

2013 SEC CROSS COUNTRY CHAMPIONSHIPS

Friday, November 1, 2013



**Hosted by University of Florida
Mark Bostick Golf Course**

Men's 8k race	9:00am
Women's 6k race	10:00am

PARTICIPANT MANUAL

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CHAMPIONSHIPS ADMINISTRATIVE TEAM

Director of Athletics	Jeremy Foley
Senior Associate Director of Athletics/Cross Country & Track	Jamie McCloskey jamie@gators.ufl.edu 352-375-4683 ext 6022
University of Florida Cross Country Head Coach	Mike Holloway mouseh@gators.ufl.edu 352-375-463 ext 4458
University of Florida Assistant Cross Country Coach	Paul Spangler pauls@gators.ufl.edu 352-375-4683 ext 4461 352-514-9480 Cell
Championships Director	Brian Barton brianb@gators.ufl.edu 352-375-4683 ext 6045
Assistant Championships Director	Therese LeGrow Theresel@gators.ufl.edu 352-375-4683 ext 4402
Timing/Results	Scott Peters Half-Mile Timing scott@halfmiletiming.com
Assistant Director, Media Relations/Championships Media Contact	Kelly Reynolds kellyr@gators.ufl.edu 352-375-4683 ext 6128 352-275-2782 Cell
Assistant Athletic Trainer/Championships Medical Contact	Andy Klock andyk@gators.ufl.edu 352-375-4683 ext 5105 352-231-0053 Cell

SEC STAFF & MEET OFFICIALS

SEC Contact

Tre Stallings
Assistant Director Championships
205-458-3000 Office
601-996-0456 Cell
tstallings@sec.org

Sean Cartell
Assistant Director of Media Relations
205-458-3000 Office
205-458-3030 Fax
scartell@sec.org

Head Referee

Lionel Bonck

Head Finish Judge

Brian Jost

Starter

Derek Monroe

Jury of Appeals

Ernie Chatman
Ron Norris
Tommy Turner

Championships Committee

Dan Waters-University of Alabama
Wayne Norton-University of Georgia
Mike Holloway-University of Florida

PRE-MEET CHECKLIST

Monday, October 7, 2013 by 12:00pm (EST)

_____ Online entries open on Direct Athletics www.directathletics.com

Monday, October 14, 2013 at 5:00pm (EST)

_____ Competitor bib names Excel spreadsheet typed with all possible entries for competition bibs due.

Please email forms to Therese LeGrow theresel@gators.ufl.edu

_____ Official travel party roster due

Please email forms to Therese LeGrow theresel@gators.ufl.edu

_____ Team tent reservations due

Contact: Roxanne-Party Time Rentals 352-316-6953

_____ Media and photography requests due

Please email Kelly Reynolds kellyr@gators.ufl.edu

Wednesday, October 23, 2013 at 7:00pm (EST)

_____ Online entries close on Direct Athletics

Thursday, October 31, 2013 at 3:00pm (EST)

_____ Coaches meeting and declaration at Mark Bostick Golf Course club house

AWARDS

The SEC Championships Award Ceremony will take place near the finish line at approximately 11:15am on Friday, November 1. The following individuals will be recognized:

- Men's & Women's Conference Champion (trophies presented during ceremony)
- Men's & Women's Top 3 Place Finishers (medallions presented during ceremony)
- Men's & Women's 1st Team All-SEC (finishers 1-7, awards sent post championships)
- Men's & Women's 2nd Team All-SEC (finishers 8-14, awards sent post championships)
- Men's & Women's All-Freshman Team (top 7 finishers, awards sent post championships)

CHAMPIONSHIPS SITE

The University of Florida
Mark Bostick Golf Course
2800 SW 2nd Avenue
Gainesville, Florida 32607

COACHES MEETING

The coaches meeting will be at 3:00pm (EST) at the golf course Club house on Thursday, October 31. Final declarations will be made at this time and all race day procedures will be addressed.

COURSE INFORMATION

Course Description:

Mark Bostick Golf Course: This course serves as the home cross country course for the University of Florida's cross country team and is home of the Mountain Dew Cross Country Invitational. The course is run entirely on the golf course fairways over rolling hills with some cart path crossings. The course consists of a two mile loop and splits will be given at each mile.

