this link:  
[http://northeastconference.org/sb\\_output.aspx?form=38](http://northeastconference.org/sb_output.aspx?form=38) by Friday, October 14<sup>th</sup>.

## Locker Rooms/Bathroom Facilities

Locker Rooms will be available in the Maurice Stoke Athletics Center. We will have signs for both men and women locker rooms. Portable toilets will be located at Immergrun Golf Course.

## Media & Meet Results

All requests for media credentials should be directed to Caitlin Hughes [chughes@northeastconference.org](mailto:chughes@northeastconference.org) at the Conference office. Championship results will be available as soon as possible after completion of the races. Results will be emailed to sports information directors and media outlets following the conclusion of both races. For any media related questions, please contact Saint Francis U 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](http://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](http://www.NECFrontRow.com) for footage 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 Saint Francis U. 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 Brooke Mahaffey at 814-472-3275 or [bmahaffey@francis.edu](mailto:bmahaffey@francis.edu), to find out what specific training services will be provided by Saint Francis University.

In the event of a medical emergency, student-athletes will be transported to the following hospital:

UPMC Altoona  
620 Howard Avenue, Altoona, PA 16601  
(814) 889-2011 [www.altoonaregional.org](http://www.altoonaregional.org)

## Merchandise & Programs

The Northeast Conference will have merchandise and Tournament Programs on sale at the course. Championship specific long sleeve shirts will be available in limited quantities and sizes.

## 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 14<sup>th</sup> 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](http://www.directathletics.com) must also be emailed to Caitlin Hughes ([chughes@northeastconference.org](mailto:chughes@northeastconference.org)) by noon on Friday, October 14<sup>th</sup>.

## Rules

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

## Schedule of Events

### Friday, October 28

From 10 am to 5 pm

5:30 pm

6:00 pm

### Event

Cross Country Course Available

Coaches Meeting - Conference Rm on the ground floor of the JFK Stud. Center

Championship Banquet in the JFK Student Center

### Saturday, October 29

8:00 am

9:00 am

10:45 am

10:50 am

11:00 am

11:45 am

11:55 am

12:00 pm

1:00 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's 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. Ties will be broken using NCAA Rule 8.6.3.d.
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. Teams that start at least five runners and have fewer than five runners finish the race shall be listed alphabetically at the end of the team results as did not finish, DNF.

## Starting box Assignments

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

## Timing System

C.F.P.I. (cfpfitiming.com), 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@cfpfitiming.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 (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 Saint Francis University & JFK Student Center**

### **From Northwestern Pennsylvania**

Take I-79 to Route 422 east to Ebensburg. In town, turn left at the traffic light onto High Street. Continue straight at next light. Turn left on to Manor Road. Saint Francis University is six miles on the right.

### **From Cleveland (Ohio area)**

Take Ohio Turnpike east to I-80 east. Take I-680 south to Route 422 east (approximately 120 miles) to Ebensburg. In town, turn left at the traffic light onto High Street. Continue straight at next light. Turn left on to Manor Road. Follow this road for six miles to the Saint Francis University entrance on right.

### **From southwestern Pennsylvania and southeast Ohio**

Take Route 22 east from Pittsburgh to second Ebensburg exit (Ebensburg/Loretto exit). Bear right at end of exit ramp. Proceed straight (crossing over Route 22). Turn right at the first light on to Manor Road. Follow this road for six miles to the Saint Francis University entrance on right.

### **From Northeastern Pennsylvania/Central New Jersey**

Take I-80 south to I-80 west to exit 161 (Bellefonte). Take US99/Route 220 south approximately 50 miles to Altoona and Route 22 west. Take Route 22 west to Lilly/Portage exit. Turn right onto Route 53 north. Continue on Route 53 north approximately two miles to traffic light (Sheetz on left). Turn left at light and continue beneath railroad overpass. 200 yards beyond overpass, bear right at Saint Francis University sign onto St. Joseph Street. Take this road four miles to Loretto. At Village Cross monument on traffic circle, bear left. Saint Francis University entrance is 200 yards on left.

### **From Southeastern Pennsylvania and Baltimore, Maryland/Washington, D.C.**

Take PA Turnpike (I-76) west to Bedford exit 146 (220 North/I-99 North). Turn left after toll booth. At top of hill, turn left onto US99/Route 220 north to Altoona. Travel approximately 30 miles to Route 22 west. Continue from Altoona -- previous paragraph.

