



Championship Handbook

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

Friday, October 28

B&D Acres

Saint Francis University

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

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

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Championship Personnel

Saint Francis University Staff

Name	Title	Email	Phone
James Downer	Director of Athletics	jdowner@francis.edu	814-472-3280
Shane Tay, Meet Director	Senior Assoc. AD/XC Admin	stay@francis.edu	Office:814-472-2782 Cell: 814-241-2075
Lisa Swope	Senior Assoc. AD/SWA	lswope@francis.edu	814-472-3294
Gabrielle Yenniello	XC Media Contact	gxy400@francis.edu	Cell: 330-883-8593
Kosie Shepherd-Porada	Sports Medicine Contact	kshepherd-porada@francis.edu	Office: 814-472-3762 Cell: 724-388-1735
Siarra Crum	Onsite ATC	scrum@francis.edu	Cell: 814-619-6120
Mike Kosnosky	Dir. Of Athletic Facilities	mkosnosky@francis.edu	Cell: 814-241-6349
Doug Hoover	Head Cross Country Coach	dhoover@francis.edu	Cell: 814-505-2336

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@northeastconference.org	Ext 204
Ben Shove	Assoc. Commissioner/Sport Services	bshove@northeastconference.org	Ext 203
Lisa Archbald	Assoc. Commissioner/Compliance	larchbald@northeastconference.org	Ext 202
Caitlin Hughes	Asst. Commissioner/Sport Services – XC Contact	chughes@northeastconference.org	Ext 205 Cell: 860-614-8814
Sarah Boissonneault	Asst. Commissioner/Digital Strategy & Comm.	sboissonneault@northeastconference.org	
Kyle Turner	Asst. Commissioner/Digital Media and Communications	kturner@northeastconference.org	Ext 210
Chris Horton	Director for Creative Services	chorton@northeastconference.org	Ext 209
Adrian Barajas	Media Relations Assistant – XC Contact	abarajas@northeastconference.org	Ext 208
Alyssa Mullings	Digital Media Assistant	amullings@northeastconference.org	Ext 212

Cross Country Championship – Quick Reference

Date: October 28, 2022
Location: B&D Acres, 3121 Huntingdon Furnace Road, Tyrone, PA 16686
Start times: Women's race 11:00 a.m., Men's race 12:00 p.m.

2022 Cross Country Schedule of Events

Thursday, October 27	Event
From 10 am to 4 pm	Cross Country Course Available
5:30 pm	Coaches Meeting (via Zoom)
Friday, October 28	Event
9:00 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's team introductions
12:00 pm	Men's Race
1:00 pm (approx.)	Awards Ceremony

2022 Championship Important Deadlines

Rosters/Entries	Submitted on Direct Athletics & emailed to NEC by Tuesday, October 18
Travel Party	Submitted by Friday, October 21 - http://northeastconference.org/sb_output.aspx?form=39
Travel Info Form	Submitted by Friday, October 21 - http://northeastconference.org/sb_output.aspx?form=38
Final Declarations	Due by Thursday, October 27, coaches meeting
Substitutions	Due 30 minutes before the race

Championship Games Committee

Ed Gorman, Meet Administrator
Caitlin Hughes, NEC Championship Representative
Shane Tay, SFU, Meet Director
Dionne Dodson, SFBK, M & W Cross Country Committee
Amy Strickland, CCSU, M & W Cross Country Committee

Timing Service

Cleon Fowler
CFPI Timing
Email: timing@cfpiming.com
Web: cfpiming.com

Participating Schools

Central Connecticut State University

Tom Pincince, Interim Director of Athletics
Amy Strickland, SWA
Eric Blake, Head Coach
Chris O'Connor, SID
Kathy Pirog, Athletic Trainer

Fairleigh Dickinson University

Brad Hurlbut, Director of Athletics
Cathy Liggett, SWA
Sharlene Milwood-Lee, Head Coach
Jordan Sarnoff, SID
Nick Hodgman, Athletic Trainer

LIU

Bill Martinov, Director of Athletics
Jamilah Ali, SWA
Chris Sauer, Head Coach
Adam Rubin, SID
TBD, Athletic Trainer

Merrimack

Jeremy Gibson, Director of Athletics
Diane Metcalf, SWA
Chris Cameron, Head Coach
Nick Penkala, SID
TBD, Athletic Trainer

Sacred Heart University

Judy Ann Riccio, Director of Athletics
Tammy Petrucelli, SWA
Christian Morrison, Head Coach
Michael Smoose, SID
Leo Katsetos, Athletic Trainer

St. Francis College, Brooklyn

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

Saint Francis University

James Downer, Director of Athletics
Lisa Swope, SWA
Douglas Hoover, Head Coach
Dave Musil, SID
TBD, Athletic Trainer

Stonehill College

Dean O'Keefe, Director of Athletics
Cindy MacDonald, SWA
Karen Boen, Head Coach
Doug Monson, SID
Pete Krysko, Athletic Trainer

Wagner College

Brendan Fahey, Director of Athletics
Katie Wassel, SWA
Joe Stasi, Head Coach
Chris Aliano, SID
Matt DenBleyker, 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 on site. The NEC will provide a maximum of 14 participant gift items per team.