Course Distances:

Women- 6 kilometers- See course map on page 21
Men- 8 kilometers- See course map on page 22

Course Markings:

The course will be painted with white lines as well as flagged and marked appropriately. The Championships Director will conduct a double blind draw the day prior to the championships conference call to assign starting boxes. Starting box assignments will be given on the conference call.

Directions to Course:

Mark Bostick Golf Course

2800 SW 2nd Avenue

Gainesville, Florida 32607

From Gainesville Regional Airport:

Turn right out of the airport onto NE 39th Avenue. Turn left on NW 34th Street and go 2.6 miles. Turn left at SW 2nd Avenue/Newberry Road and proceed to the top of the hill (about .4 miles). Turn right into Mark Bostick Golf Course at the University of Florida.

From I-75 (Northbound):

Exit #384. Go East (turn right) onto Archer Road and proceed 1 mile. Turn left on SW 34th Street and proceed 1.6 miles. Turn right on SW 2nd Avenue and proceed to the top of the hill (about .4 miles). Turn right into Mark Bostick Golf Course at the University of Florida.

From I-75 (Southbound):

Exit #387. Go East on Newberry Road and proceed 2.4 miles. Take a slight right to continue on SW 2nd Avenue and proceed 1.1 miles. After crossing over SW 34th Street, continue to the top of the hill (about .4 miles). Turn right into Mark Bostick Golf Course at the University of Florida.

COURSE MAPS

Please see course maps on pages 21 & 22.

CREDENTIALS

Each institution will be allowed a maximum of ten (10) credentials for the official travel party. Credentials will be required for all of the hospitality areas. Additionally, post meet results will be given only to coaches and media with credentials. Please email or fax the "Official travel party form" on page 19 to Therese LeGrow by Monday, October 14.

DECLARATIONS

Final declarations will be completed at the coaches meeting on Thursday, October 31 at 3:00pm.

ELIGIBILITY

All competitors must be certified eligible by their institution as required by the SEC office, prior to participating in the SEC Championships.

ENTRIES & RESULTS

Scott Peters with Halfmile Timing will manage the timing and scoring of the 2013 SEC Cross Country Championships. Online entries will be handled by Direct Athletics and will open on Monday, October 7 and will close on Wednesday, October 23 at 7:00pm (EST). Preliminary entries will be posted at www.halfmiletiming.com and the SEC Cross Country Championships page at www.gatorzone.com on Monday, October 28 by noon. In addition starting box assignments will be posted after the completion of the coaches conference call on October 28 on the same site. Results will be posted at the conclusion of the meet at the competition site. Additionally, results will be available to teams in the Club house after the meet and will be posted at www.gatorzone.com.

Please use the Competitor bib names Excel spreadsheet to type all possible entries for competition bibs. Please email this to Therese LeGrow theresel@gators.ufl.edu no later than Monday, October 14. Please see competitor bib names Excel spreadsheet on page 20.

INCLEMENT WEATHER PROCEDURES

In the event of severe weather teams and spectators should return to their vehicles, team buses or vans. Everyone on the venue will be notified of severe weather via the Public Address System and the sound of an air horn. Weather will be monitored by the event management staff on site.

LOCAL HOTELS

Courtyard Marriott

(352) 225-4810
3700 SW 42nd St
Gainesville, FL 32608
www.courtyardgainesville.com
Contact: Mary Fink

Hilton Garden Inn Gainesville

(352) 225-4810
4075 SW 33rd Pl
Gainesville, FL 32608
www.HiltonGardenInn.Hilton.com
Contact: Mary Fink

Homewood Suites by Hilton

(352) 225-4810
3333 SW 42nd St
Gainesville, FL 32608
www.HomewoodSuites.Hilton.com
Contact: Mary Fink

SpringHill Suites

(352) 376-8873
4155 SW 40th Blvd
Gainesville, FL 32608
www.Marriott.com/SpringHillSuites
Contact: Autumn Tauro

**Hilton University of Florida*

(352) 371-3600
1714 SW 34th St
Gainesville, FL 32607
www.uf.hilton.com
Contact: Dave Burgraff

Holiday Inn University Center

(352) 376-1661
1250 W. University Ave.
Gainesville, FL 32601
www.theuniversityhotel.com
Contact: Jacquee' (Jack-ee) Williamson

