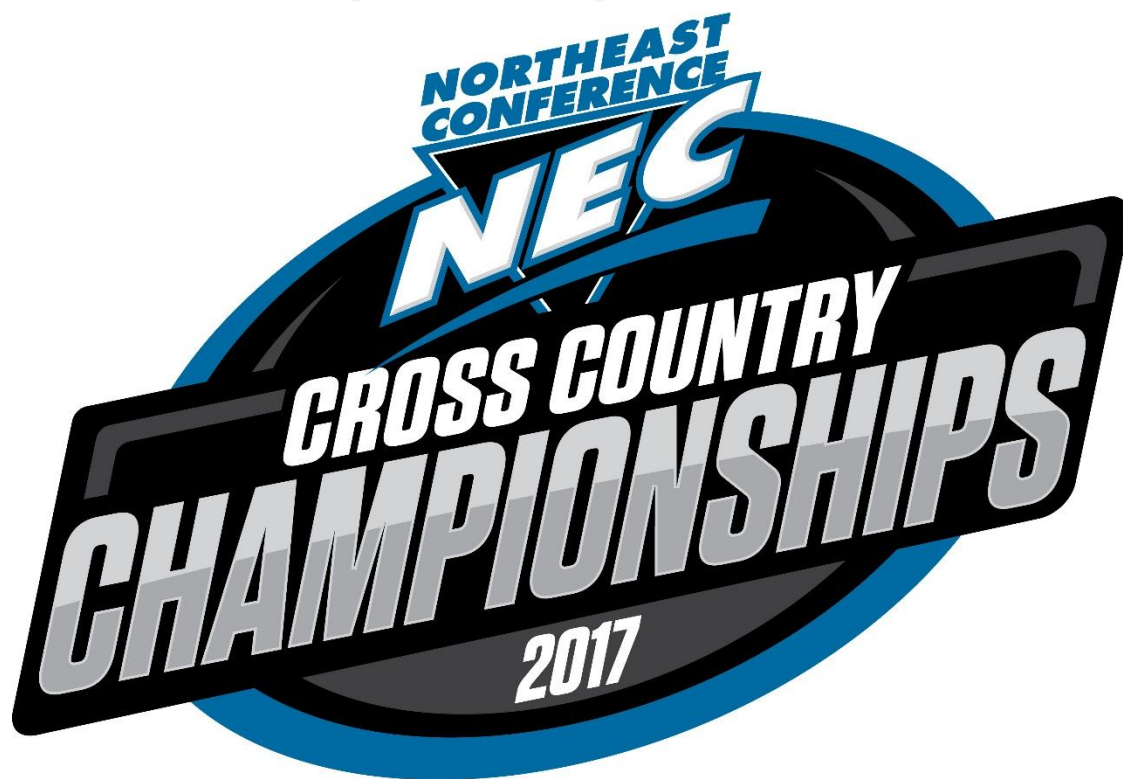


**Northeast Conference
Championship Handbook**



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

Saturday, October 28

Central Connecticut State University

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

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



CROSS COUNTRY

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Championship Personnel

Central Connecticut State University Staff

Name	Title	Email	Phone
Mike Ansarra	Meet Director Sr. Assoc. AD	ansarra@ccsu.edu	860-832-3072 Cell: 860-982-0245
Amy Strickland	Assoc. AD/SWA	stricklanda@ccsu.edu	860-832-3019
Tom Pincince	XC Media Contact	pincincet@ccsu.edu	860-832-3089 Cell: 860-978-7235
Kathy Pirog	Head Athletic Trainer	pirog@ccsu.edu	860-832-3062 Cell: 860-978-7221
Eric Blake	Head Cross Country Coach	blakee@ccsu.edu	860-832-3054 Cell: 860-517-9529

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
Ralph Ventre	Director of Communications & Social Media	rventre@northeastconference.org	Ext 207
Kyle Turner	Director of Digital Media and Communications	kturner@northeastconference.org	Ext 210 Cell: 603-479-4860
Valerie Gomez	Asst. Director of Events and Operations	vgomez@northeastconference.org	Ext 209
Chris Horton	Asst. Director for Creative Services	chorton@northeastconference.org	Ext 212
Tanner Swan	Media Relations Intern – XC Contact	tswan@northeastconference.org	Ext 208 Cell: 551-574-2874

Cross Country Championship – Quick Reference

Date: October 28, 2017
Location: CCSU Stanley Quarter Park, 451 Blake Road New Britain, CT 06051
Start times: Men's race 11:00 a.m., Women's race 12:00 p.m.

