



## A G E N D A

### NCAA Division I Men's and Women's Regional Cross Country Championships Coaches Meeting

November 7, 2023

*Please note this meeting will be recorded.*

1. Welcome and let coaches know meeting is being recorded.
2. Introductions of host personnel, NCAA site representative and who referee and head starter will be.
3. Review meet schedule, including pre-race activities: practice times, packet pickup/declarations, race times, clerking, National Anthem, etc.
4. Reminder of wearing hip numbers, bibs, chips - ensure student-athletes are wearing proper ones!
  - Bibs MUST be worn right side up so number can be properly read by timer (e.g. number 966 inverted is 996).
5. Technical aspects of the course.
6. Medical procedures: practice day, pre-race, during race, post-race.
7. Marshals and locations on the course.
8. Finish line procedures.
9. Timing system and splits, plan for results distribution, and website to access results.
10. Inclement weather and evacuation plan.
11. Parking.
12. Credentials/team entrances.
  
13. **NCAA EventDirect communication app.**
14. **Games committee make-up and responsibilities.**
15. **Substitution/replacement process.**
16. **Check-in.**
17. **NCAA uniforms and logo policy.**
18. **Protest procedures (two 15-minute protest periods, one after each race).**
19. **Misconduct policy statement.**
20. **Drug testing statement.**
21. **Regional post-race recognition ceremony process and USTFCCCA awards.**
22. **Qualification/Advancement to National Championships.**
23. **Breaking of ties.**
24. **Official notification of teams/individuals advancing to National Championships.**
25. **National Championships information, including spectator tickets.**
26. **Regional championships evaluation/survey.**
27. **2024 regional sites.**
  
28. Adjournment.



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National Collegiate Athletic Association

*Supporting student-athlete success on the field, in the classroom and for life*

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2019 DIVISION II  
**CROSS COUNTRY  
CHAMPIONSHIPS**  
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# FINISH LINE

29:32

NCAA

2023 DIVISION I  
**CROSS COUNTRY CHAMPIONSHIPS**  
SACRAMENTO, CA



AAD2

NCAA

# CROSS COUNTRY CHAMPIONSHIPS



# Host Personnel



- Meet Director
  - Danielle Domenichelli, Sacramento Running Association
- NCAA Site Rep
  - Stan Kerr
- Head Referee
  - Bob Podkaminer
- Head Starter
  - John Busto
- Sports Medicine Contact
  - Matt Davey, Sacramento State
- LOC Chair
  - David Eadie, Visit Sacramento Sports Commission

# Race Week Timeline



## Thursday, November 9, 2023

10:00 a.m. – 3:00 p.m. – Course Preview & Packet Pickup

*\* Please reach out if travel plans prohibit you from making this window*

## Friday, November 10, 2023

7:00 a.m.	Course & Parking Opens
9:45 a.m.	National Anthem
10:00 a.m.	Women's 6K
11:00 a.m.	Men's 10K
11:45 a.m.	Awards Ceremony

# Packet Pickup/Declarations



- **Packet Pickup & Declarations:** Packet pick up is from 10:00 a.m. – 3:00 p.m., Thursday, November 9 at the Arden Arcade Pavilion (at the course). Declarations will take place at this time as well.
- **Race Day Clerking & Final Declarations:** The head coach of each institution will complete the check-in process on behalf of their team and/or student-athlete(s) on race day.

If an institution declared more than seven student-athletes during packet pickup, those additional hip numbers and bibs **must** be returned to meet management, in the clerking area, no later than 20 minutes prior to the start of each respective race.

The clerking tent is located directly behind the start line.