### **Immergrun Golf Course**

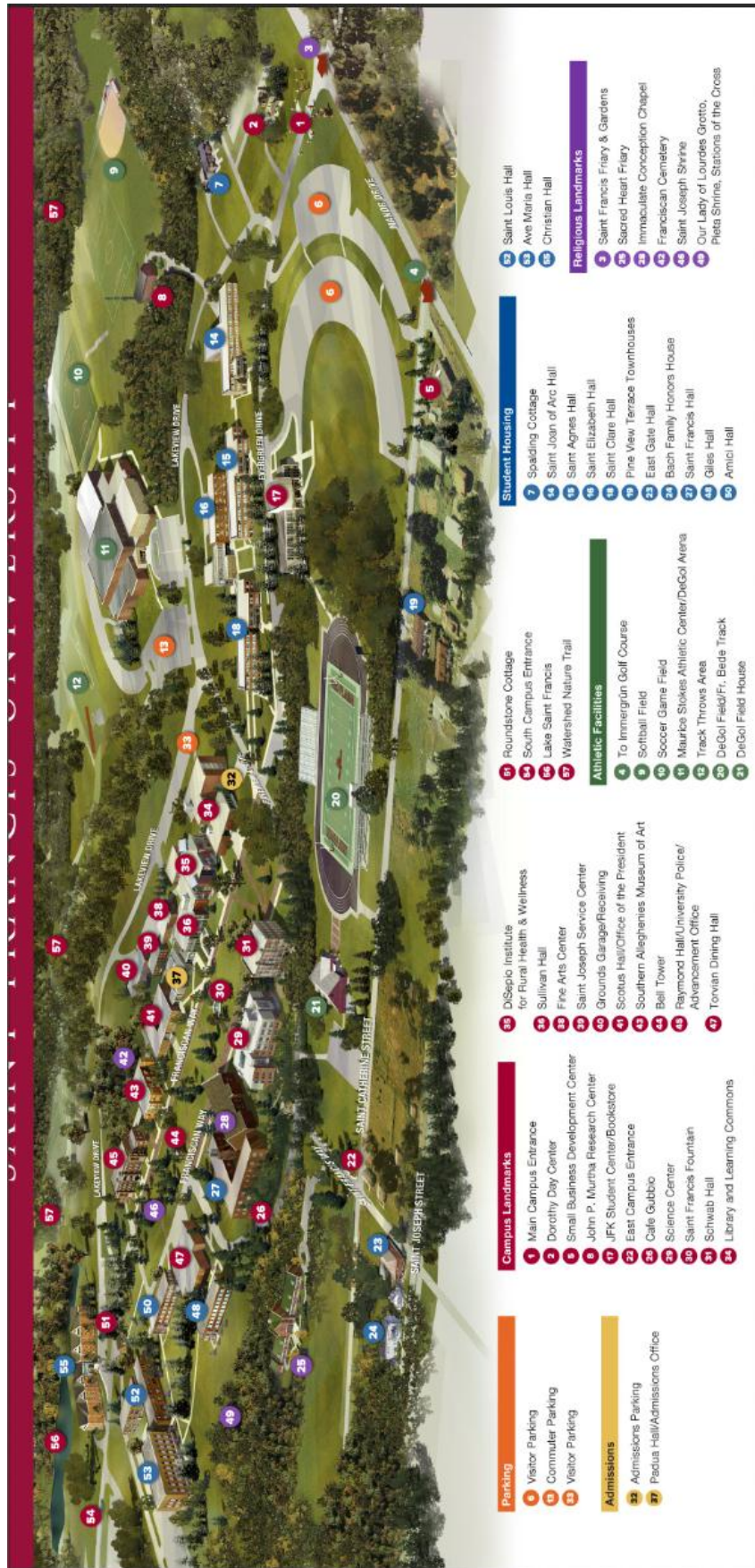
105 Saint Elizabeth Street  
Loretto, PA 15940

### **JFK Student Center**

117 Evergreen Drive  
Loretto, PA 15940

### **Maurice Stokes Athletic Center**

140 Lakeview Drive  
Loretto, PA 15940



**Parking**

- 1 Visitor Parking
- 2 Commuter Parking
- 3 Visitor Parking

**Admissions**

- 33 Admissions Parking
- 37 Padua Hall/Admissions Office

**Campus Landmarks**

- 1 Main Campus Entrance
- 2 Dorothy Day Center
- 3 Small Business Development Center
- 4 John P. Murtha Research Center
- 5 JFK Student Center/Bookstore
- 6 East Campus Entrance
- 7 Cafe Gubbio
- 8 Science Center
- 9 Saint Francis Fountain
- 10 Schwab Hall
- 11 Library and Learning Commons

