

Cross Country Championship

Championship Date:

The 2016 Conference championship meet will be held on Saturday, October 29. The meet will be hosted by Saint Francis University.

Championship Participants:

Bryant, Central Connecticut State, Fairleigh Dickinson, LIU Brooklyn (Women), Mount St. Mary's, Robert Morris (Women), Sacred Heart, St. Francis Brooklyn, Saint Francis U, Wagner.

Championship Schedule:

Saturday, October 29, 2016

Women's Meet Start - 11:00 a.m.

Men's Meet Start - 12:00 p.m.

Awards Ceremony - Following Meet

Attendance at Social Events:

In the event the host institution sponsors a social event - such as a picnic or banquet - all participating teams are expected to attend the event, regardless of travel concerns.

Awards:

There will be a brief awards ceremony immediately following the completion of the final event.

Awards will be given as follows:

- First-place team trophy
- Second-place team trophy
- All-Conference plaques will be awarded to the top 14 individual finishers
- All-Rookie certificates will be mailed to the top 7 individual rookie finishers
- Outstanding Performer in the Women's Championship
- Outstanding Performer in the Men's Championship
- Men's and Women's Freshman of the Year
- Men's and Women's Coach of the Year *

* Coaches will vote for coach of the year via email ballot on Tuesday following the Championship. The winner will be announced via press release.

Coaches' Meetings:

There will be a conference call held following the championship. On this call coaches will have the opportunity to make recommendations to the NEC Sport Management Committee on issues regarding men's and women's cross country.

Course:

The course will be marked by the host and inspected by the coaches prior to the race. The men's race is 8,000 meters and the women's race is 5,000 meters.

Entries:

C.F.P.I. Timing will provide timing service for the event. Rosters and entries must be submitted via Direct Athletics, see Championship Handbook for additional information.

Event Personnel:

The host institution must provide an adequate number of qualified event personnel to operate a successful event.

Medical/Administrative Shelters:

The host institution must provide separate three-sided shelters (tents or buildings) for a medical area with training supplies and an administrative area with power outlets to tabulate results and

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operate the meet.

Meet Requirements:

The host institution must provide all necessary equipment to ensure a quality event, including automatic and manual timing equipment, finish chutes, flags and cones, etc. The Conference office shall provide participant numbers.

Pre-Meet Coaches' Meeting:

A pre-championship meeting of the head coaches will be conducted by the Conference office on Friday evening, prior to the Championship preceding the banquet on the campus of the host. Entry forms will be turned in at this meeting and starting boxes will be randomly assigned to teams.

Rosters and Entries:

Only teams (not individuals) are eligible to enter the NEC Cross Country Championship. A team shall consist of a minimum of five (5) runners. Each team may enter between five and ten participants. Protocol for submitting rosters and entries shall follow that outlined in the NCAA Championship Handbook. Exact dates for deadlines shall be provided by the Conference office in advance of the meet.

On the day of the championship, a team may substitute one athlete up to 30 minutes prior to the start of the race. Notification must be made to both the Conference office representative and the person responsible for entering names into the computerized program.

Rules:

This meet shall be governed by the rules of the NCAA Track & Field/Cross Country Rule Book, except as specified in NEC policies. Particular attention will be given to the uniform section of the NCAA Rule Book. Each competitor must wear an official team uniform.

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. First-place team ties will not be broken.
3. Although the sixth and seventh finishers from each team do not score points 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 teams' totals.
4. The eighth through tenth finishers from each team will not place.
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.

Weekly Release:

The weekly NEC cross country report will include a listing of the top seven performances for each institution, for both men and women, including the runner's name, time, race location and team score.

An Athlete of the Week and Rookie of the Week shall be selected as part of the weekly release.