



# **2015 SEC Cross Country Championships Competition Manual**

*October 30, 2015*

*Hosted by  
Texas A&M University  
The Dale Watts '71 Cross Country Course*



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## **SCHEDULE OF EVENTS**

*(All Times are Central Standard Time)*

### **Wednesday, October 28, 2015**

10:00 am – 6:00 pm      **Course open for practice.**  
Weather permitting.

### **Thursday, October 29, 2015**

10:00 am – 6:00 pm      **Course open for Practice.**  
Weather permitting.

3:00 pm      **Packet pickup/Mandatory coaches meeting.**  
Hildebrand Equine Complex Auditorium

### **Friday, October 30, 2015**

7:30 am      **Course opens to competitors.**  
Please call 979-845-5129 for frost warning or severe  
weather updates on race day if needed.

9:45 am      **Women report to the start**

9:50 am      **National Anthem.**

10:00 am      **Women's 6k championship race.**

10:45 am      **Men report to the start**

11:00 am      **Men's 8k championship race.**

12:00 pm      **Awards Ceremony**

## PRE-MEET CHECKLIST

### Monday, October 5, 2015 at 11:00 am (CST)

\_\_\_\_\_ Online entries open on Direct Athletics: [www.directathletics.com](http://www.directathletics.com)

### Monday, October 12, 2015 by 6:00 pm (CST)

\_\_\_\_\_ Excel spreadsheet typed with all possible entries for competitor bibs due.  
See **Appendix A**.

Please email forms to Jeremy Kenny, [jkenny@athletics.tamu.edu](mailto:jkenny@athletics.tamu.edu)

\_\_\_\_\_ Official travel party roster due. See **Appendix B**.

Please email forms to Jeremy Kenny, [jkenny@athletics.tamu.edu](mailto:jkenny@athletics.tamu.edu)

\_\_\_\_\_ Team tent reservations due

Contact Eric Darvin with Tailgate Guys at 979-775-1700

### Friday, October 23, 2015 at 6:00 pm (CST)

\_\_\_\_\_ Online entries close on Direct Athletics

\_\_\_\_\_ Media and photography requests due

Please email Shawn Price, [sprice@athletics.tamu.edu](mailto:sprice@athletics.tamu.edu)

### Monday, October 27, 2015 at 10:00 am (CST)

\_\_\_\_\_ Head Coaches conference call

### Thursday, October 30, 2015 at 3:00 pm (CST)

\_\_\_\_\_ Coaches' meeting and declaration at Hildebrand Equine Complex Auditorium

## **CHAMPIONSHIP SITE**

### **The Dale Watts '71 Cross Country Course**

#### **Course Description**

Course is run entirely on grass and over rolling hills. It is approximately 700 meters from the start to the first gradual turn. There is approximately a 600 meter straight run in to the finish.

See **Appendix C** for directions to course.

See **Appendix D** for Women's 6k Course Map

See **Appendix E** for Men's 8k Course Map

## **COURSE MARKINGS**

The course will be painted with white lines as well as flagged and marked appropriately. Kilometers and miles will be marked for both the men's and women's distances.

## **BOX DRAW**

The SEC office will conduct a blind draw the day prior to the championships conference call to assign starting boxes. Starting box assignments will be given during the conference call. The boxes will be numbered 1 – 14 starting on the left while facing the course. Each box will be wide enough for a minimum of 5 runners.

## **COMPETITOTRS CHECK-IN**

All student-athletes must check-in with the Clerk of the Course. Check-in will be available at 8:00 am and will stay open until 10 minutes prior to the start of each race. Bibs and timing chips will be checked at the Clerk of the Course.

## **FINISH LINE PROCEDURES**

We will be using IPICO chip timing (with primary and backup mats) in conjunction with FinishLynx Full Color Cameras to verify close finishes. The IdentiLynx Pro will be used for head-on full-frame video to capture bib numbers of those runners who may have lost their chips on the course. Runners will be given two IPICO chips to wear on their shoes (secured by bread ties) and the chips will be collected by volunteers in a "holding pen" beyond the finish line.

Runners will not need to stay in finish order.

There will be one split mat placed along the course and the split data will appear in the final results for viewing.

Any chips found on the course or not collected in the holding pen should be turned back in to the timing tent.

Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish. After runners leave the area, they will need to remove their chips, and get them to the coach as soon as possible. Coaches should collect their chips and return them to the results pick up area.

## COACHES MEETING

The coaches meeting will be at 3:00 pm (CST) on Thursday, October 29 in the Hildebrand Equine Complex Outreach Building Auditorium. All race day procedures will be addressed.

## DECLARATIONS

Final declarations will be completed at the coaches meeting on Thursday, October 29 at 3:00 pm (CST).