**Athletic Facilities**

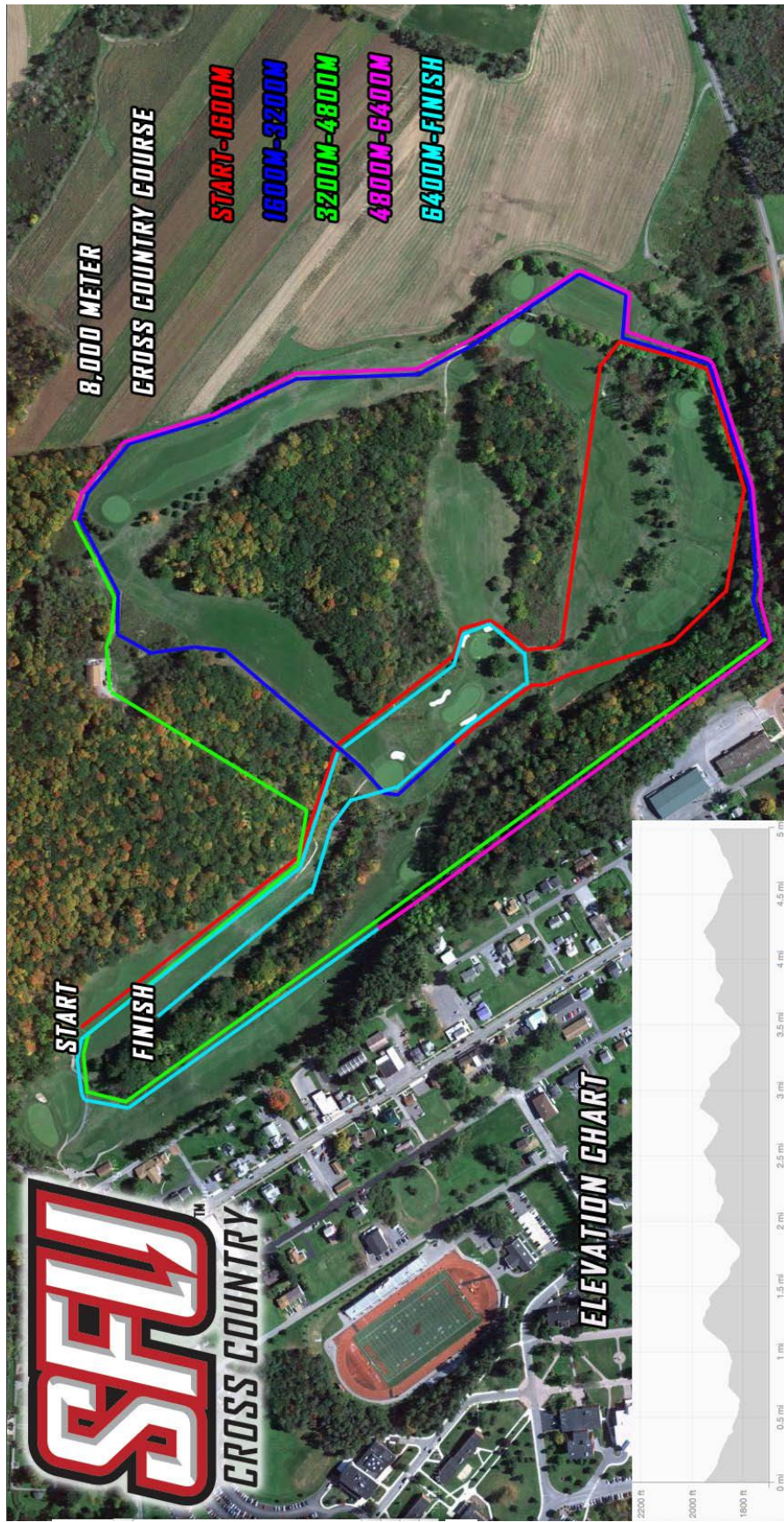
- 6 Roundstone Cottage
- 7 South Campus Entrance
- 8 Lake Saint Francis
- 9 Watershed Nature Trail
- 10 To Immergrun Golf Course
- 11 Softball Field
- 12 Soccer Game Field
- 13 Maurice Stokes Athletic Center/DeGol Arena
- 14 Track Throws Area
- 15 DeGol Field/Fr. Bede Track
- 16 DeGol Field House