Lodge at Gainesville

(352) 375-2400
3726 SW 40th Blvd
Gainesville, FL 32608
www.cabotlodgегainesville.com
Contact: Rebecca Neville

**Paramount Plaza*

(352) 240-0162
2900 SW 13th Street
Gainesville, FL 32608
www.paramountplaza.com/
Contact: Mark McClain

**Best Western Gateway Grand*

(352) 331-3336
4200 NW 97th Blvd.
Gainesville, FL 32606
Contact: Rita Colucci
www.gatewaygrand.com

Comfort Inn

(352) 264-1771
3440 SW 40th Blvd.
Gainesville, FL 32608

Country Inn & Suites

(352) 375-1550
4015 SW 43rd St.
Gainesville, FL 32608

*Full Service Hotels

LOCAL RESTAURANTS

ARCHER ROAD

Cracker Barrel Old Country
4001 SW 43rd St, Gainesville, FL
(352) 375-2424 · crackerbarrel.com

Chipotle Mexican Grill
3841 SW Archer Rd, Gainesville, FL
(352) 371-9396 · chipotle.com

Bonefish Grill
3237 SW 35 Blvd, Gainesville, FL
(352) 377-8383 · bonefishgrill.com

Chick-fil-A
3621 SW Archer Rd, Gainesville, FL
(352) 373-9988 · chick-fil-a.com

Carrabba's Italian Grill
3021 SW 34th St, Gainesville, FL
(352) 692-0083 · carrabbas.com

Bento Cafe (Pan Asian Cuisine & Sushi)
3841 SW Archer Rd, Gainesville, FL
(352) 224-5123 · bentocafesushi.com

Chuy's Mexican Restaurant
3410 SW Archer Rd, Gainesville, FL
(352) 373-2489 · chuys.com

Domino's Pizza
2106 SW 13th St, Gainesville, FL
(352) 373-2337 · pizza.dominos.com

Firehouse Subs
3221 SW 35 Blvd, Gainesville, FL
(352) 336-0419 · firehousesubs.com

Five Guys Burgers and Fries
3310 SW 35 Blvd, Gainesville, FL
(352) 336-5344 · fiveguys.com

Peach Valley Cafe (Breakfast & Sandwiches)
3275 SW 34th St, Gainesville, FL
(352) 376-1834 · peachvalleyrestaurants.com

Quiznos Subs
3545 SW 34th St, Gainesville, FL
(352) 335-3838 · quiznos.com

Sonny's Real Pit Bar-B-Q
3635 SW Archer Rd, Gainesville, FL
(352) 375-6667 · sonnysbbq.com

Texas Roadhouse
3830 SW Archer Rd, Gainesville, FL
(352) 377-2820 · texasroadhouse.com

T.G.I. Friday's
3598 SW Archer Rd, Gainesville, FL
(352) 336-0033 · tgifridays.com

43rd Street Deli & Breakfast House
3483 SW Williston Rd, Gainesville, FL
(352) 373-5656 · 43rdstreetdeli.com

Zaxby's (Fast Food Chicken & Salads)
3710 SW Archer Rd, Gainesville, FL
(352) 338-0555 · zaxbys.com

Pizza Hut
3515 SW Archer Rd, Gainesville, FL
(352) 374-4440 · pizzahut.com

Jimmy John's Gourmet Sandwiches
2220 SW Archer Rd, Gainesville, FL
(352) 271-7600 · jimmyjohns.com

Moe's Southwest Grill
3443 SW Archer Rd #2, Gainesville, FL
(352) 367-8565 · welcometomoes.com

Olive Garden
3440 SW Archer Rd, Gainesville, FL
(352) 335-5354 · olivegarden.com

Outback Steakhouse
3536 SW Archer Rd, Gainesville, FL
(352) 373-9499 · outback.com

Papa John's Pizza
3605 SW Archer Rd, Gainesville, FL
(352) 336-7272 · papajohns.com

NEWBERRY ROAD

Ballyhoo Grill (Seafood)
3700 W University Ave, Gainesville, FL
(352) 373-0059 · ballyhoogrill.com

Boston Market
6483 W Newberry Rd, Gainesville, FL
(352) 331-1519 · bostonmarket.com