## 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

Flash Results will manage the timing and scoring of the 2015 SEC Cross Country Championships. Online entries will be handled by Direct Athletics. Entries will open on Monday, October 5 and close on Wednesday, October 21 at 6:00 pm (CST). Preliminary entries will be posted at the SEC Cross Country Championships page at [www.12thman.com](http://www.12thman.com) on Monday, October 26 by 12:00 pm (CST). In addition, starting box assignments will be posted after the completion of the coaches' conference call on October 26 on the same site. Results will be posted at the conclusion of the meet at the competition site and will be available to teams at the awards area after the meet as well as at [www.12thman.com](http://www.12thman.com). For more information contact Shawn Price at [sprice@athletics.tamu.edu](mailto:sprice@athletics.tamu.edu).

Please use the Competitor Bib Names Excel spreadsheet in **Appendix A** to type all possible entries for competition bibs and email this to Jeremy Kenny at [jkenny@athletics.tamu.edu](mailto:jkenny@athletics.tamu.edu) by 6:00 pm (CST) on Monday, October 12.

## INCLEMENT WEATHER PROCEDURES

**Lightning Policy.** Following NCAA protocol, we will be using WeatherSentry online lightning detection and weather monitoring system. Once lightning enters the 30 mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within an eight-mile radius of our site, competition must stop and student-athletes and spectators will be moved to safe areas. We will not begin any activity until 30 minutes have passed since the last lightning strike inside the warning ring.

**Shelter Locations.** If necessary, teams, officials and event staff will be provided shelter in the Outreach Building Auditorium in the Hildebrand Equine Complex. This is the same area that will be used for the Technical Meeting on Thursday evening. Fans and spectators will need to return to their vehicles in the parking lots.

## MEDIA RELATIONS

### Media Credentials

Credential requests for all media and photographers covering the 2015 SEC Cross Country Championships are due to Shawn Price at [sprice@athletics.tamu.edu](mailto:sprice@athletics.tamu.edu) by Monday, October 13.

### Media Work Room

There will be a media tent with power available at the finish line of the Dale Watts Cross Country course.

### Mixed Zone

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

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

All information pertaining to the 2015 SEC Cross Country Championships will be available on 12thman.com and SECsports.com websites. All credentialed media and each institution's media relations contacts will automatically be added to the 2015 SEC Cross Country Championships distribution list.

## MEET PACKETS

Team packets will include manuals and regulations, event schedule and agenda, championship maps, box assignments, parking passes, timing chips, bib numbers, championship competitors list, protest form, emergency/inclement weather procedures, food and hospitality information, ballot for awards, championship t-shirts, safety pins, and a quick reference guide. Packets will be distributed at the coaches' meeting at 3:00 pm (CST) on Thursday, October 29.

## **SCORING/AWARDS**

Each men's team may have ten competitors, and each women's team may have twelve competitors. The first five finishers of each team will constitute the team score, with runners six and seven displacing. Any remaining student-athletes will not influence scoring in any way. However, they will receive an official time.

The SEC Championships Award Ceremony will take place at the awards podium at approximately 12:00 pm (CST) on Friday, October 30. 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 1<sup>st</sup> Team All-SEC (finishers 1-7, recognized during ceremony)
- Men's & Women's 2<sup>nd</sup> Team All-SEC (finishers 8-14, recognized during ceremony)
- Men's & Women's All-Freshman Team (top 7 finishers, recognized during ceremony)

## **OFFICIAL TRAVEL PARTY HOSPITALITY**

A hospitality area will be available under the Awards Pavilion on Friday, October 30, from 8:00 am-10:00 am (CST). 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 under the main hospitality tent, in a different section.

## **OFFICIAL TRAVEL PARTY ROSTER**

The official travel party roster is due by 5:00 pm (CST) on Monday, October 12. Please complete the form found in **Appendix B**.

## **PARKING/BUS DROP OFF**

Team vehicles will have a designated parking area near the course. Bus drop off and spectator parking will be in Lot 126, in front of the Thomas G. Hildebrand Equine Complex.

## **PRACTICE TIMES**

The Watts Cross Country Course will be available for team practice on Wednesday, October 28, and Thursday, October 29, from 10:00 am – 6:00 pm (CST).



## RULES

The 2015 SEC Cross Country Championships will be conducted under the rules of the 2015 NCAA Track and Field Guide unless superseded by the Southeastern Conference 2014-2015 Men's & Women's Cross Country Commissioner's Regulations.

## SHOWER/DRESSING FACILITIES

There will be no dressing rooms available.