2017 Cross Country Schedule of Events

Friday, October 27	Event
From 10 am to 5 pm	Cross Country Course Available
5:30 pm	Coaches Meeting in the Blue White Room (Student Center main floor)
6:00 pm	Banquet in the Constitution Room located upstairs in Memorial Hall

Saturday, October 28	Event
9:00 am	Sports Medicine available
9:00 am	Hospitality available
10:45 am	Men at starting line
10:50 am	National Anthem and Men's team introductions
11:00 am	Men's Race
11:45 am	Women at starting line
11:55 am	Women's team introductions
12:00 pm	Women's Race
1:00 pm (approx.)	Awards Ceremony

2017 Championship Important Deadlines

Rosters/Entries	Submitted on Direct Athletics & emailed to NEC by Friday, October 13
Travel Party/Banquet #'s	Submitted by Friday, October 13 - http://northeastconference.org/sb_output.aspx?form=39
Hotel Contact	Submitted by Friday, October 13 - http://northeastconference.org/sb_output.aspx?form=38
Final Declarations	Due at Friday, October 27 th coaches meeting
Substitutions	Due 30 minutes before the race

Championship Games Committee

Caitlin Hughes, NEC Championship Representative
Mike Ansarra, CCSU, Meet Director
TBD, M & W Cross Country Committee
Amy Strickland, CCSU, M & W Cross Country Committee
Ed Gorman, Head Official

Timing Service

Cleon Fowler, C.F.P.I. Timing
cleon@cfpiming.com
www.cfpiming.com

Participating Schools

Bryant University

Bill Smith, Director of Athletics
Beth Wandyes, SWA
Mitchell Switzer, Head Coach
Tristan Hobbes, SID
Patrick O'Sullivan, Athletic Trainer

Central Connecticut State University

TBD, Director of Athletics
Amy Strickland, SWA
Eric Blake, Head Coach
Tom Pincince, SID
Kathy Pirog, Athletic Trainer

Fairleigh Dickinson University

David Langford, Director of Athletics
Cathy Liggett, SWA
Sharlene Milwood-Lee, Head Coach
Bryan Jackson, SID
Amanda Livsey, Athletic Trainer

LIU Brooklyn

Brad Cohen, Director of Athletics
Margaret Alaimo, SWA
Janine Hunter, Head Coach
Casey Snedecor, SID
Courtney Civitano, Athletic Trainer

Mount St. Mary's University

Lynne Robinson, Director of Athletics
Justine Miller, SWA
Jay Phillips, Head Coach
Mark Vandergrift, SID
Mark Myers, Athletic Trainer

Robert Morris University

Craig Coleman, Director of Athletics
Addie Muti, SWA
Caitlin Cotter, Head Coach
Jim Duzyk, SID
Mike Vittorino, Athletic Trainer

Sacred Heart University

Robert Valentine, Director of Athletics
Meghan Miller, SWA
Christian Morrison, Head Coach
Chris O'Connor, SID
Leo Katsetos, Athletic Trainer

St. Francis College, Brooklyn

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

Saint Francis University

Susan Robinson Fruchtl, Director of Athletics
Erika Renwick, SWA
Douglas Hoover, Head Coach
Taylor Powers, SID
Terry Bennett, Athletic Trainer

Wagner College

Walt Hameline, Director of Athletics
Tatum Colitz, SWA
Joe Stasi, Head Coach
John Beisser, SID
Andrew Levine, 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 at the banquet on Friday, October 27. The NEC will provide a maximum of 14 participant gift items per team.

Banquet

A championship banquet for participants and members of your institution's official travel party has been scheduled for Friday, October 27, at 6:00 pm in the Constitution Room located upstairs in Memorial Hall on the campus of Central Connecticut State University. Directions to Memorial Hall (building #18 on campus map) are included at the back of the handbook.

The banquet will be a buffet style meal including chicken, pasta, salad, vegetables, dessert and beverages. Each visiting team will contribute \$20.00 per person towards the banquet. If writing a check for the banquet, please make the check payable to Central Connecticut State University. Attire for the banquet is neat/casual. Each participating team is expected to attend the banquet and should plan travel accordingly.

Please complete the travel party roster via this link: http://northeastconference.org/sb_output.aspx?form=39 by **Friday, October 13th**. This is the form we will use to get a count of how many people you will have attending the banquet. Please include a bus driver if they will be having dinner with your team.