McAlister's Deli
618 NW 60th St # C, Gainesville, FL
(352) 331-8900 · mcalistersist.com

The Flying Biscuit Cafe (Breakfast/Brunch)
4150 NW 16th Blvd, Gainesville, FL
(352) 373-9500 · flyingbiscuit.com

Gator's Dockside (Sports bar & grill)
3842 W Newberry Rd #1A, Gainesville, FL
(352) 338-4445 · gatorscatters.com

Heavenly Ham (Deli)
3832 W Newberry Rd, Gainesville, FL
(352) 375-8050 · heavenlyham.com

Jason's Deli
6791 W Newberry Rd, Gainesville, FL
(352) 333-6923 · jasonsdeli.com

Napolitanos (Italian)
606 NW 75th St, Gainesville, FL
(352) 332-6671 · napolitanos.com

Red Lobster
6910 W Newberry Rd, Gainesville, FL
(352) 331-2670 · redlobster.com

Ruby Tuesday
6329 W Newberry Rd, Gainesville, FL
(352) 331-0033 · rubytuesday.com

Maui Teriyaki
600 NW 75th St # E, Gainesville, FL
(352) 331-3393 · mauiatower.com

Moe's Southwest Grill
3832 W Newberry Rd, Gainesville, FL
(352) 337-2850 · moes.com

Perkins Restaurant & Bakery (Breakfast & Baked Goods)
6825 NW 8th Ave, Gainesville, FL
(352) 331-0388 · perkinsrestaurants.com

Romano's Macaroni Grill
6419 W Newberry Rd #2, Gainesville, FL
(352) 331-0638 · macaronigrill.com

UNIVERSITY AREA

Chipotle Mexican Grill
1432 W University Ave, Gainesville, FL
(352) 372-5330 · chipotle.com

Grandy's (Breakfast, Homestyle)
3401 W University Ave, Gainesville, FL
(352) 374-9762 · grandys.com

Harry's Seafood Bar & Grille (Cajun Style)
110 SE 1st St, Gainesville, FL
(352) 372-1555 · hookedonharrys.com

Jimmy John's Gourmet Sandwiches
1724 W University Ave, Gainesville, FL
(352) 375-7222 · jimmyjohns.com

Kay Bros. BBQ
1620 W University Ave, Gainesville, FL
(352) 505-5772 · kaybrobbq.com

Leonardo's By The Slice (Pizza)
1245 W University Ave, Gainesville, FL
(352) 375-2007

Designer Greens (Salads, Sandwiches)
1702 W University Ave, Gainesville, FL
(352) 672-6800 · designergreens.net

Pita Pit
1702 W University Ave, Gainesville, FL
(352) 692-4400 · pitapitusa.com

The Swamp Restaurant
1642 W University Ave, Gainesville, FL
(352) 377-9267 · swamprestaurant.com

Mark's Prime Steakhouse (Downtown)
201 SE 2nd Ave #102, Gainesville, FL
(352) 336-0077 · marksprimesteakhouse.com

Subway
1005 W University Ave, Gainesville, FL
(352) 376-1161 · subway.com

Domino's Pizza
3309 W University Ave, Gainesville, FL
(352) 377-4992 · pizza.dominos.com

Mi Apa Latin Cafe
114 SW 34th St, Gainesville, FL
(352) 376-7020 · miapalatincafe.com

Satchel's Pizza (about 4 miles East of campus)
1800 NE 23rd Ave, Gainesville, FL
(352) 335-7272 · satchelspizza.com

LOCAL TRANSPORTATION

Car Rentals (Airport):

Alamo	(352) 377-7005
Avis	(352) 376-8115
Budget	(352) 373-3959
Enterprise	(352) 372-8779
Hertz	(352) 373-8444
National	(352) 377-7005

Taxicabs:

City Cab	(352) 375-8294
Gainesville Cab	(352) 371-1515
Safety Cabs	(352) 372-1444

Airlines:

Gainesville Regional Airport. 3880 NE 39th Ave, Gainesville, FL 32609	(352) 373-0249
Delta/ASA Connecting to Atlanta	1-800-221-1212
US Airways/PSA Connecting to Charlotte	1-800-428-4322
American Airlines Connecting to Miami	1-800-433-7300
United Airlines/Silver Airways Connecting to Florida Cities	1-800-523-3273

Bus Companies:

A Candie's Limousine & Coaches	(352)332-4334
Champion Coach	1-800-583-7668
Gameday Management Group	(407)648-0213
Legendary Coaches	(352)317-8326

MEDIA RELATIONS

Media Credentials:

Credential requests for all media and photographers covering the 2013 SEC Cross Country Championships are due to Kelly Reynolds kellyr@gators.ufl.edu in the Florida Communications Department by Monday, October 14.