Banquet

There are no longer championship banquets in any NEC sport.

Coaches Meeting

A mandatory pre-championship meeting to review logistics and procedures for the event will be held on Thursday, October 27 at 5:30pm via zoom. 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 10 am on Thursday, October 27.**

Course Records: 5000m: **18:44.0 -Ashley Dana, CCSU, 9/2/2022**

8000m: N/A

Note: There is inconsistent cell service at the course, please be prepared for lack of cell service.

COVID-19 Policy

The NEC defers to [NCAA Infection Control in Sport](#), CDC and local guidance; visiting teams, officials and fans must meet the respective campus COVID policies.

Directions and Drop-off/Parking Instructions

Directions to B&D Acres 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 twelve (12) 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 by Tuesday October 18th and also emailed to Caitlin Hughes at 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 the NEC representative at the meet.

Hospitality

Hospitality will be located in the single story white building adjacent to the spectator parking lot. Six Administrative passes will be available for each institution upon request.

Hotel

Each school will be responsible for making its own hotel arrangements. The Conference office will not designate a tournament hotel.

Travel Info form must be filled out via this link:

http://northeastconference.org/sb_output.aspx?form=38 by Friday, October 21st.

Locker Rooms/Bathroom Facilities

Neither locker rooms nor showers will be available on site.

Restrooms for competitors will be available in Hemlock Hall.

Portable toilets for competitors and spectators will be available beside the white building adjacent to the spectator parking lot. This is near 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 emailed to sports information directors and media outlets following the conclusion of both races. For any media related questions, please contact the SFU 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 stream the championships live via NEC Front Row and 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 footage and highlights from the Championship.

Medical

Please let us know if your Athletic Trainer will be traveling with your cross-country team to the NEC Championships. A sports medicine tent will be available (near the start/finish line) at 9:00 a.m. on Friday. Athletic training coverage will be staffed by SFU. 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 athletic trainers to the championship. Visiting teams should bring their own tape, towels, etc. Visiting teams should contact Siarra Crum at 814-619-6120 (cell) or scrum@francis.edu, to find out what specific training services will be provided by Saint Francis University.

In the event of medical emergencies, student-athletes will be transported to one of the following hospitals:

Penn Highlands Tyrone

187 Hospital Drive, Tyrone PA 16686
Main: 814-684.1255

UMPC – Altoona

620 Howard Avenue, Altoona, PA 16602
Main: 814-889.2011

Conemaugh Memorial Medical Center

1086 Franklin Street, Johnstown, PA 15905
Main – 814-534.9000

Merchandise & Programs

There will be no merchandise on site this year.

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/Entries must be entered into the NEC XC Championship section at Direct Athletics (directathletics.com) by Tuesday, October 18th by 11:59pm. There is currently no limit on roster size for the NEC Cross Country Championship; a maximum of 12 athletes will be allowed to compete. Rosters entered on www.directathletics.com must also be emailed to Caitlin Hughes (chughes@northeastconference.org).

Rules

Competition shall be governed by NCAA Track & Field/Cross Country rule book.

Schedule of Events

Thursday, October 27

From 10 am to 4 pm

5:30 pm

Event

Cross Country Course Available

Coaches Meeting (via Zoom)

Friday, October 28

9:00 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 Rules.
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 **twelfth** 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 Thursday evening.

Timing System

Cleon Fowler, CFPI Timing, will be the official timer of the NEC Cross Country Championship. If you have any questions regarding timing please contact timing@cfpiming.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.

Alcohol sales are permitted (limited to beer and wine) at NEC Championship events at venues that sell alcohol during the regular season; further, to follow the security policies utilized by those venues during the regular season (e.g., follow institutional policies relative to reentry to the venue).

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 B & D Acres

From the South (Altoona):

Take Interstate 99 North to Exit 48 (Tyrone).

At the end of the exit ramp turn left, toward PA Route 453.

At the next stop sign, turn right onto PA Route 453 South.

Proceed 3.6 miles, then turn left onto Huntingdon Furnace Road.