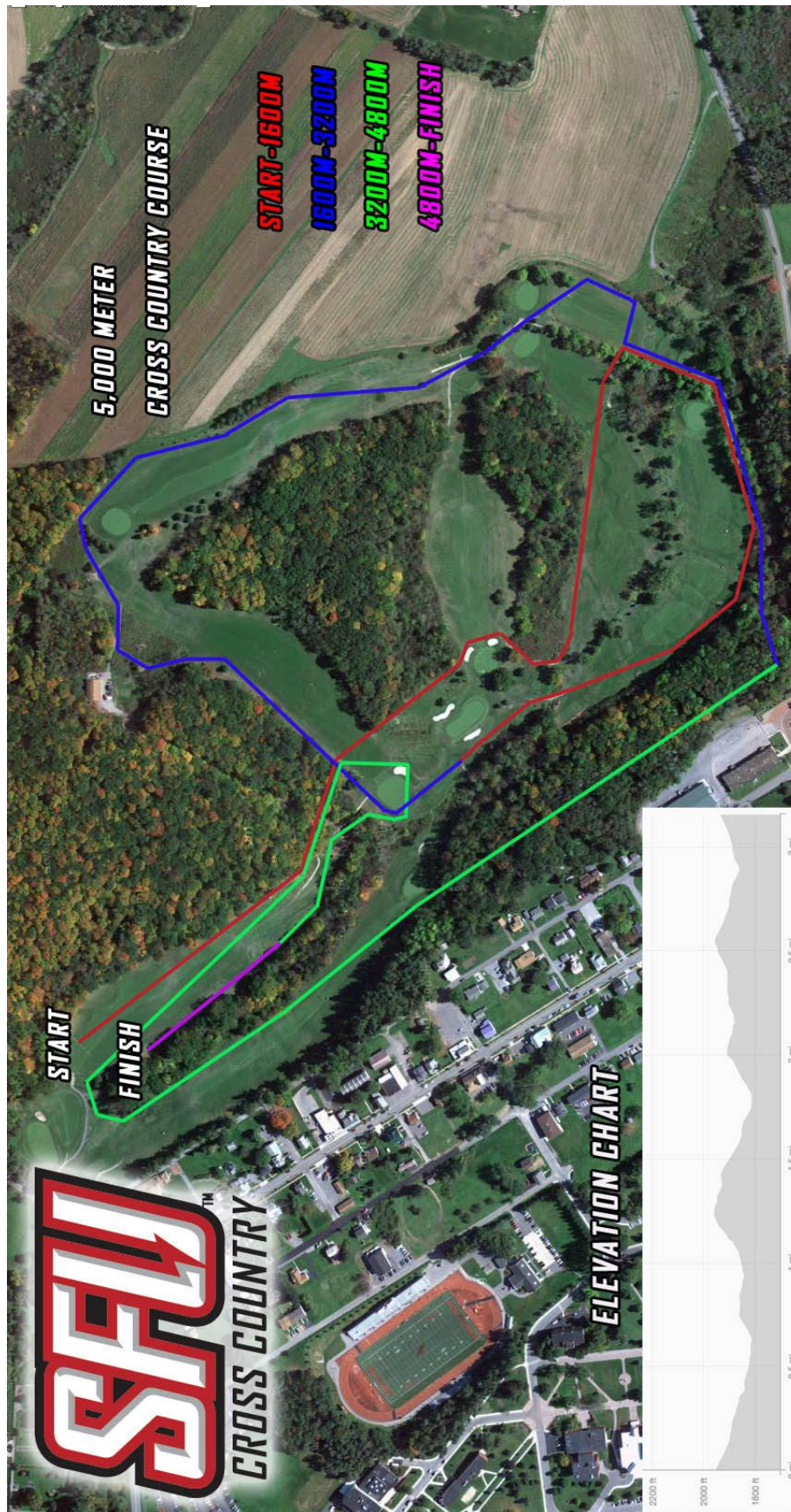
**Student Housing**

- 7 Spalding Cottage
- 14 Saint Joan of Arc Hall
- 15 Saint Agnes Hall
- 16 Saint Elizabeth Hall
- 17 Saint Clare Hall
- 18 Pine View Terrace Townhouses
- 19 East Gate Hall
- 20 Bach Family Honors House
- 21 Saint Francis Hall
- 22 Gilles Hall
- 23 Amich Hall

**Religious Landmarks**

- 1 Saint Louis Hall
- 2 Ave Maria Hall
- 3 Christian Hall
- 4 Saint Francis Friary & Gardens
- 5 Sacred Heart Friary
- 6 Immaculate Conception Chapel
- 7 Franciscan Cemetery
- 8 Saint Joseph Shrine
- 9 Our Lady of Lourdes Grotto, Pietà Shrine, Stations of the Cross





# NEC Cross Country Championship Women's Entry Form

**Due Date:** Friday, October 28, 2016

**Return To:** Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 28<sup>th</sup> 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 2016 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 28, 2016

**Return To:** Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 28<sup>th</sup> 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 2016 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:** \_\_\_\_\_

# 2016 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