Media Work Room:

The Mark Bostick Golf Course Club house lower level will serve as the media work room. The work room will be equipped with power, wireless internet and will house all media materials, notes, course maps, record books and race results when available for the 2013 SEC Cross Country Championships.

Mixed Zone:

There will be a mixed zone tent adjacent to the finish tent adjacent to the finish line for interviews with individual winners immediately following each race, along with the winning teams head coaches when team winner are official.

Dissemination of Entry Lists, Results, All-SEC Teams, Quotes, etc.:

All information pertaining to the 2013 SEC Cross Country Championships will be disseminated by Kelly Reynolds kellyr@gators.ufl.edu from the Florida Communications Department, along with SEC Assistant Director of Media Relations Sean Cartell (scartell@sec.org). Pertinent information will also be available on the 2013 SEC Cross Country Championships Central Website, which will be live October 1 and communicated to all media relations contacts. All credentialed media and each institution's media relations contacts will automatically be added to the 2013 SEC Cross Country Championships distribution list.

Highlights:

The SEC Digital Network, in conjunction with XOS Digital, will be producing highlights and interviews from the 2013 SEC Cross Country Championships and will load them onto the XOS FTP server immediately following the meet. For log-in credentials, please contact Sean Cartell (scartell@sec.org).

MEDICAL INFORMATION

The University of Florida Athletic Association sports health staff will provide medical services for the 2013 SEC Cross Country Championships.

The following will be provided during the championship:

- A Certified Athletic Trainer will be onsite Thursday during scheduled practice times.
- The acute care medical tent will be located near the finish of the racecourse between the 18th fairway and the practice range. This tent will be supplied with emergency response equipment and is intended for the immediate care of athletes in distress.
- The treatment medical tent will be located in the team tent area. This tent will house modalities, heat packs, ice, taping and first aid supplies for treatment of athletes.
- EMS located at the course during the championship races.
- A physician will be on call Thursday and onsite Friday during competitions.

To accommodate any special needs or requests of the athletes or medial staffs, contact Andrew Klock in advance. If a team is unable to travel their medical staff, the use of electrical modalities will require a written prescription from the athletic trainer from competing institutions.

Athletic Trainer Contact Information

Andrew Klock MESS, ATC, LAT
Athletic Trainer
University of Florida Athletic Association
Office: 352-692-6144
Cell: 352-231-0053
Email: andyk@gators.ufl.edu

Race Course Athletic Training On-Site Coverage

Thursday, October 25, 12:00pm-6:00pm
Friday, October 26, 7:00am-end of competition

Emergency Medical Care in Gainesville, Florida

UF Health Hospital
1600 SW Archer Road
Gainesville, Florida
352-265-0111

**North Florida Regional
Hospital**
6500 W Newberry Road
Gainesville, Florida
352-333-4000

CVS Pharmacy
101 SW 34th Street
Gainesville, Florida
352-378-2393

MEET PACKETS

Team packets will include entry rosters, time schedule, course maps, competitor numbers and timing chips, etc. Packets will be distributed at the coaches meeting at 3:00pm (EST) on Thursday, October 31.

OFFICIAL TRAVEL PARTY HOSPITALITY

A hospitality area will be available in the golf course snack bar on Friday, November 1, from 7:00am-12:00pm (noon). Light breakfast foods, fruits, snacks and drinks will be provided. Please note a credential will be required to enter this area.

Student athlete hospitality will be located in the team tent area.

OFFICIAL TRAVEL PARTY ROSTER

The official travel party roster is due on Monday, October 14. Please see official travel party roster on page 19.

PARKING/MAP

Team Van/Bus Parking:

Parking will be available adjacent to the course at the Women's Club located at 2809 W University Avenue Gainesville, Florida 32607.