Proceed 1.4 miles and B & D Acres will be on the left.

From the North (State College and Interstate 80):

Take Interstate 99 South to Exit 48 (Tyrone).

At the end of the exit ramp turn left, onto PA Route 453 South.

Proceed 3.9 miles, then turn left onto Huntingdon Furnace Road.

Proceed 1.4 miles and B & D Acres will be on the left.

Busses will drop off at the entrance to the spectator parking lot and then will be directed to park across/down the road.

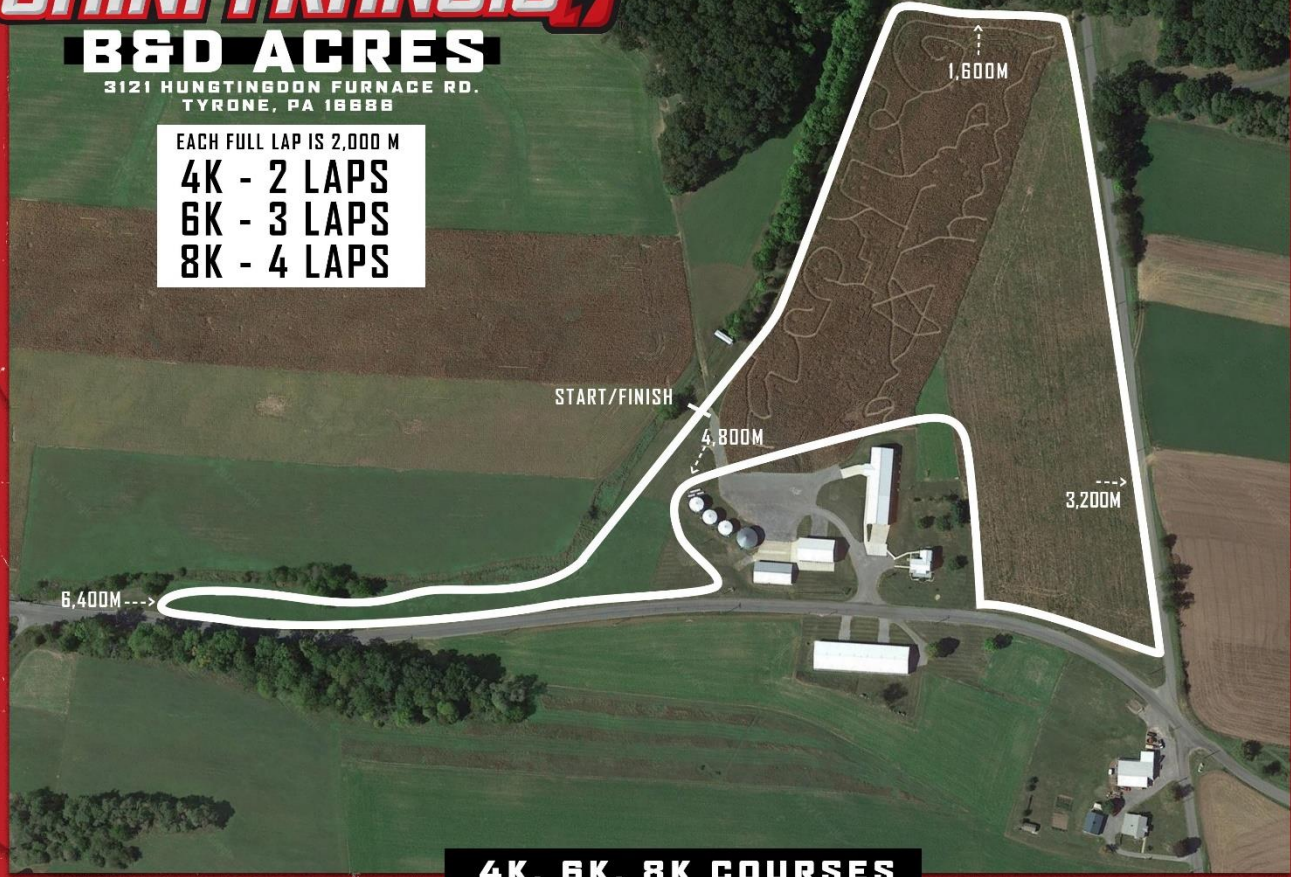
SFU

SAINT FRANCIS

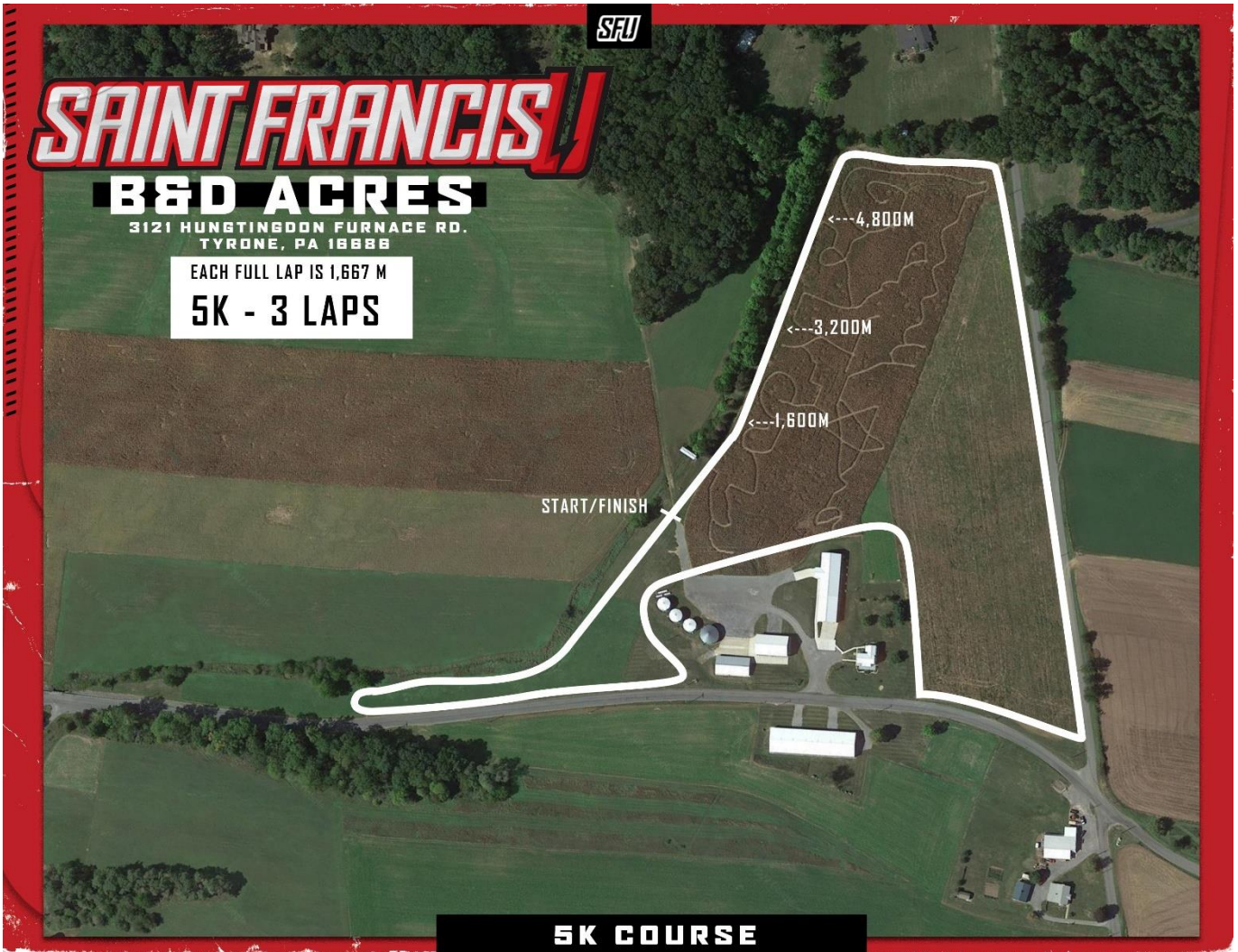
B&D ACRES

3121 HUNTINGDON FURNACE RD.
TYRONE, PA 16886

EACH FULL LAP IS 2,000 M
4K - 2 LAPS
6K - 3 LAPS
8K - 4 LAPS



4K, 6K, 8K COURSES



SFU

SAINT FRANCIS

B&D ACRES

3121 HUNTINGDON FURNACE RD.
TYRONE, PA 16886

EACH FULL LAP IS 1,667 M

5K - 3 LAPS

START/FINISH

←---4,800M

←---3,200M

←---1,600M

5K COURSE

NEC Cross Country Championship Women's Entry Form

Due Date: Thursday, October 27, 2022

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative prior to 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 2022 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 12):

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

Coaches Name: _____

Coaches Signature or electronic approval: _____

NEC Cross Country Championship Men's Entry Form

Due Date: Thursday, October 27, 2022

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative prior to 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 2022 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 12):

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

Coaches Name: _____

Coaches Signature or electronic approval: _____

2022 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