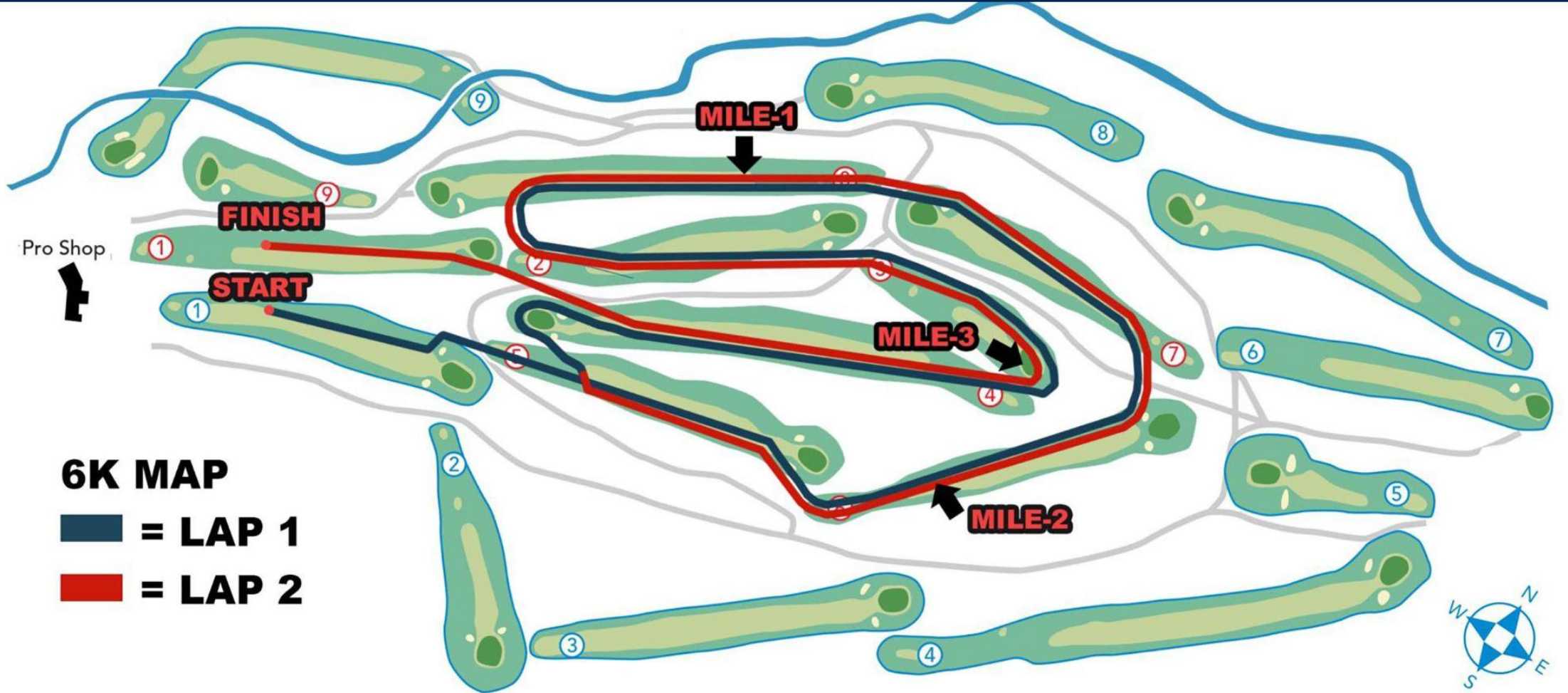
Check-in starts 80 minutes before each race and closes 20 minutes prior to the race.