Spectator Parking:

Spectator parking will be available at Law School located at 309 Village Drive Gainesville, Florida 32611.

Parking in the Club house is reserved for meet officials and handicap parking. Limited parking will be available.

MAP



PRACTICE TIMES

The Mark Bostick Golf Course will be available for team practice on Thursday, October 31 from 12:00pm-6:00pm (EST). Please instruct your athletes and staff to stay off the greens and tee boxes. Teams that report to the course prior to 12:00pm will not be permitted on the course until the scheduled practice window.

RULES

The 2013 SEC Cross Country Championships will be conducted under the rules of the 2013 NCAA Track and Field Guide unless superseded by the Southeastern Conference 2013-2014 Men's & Women's Cross Country Commissioner's Regulations.

SCHEDULE OF EVENTS & IMPORTANT DATES

Monday, October 7	Online entries open on Direct Athletics	
Monday, October 14	List of all possible entries due for competition bibs to Therese LeGrow at theresel@gators.ufl.edu Official travel party roster due Team tent reservations due Media and photography credential request due to Kelly Reynolds at kellyr@gators.ufl.edu	
Wednesday, October 23	Online entries close on Direct Athletics	7:00pm (EST)
Monday, October 28	Head Coaches conference call	11:00am (EST)
Thursday, October 31	Course open for practice Coaches meeting and declarations (at course)	12:00pm-6:00pm 3:00pm
Friday, November 1	Course opens for warm-ups Hospitality (credentialed team officials) Men report to the start National Anthem Men's 8k race Women report to start Women's 6k race Championships Awards Ceremony	7:00am 8:00am-12:00pm 8:45am 8:50am 9:00am 9:45am 10:00am 11:15am

SCORING/AWARDS

Each team may have ten competitors, the first five finishers of each team will constitute the team score, with runners six and seven displacing. Any remaining athletes will not influence scoring in any way.

SHOWER/DRESSING FACILITIES

There are no shower/dressing facilities available at the course. Please request a late checkout at your hotel if you need to take showers after the meet.

STUDENT ATHLETE CHECK-IN

All student athletes must check in at their team's assigned starting box **15 minutes** prior to the start of the race.

TEAM TENTS

Team tents can be ordered by contacting Party Time Rentals. Contact Roxanne at 352-316-6953. Team tents will be setup on the driving range. Deadline for ordering is Monday, October 14.

Tent Size:	With Sides:	Without sides:
10x10	\$155	\$115
20x20	\$240	\$200
30x30	\$530	\$450
40x40	\$880	\$800

TICKETS

Admission is free to the 2013 SEC Cross Country Championships.

TRAVEL PARTY MEAL

A boxed lunch will be provided for members of the official travel party following the conclusion of the women's 6k race on Friday, November 1. Lunches will be delivered to the team tents. Please submit a completed boxed lunch order from to Therese LeGrow by Monday, October 14.

Official travel party roster/order form page 19.

Therese LeGrow
theresel@gators.ufl.edu
352-373-1432 fax

OFFICIAL TRAVEL PARTY ROSTER

Team: _____

Men____

Women____

Coaching Staff:

1. _____
2. _____
3. _____

Number of Athletes: (Including alternates) _____

Administrators:

1. _____
2. _____

Managers:

1. _____
2. _____

Sports Information Director:

1. _____

Medical Staff/Athletic Trainers:

1. _____
2. _____

Head Coach's Signature: _____

Boxed Lunches: Please include the number of each type of sandwich **(include athletes)**

___Turkey ___Ham ___Veggie Total Number: ____

*Please include everyone in official travel party

Due to: Therese LeGrow by Monday, October 14, 2013

Email: ThereseL@gators.ufl.edu Fax: 352-373-1432

One golf cart per gender per school will be available. Please list the person you would like listed on the golf cart.

Men's:

Women's:

COMPETITOR BIB NAMES

Competitor Bib Names

Team: _____

Men: _____ Women: _____

	First Name	Last Name
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		

Please use this Excel spreadsheet to type all possible entries for competition bibs.

Please email this to Therese LeGrow theresel@gators.ufl.edu no later than Monday, October 14.

COURSE MAPS

Women's 6k Course Map



COURSE MAPS

Men's 8k Course Map