## SPORTS MEDICINE

The Olympic Sports Athletic Training Room is located at 2011 Olsen Blvd, next to the Aggie Softball Complex. The training room is equipped with stim, ice, cold tubs and other modalities. There will also be a training area set up at the course Friday. If you have any special needs, please contact Saul Luna at 361-739-4993 or by email at [sluna@athletics.tamu.edu](mailto:sluna@athletics.tamu.edu).

### Training Room Hours:

Thursday, October 29	9:00am – 6:00pm
Friday, October 30	9:00am – 6:00pm

The training room is located at 2011 Olsen Blvd.

### Trainers on course:

Wednesday, October 28	10:00 am – 6:00 pm
Thursday, October 29	11:00am – 6:00pm
Friday, October 30	8:00 am – End of Competition

Student-athletes must present a prescription or letter of treatment from the institution's certified trainer in order to administer electric modalities. Modality treatment will only be given with written permission from your institutions' medical staff. Competing institution's trainers will not be allowed on the course unless their athlete becomes injured or ill. An ambulance will be onsite for all races.

## TICKETS

Admission is free to the 2015 SEC Cross Country Championships. General championship attendance will be taken at the spectator's gate.

## TEAM TENTS

Team tents will be permitted for set-up on top of the hill, adjacent to the starting line. See maps on page 14 or 15 for exact location. Teams interested in renting a tent should contact Eric Darwin with Tailgate Guys at 979-775-1700 by 6:00 pm (CST) on Monday, October 12.

## ACCOMMODATIONS

The following is a list of area hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Baymont Inn and Suites  
2611 Harvey Road  
College Station, TX 77845  
979-680-3000

Best Western Atria (100 rooms)  
1920 Austin's Colony Pkwy  
Bryan, TX 77803  
979-731-5304

Comfort Suites Aggieland (54 rooms)  
2313 Texas Avenue South  
College Station, TX 77840  
979-680-9000

Comfort Inn and Suites  
907 University Drive East  
College Station, TX 77840  
979-268-5500

Country Inn and Suites  
1010 SW Pkwy East  
College Station, TX 77840  
979-693-7777

Courtyard by Marriott (125 rooms)  
3939 State Highway 6 South  
College Station, TX 77845  
979-695-8111

EconoLodge at Chimney Hill (98 rooms)  
901 University Drive East  
College Station, TX 77840  
979-260-9150

Fairfield Inn by Marriott (62 rooms)  
4613 South Texas Avenue  
College Station, TX 77802  
979-268-1552

Hampton Inn (133 rooms)  
320 Texas Avenue South  
College Station, TX 77840  
979-846-0184

Hampton Inn and Suites (79 rooms)  
925 Earl Rudder Freeway South  
College Station, TX 77840  
979-694-2100

Hawthorn Suites (81 rooms)  
1010 University Drive East  
College Station, TX 77840  
979-695-9500

Hilton Hotel and Conference Center  
(303 rooms)  
801 University Drive East  
College Station, TX 77840  
979-693-7500

Holiday Inn Express Hotel and Suites (77 rooms)  
1203 University Drive East  
College Station, TX 77840  
979-846-8700

Holiday Inn Hotel and Suites (116 rooms)  
2500 Earl Rudder Freeway  
College Station, TX 77840  
979-485-8300

Home2 Suites by Hilton  
300 Texas Ave. South  
College Station, TX 77840  
979-703-8288

Homewood Suites (83 rooms)  
950 University Drive East  
College Station, TX 77845  
979-846-0400

Hyatt Place (91 rooms)  
1100 University Drive East  
College Station, TX 77840  
979-846-9800

La Quinta Inn (176 rooms)  
607 Texas Avenue  
College Station, TX 77840  
979-696-7777

La Quinta Inn (89 rooms)  
1838 Graham Road  
College Station, TX 77845  
979-704-6100

LaSalle Hotel (55 rooms)  
120 South Main Street  
Bryan, TX 77803  
979-822-2000

Manor House Inn  
2504 Texas Avenue South  
College Station, TX 77840  
979-764-9540

Quality Suites  
3610 Highway 6 South  
College Station, TX 77845  
979-695-9400

Ramada Bryan/College Station (61 rooms)  
506 Earl Rudder Fwy South  
College Station, TX 77840  
979-846-0300

Residence Inn  
720 University Drive East  
College Station, TX 77840  
979-268-2200

Super 8 Motel (89 rooms)  
301 Texas Avenue South  
College Station, TX 77840  
979-846-8800

Townplace Suites by Marriott (95 rooms)  
1300 University Drive East  
College Station, TX 77840  
979-260-8500

Vineyard Court Executive Suites (46 rooms)  
1500 George Bush Drive East  
College Station, TX 77840  
979-693-1220

# APPENDIX A

## COMPETITOR BIB NAMES TEMPLATE

Please use an Excel spreadsheet like the one below to type all possible entries for competition bibs.