# Reminders

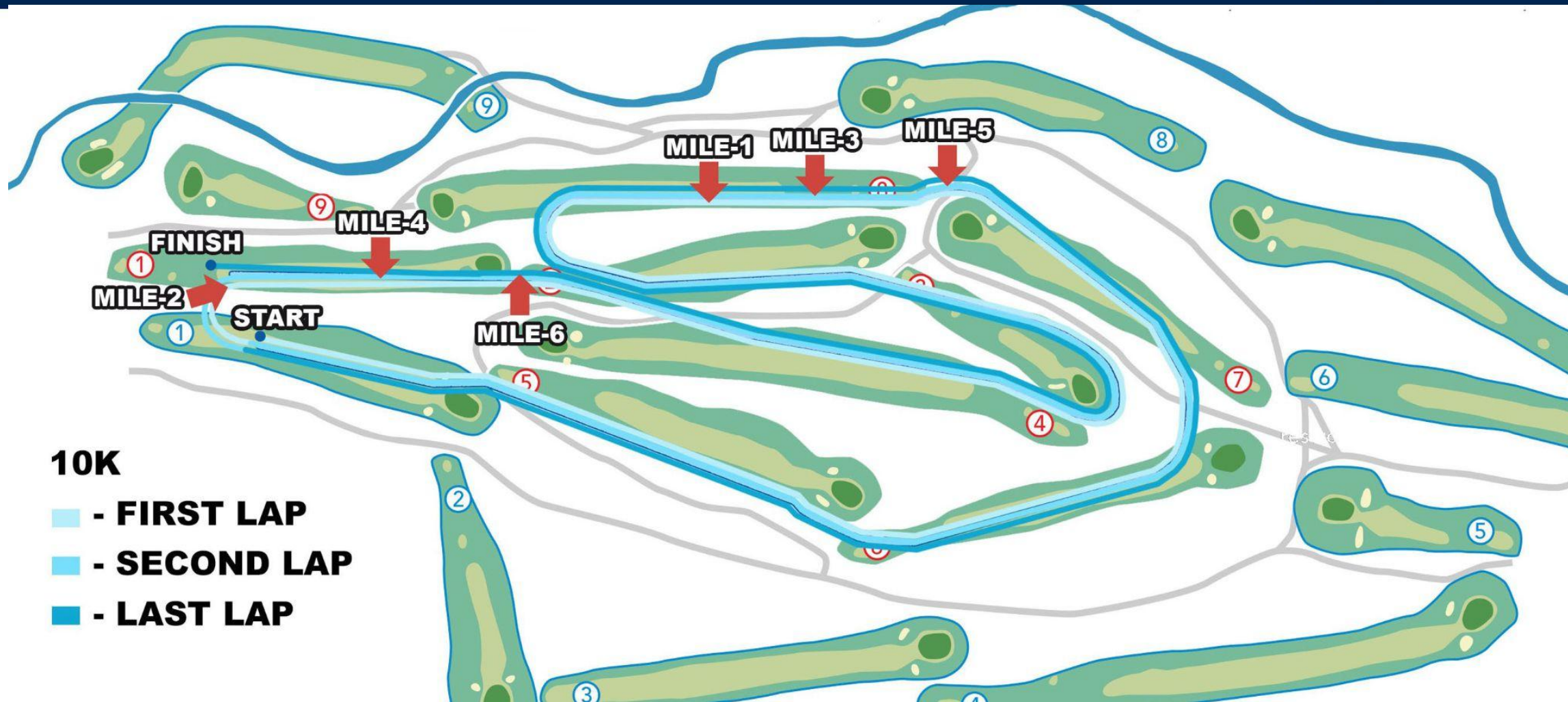


- 1 Front bib with two timing chips on the back
- 2 Hip numbers, one for each hip
- Bibs **MUST** be worn right side up so the number can be properly read by timer (e.g number 966 inverted in 996)
- Do not bend or crumple bib, this could damage the timing chip

# Course Map – Women's 6K



# Course Map – Men's 10K





# Technical Aspects of the Course



- Golf course grass, mainly flat
- Mats over paved cart path
- Stake & flagging around all turns
- Fenced corral and finish approach
- White lines painted on both sides of entire course
- Any bad footing marked with spray paint
- Mile & Km markers painted on course, as well as elevated mile markers
- 3 lead vehicles

# Medical Procedures



## Sacramento State Medical Team, led by Matt Davey

- **Medical team at the course:**

Thursday, November 9      10:00 a.m. – 3:00 p.m.

Friday, November 10      Beginning at 8:00 a.m.

- Medical tent located along the finish chute
- Medical on race tail cart

# Course Marshals & Finish Line Procedures



- Course Marshals will be at the major intersections of the course - 6k cut through and the cut-off to the finish line.
- Additionally there will be USATF officials around the course monitoring the competition.
- Official finish line is the first of 2 timing mats, but athletes should race through both mats.
- Finish line arch, per official's request, is just past the first timing mat

# Timing and Results



Sean Laughlin – Record Timing

Results & Entries - <https://www.rtspt.com/events/ncaa/d1westxc23/>

Report DNFs to Sean at the timer's tent near the finish line

Timing splits near 1 mile and women's 3 mile. Clocks at mile marks.

Utilizing chip technology, unofficial results will be posted and available in real time both onsite and online. However, note that results from chip technology are not official results. Results will not become official until the timing company has completed all necessary video review and the official protest window has closed.



# Starting Box Assignments

## Women

1. Seattle U
2. Washington
3. Santa Clara
4. USC
5. Portland
6. Idaho
7. Arizona
8. Pacific
9. San Diego
10. Gonzaga
11. Fresno State
12. Portland State
13. Loyola Marymount
14. San Diego St.
15. San Francisco
16. Boise State
17. UC Irvine
18. Oregon
19. Oregon State
20. Washington St.
21. Grand Canyon
22. St. Mary's (Cal.)
23. UC Davis
24. California
25. CSUN
26. UNLV
27. Cal Poly
28. Cal St. Fullerton
29. Stanford
30. CBU
31. Long Beach St.
32. Sacramento St.
33. Hawaii
34. Eastern Washington
35. UC Riverside
36. Pepperdine
37. UC Santa Barbara
38. UCLA
39. CSU Bakersfield

## Men

1. Seattle U
2. UCLA
3. Idaho
4. Grand Canyon
5. Oregon
6. St. Mary's (Cal.)
7. San Francisco
8. Cal St. Fullerton
9. Eastern Washington
10. Boise State
11. Washington
12. CBU
13. CSUN
14. UC Irvine
15. UC Santa Barbara
16. Arizona
17. UC Davis
18. Cal Poly
19. San Diego
20. Sacramento St.
21. Loyola Marymount
22. Washington St.
23. UC Riverside
24. Portland State
25. California
26. Santa Clara
27. Long Beach St.
28. Pepperdine
29. Stanford
30. Portland
31. Gonzaga

# Race Day Weather



**8 a.m.**  
**47°F**

**10 a.m.**  
**55°F**

**11 a.m.**  
**58°F**

**Noon**  
**61°F**

## **Inclement Weather Plan**

@hornetsports on twitter for weather updates on race day, if needed. In case of lightning/severe weather, Student-Athletes & Coaches will shelter in the club house and spectators will return to vehicles.

# Event Parking



- All team vans and spectator vehicles will enter parking through the Sacramento Softball Complex: 3450 Longview Drive Sacramento, CA 95821
- Team buses and clearly marked team vehicles can drop-off athletes near the front entrance of Haggin Oaks: 3645 Fulton Ave, Sacramento, CA 95821. Team vehicles will proceed to the parking lot at the Sacramento Softball Complex. Buses can park off-site
- Please limit the vehicles you send to Haggin Oaks. This will cause delays and jeopardize our ability to host future races at the golf course.
- Please have athletes communicate with friends and family that admissions is \$15 CASH or PayPal per car. If using PayPal - predownload the app.

Team vehicles will park for free with parking passes provided at packet pickup. Parking is free on Thursday following same instructions as above.

  
**2023 DIVISION I**  
**CROSS COUNTRY CHAMPIONSHIPS**  
SACRAMENTO, CA • Sacramento Sports Commission and Sacramento State, Hosts

**Navigation:**  
**Sacramento Softball Complex**  
3450 Longview Drive,  
Sacramento, CA 95821





# Credentials



Wristbands will be provided for Coaches/Institution Staff and Student-Athletes



Team Tent Area	Start Line	Finish Chute
<p>COACH, STUDENT-ATHLETE, ALL ACCESS, MEDICAL, MEDIA, VOLUNTEER</p>	<p>ALL ACCESS, OFFICIALS, COACH and STUDENT-ATHLETE</p>	<p>ALL ACCESS and OFFICIALS Only, Designated area for MEDIA Only Meet MEDICAL</p>

# EventDirect Communication App