Please enter names in a *first initial(.) last name* format. Example: John Smith is *J. Smith*

Please email the spreadsheet to Jeremy Kenny at [jkenny@athletis.tamu.edu](mailto:jkenny@athletis.tamu.edu) by 6:00 pm (CST) on Monday, October 12.

### Competitor Bib Names

Team: \_\_\_\_\_ Men: \_\_\_\_\_ Women: \_\_\_\_\_

	<b>First Initial</b>	<b>Last Name</b>
<i>Example</i>	<i>J.</i>	<i>Smith</i>
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**APPENDIX B**  
**OFFICIAL TRAVEL PARTY ROSTER**

**TEAM:** \_\_\_\_\_

	Men	-	Women	-	Combined
Head Coach _____					Cell _____
Asst. Coach _____					Cell _____
Asst. Coach _____					Cell _____
Administrator _____					Cell _____
Administrator _____					Cell _____
Manager _____					
Manager _____					
Medical _____					
Medical _____					
Total number of Student-Athletes(including alternates): _____					
Sports Information Director _____					

\*\*All SID/media relations/photographers must request credentials through Shawn Price  
(979) 845-9534, [sprice@athletics.tamu.edu](mailto:sprice@athletics.tamu.edu)

Head Coach's Signature: \_\_\_\_\_

Please return to Jeremy Kenny at (979) 458-2889 or [jkenny@athletics.tamu.edu](mailto:jkenny@athletics.tamu.edu) by 6:00 pm (CST) on Monday, October 12.

# APPENDIX C

## DIRECTIONS TO HILDEBRAND EQUINE COMPLEX/WATTS CROSS COUNTRY COURSE

If you are using an internet map engine such as Mapquest or Yahoo! Maps, you can use 3240 F&B Road, College Station, Texas, 77843 as an entry address. That will place you at the front of the Hildebrand Equine Complex. The Watts Cross Country Course is located behind this complex.

### **from Houston (George Bush Intercontinental Airport):**

- Follow airport exit to Beltway 8
- Right (west) on Beltway 8 - will become Sam Houston Tollway
- Right (west) on U.S. 290 (Austin exit)
- Right (north) on Texas 6 (College Station/Bryan exit)
- Left Exit on S Farm to Market Rd 2818/Harvey Mitchell Pkwy S
- Continue west on Harvey Mitchell Pkwy. approximately 5.3 miles to F&B Road
- Right on F&B Road
- The parking lot entry to the Hildebrand Equine Complex will be .5 miles ahead on your left

### **from Houston (William P. Hobby Airport):**

- Follow airport exit signs to I-45
- North on I-45 for approximately 15 minutes through downtown Houston
- Take Exit #51 - I-610 West
- Right (west) on U.S. 290 (Austin exit)
- Right (north) on Texas 6 (College Station/Bryan exit)
- Left Exit on S Farm to Market Rd 2818/Harvey Mitchell Pkwy S
- Continue west on Harvey Mitchell Pkwy. approximately 5.3 miles to F&B Road
- Right on F&B Road
- The parking lot entry to the Hildebrand Equine Complex will be .5 miles ahead on your left

### **from Dallas:**

- South on I-35 to Waco
- Take Exit #339 in Waco (Loop 340)
- Left (east) on Loop 340
- Continue on Loop 340 until intersection with Texas 6
- Left (east) on Texas 6 to Bryan/College Station
- At College Station, Right at N Farm to Market Rd 2818/N Harvey Mitchell Pkwy
- Continue straight onto S Farm to Market Rd 2818/N Harvey Mitchell Pkwy for 1.8 miles to F&B Road
- Left on F&B Road
- The parking lot entry to the Hildebrand Equine Complex will be .5 miles ahead on your left

### **from Austin Bergstrom Airport:**

- South on U.S. 71 towards Bastrop.
- Continue on US 71 for approximately 20 miles.
- Left on 71/21. Follow signs to Bryan, Texas. Then, quick right on HWY 21. (travel approx 70 miles)
- Near Bryan, right exit on Texas 47 [College Station/Texas A&M Univ exit]
- Continue south on Texas 47 until you reach F.M. 60 [University Drive/Raymond Stotzer Pkwy]
- Turn left onto the Farm to Market Road 2818 N ramp
- Merge onto S Farm to Market Rd 2818/Harvey Mitchell Pkwy S
- Right on F&B Road
- The parking lot entry to the Hildebrand Equine Complex will be .5 miles ahead on your left

APPENDIX D  
WOMEN'S 6k COURSE MAP



APPENDIX E  
MEN'S 8k COURSE MAP