Coaches Meeting

A mandatory pre-championship meeting to review logistics and procedures for the event will be held on Friday, October 27 at 5:30pm and will be held in the Blue White Room (Student Center). 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 Friday, October 27th.**

Course Records: 5000m: **16:49 -Andrea Walkonean, Boston University, 2008**

8000m: **24:50 – Ry Sanderson. Central Connecticut, 2010**

Directions and Drop-off/Parking Instructions

Banquet: Constitution Room located upstairs in Memorial Hall

Championship: Stanley Quarter Park

Directions to CCSU's Campus and Stanley Quarter Park 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 ten (10) 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 Friday, October 13th 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 Caitlin Hughes, the NEC representative, at the meet.

Hospitality

Hospitality for coaches, visiting Administrators and support staff will be available during the NEC races. A tent will be set-up in a designated location at the park, which will be announced at the coaches meeting. Six Administrative passes have been sent to each Athletic Director; Administrators attending the event should bring a pass with them.

Hotel

Each school will be responsible for making its own hotel arrangements. The Conference office will not designate a tournament hotel. Listed below is information on some local hotels:

Courtyard Marriott – Cromwell, 4 Sebethe Drive, Cromwell, CT 06416, Contact – Dan Miller, 860-635-1001 x407.

Hartford Farmington Marriott, 15 Farm Springs Rd, Farmington, CT 06032, Contact – Brooke Papazoni, 860-678-1000.

Courtyard Marriott- by West Farms Mall – Contact – Megan Cowee – 860-521-7100

Hotel and Head Coach Contact form must be filled out via this link:

http://northeastconference.org/sb_output.aspx?form=38 by Friday, October 13th.

Locker Rooms/Bathroom Facilities

Locker Rooms will be available (Kaiser Hall). We will have signs for both men and women locker rooms. There will be portable restrooms at 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 CCSU 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 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

A sports medicine tent will be available (near the start/finish line) at 9:00 a.m. on Saturday. Athletic training coverage will be staffed by CCSU. 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 trainers to the championship. Visiting teams should bring their own tape, towels, etc. Visiting teams should contact Paul Manwaring at 860-832-3170 or mawaringp@ccsu.edu, to find out what specific training services will be provided by Central Connecticut State University.

In the event of a medical emergency, student-athletes will be transported to the following hospital:

The Hospital of Central Connecticut – New Britain
100 Grand Street
New Britain, CT 06050
860-224-5671 x3 Emergency Department

Merchandise & Programs

The Northeast Conference will have merchandise and tournament programs on sale at the course.

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 must be entered into the NEC XC Championship Roster section at Direct Athletics (directathletics.com) by Friday, October 13th at noon. There is currently no limit on roster size for the NEC Cross

Country Championship; a maximum of 10 athletes will be allowed to compete. Rosters entered on www.directathletics.com must also be emailed to Caitlin Hughes (chughes@northeastconference.org) by noon on Friday, October 13th.

Rules

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

Schedule of Events

Friday, October 27

From 10 am to 5 pm

5:30 pm

6:00 pm

Event

Cross Country Course Available

Coaches Meeting in the Blue White Room (Student Center main floor)

Banquet in the Constitution Room located upstairs in Memorial Hall

Saturday, 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

Men at starting line

National Anthem and Men's team introductions

Men's Race

Women at starting line

Women's team introductions

Women'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 Rule 8.6.3.d.
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 tenth 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 Friday evening.

Timing System

C.F.P.I. (cfpiming.com), will be the official timer of the NEC Cross Country Championship. If you have any questions regarding, C.F.P.I. Timing please contact Cleon Fowler (Cleon@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.

The sale of alcoholic beverages at NEC championships is prohibited unless approved in advance by the Council of Presidents. It is not permissible for alcoholic beverages to be brought to the competition site by spectators, participants, coaches, patrons or facility employees.

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 CCSU & Stanley Quarter Park

Central Connecticut State University

1615 Stanley St.
New Britain CT 06050

From the Southwest (Stamford/New Haven)

Take 95 North to 91 North to Exit 22 North, to Rte. 9 North.

Follow Rte. 9 North and take Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the Southeast (Groton/New London)

Take 95 South to Rte. 9 North to Exit 29, Rte. 175.

At the traffic light at the end of the exit ramp, go straight and follow Fenn Road to the second traffic light, and take a left turn onto Ella T. Grasso Boulevard.

At the fourth traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the East (Hartford)

Take 84 West to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in cases of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

From the West (Danbury/Waterbury)

Take 84 East to Exit 39A, to Rte. 9 South.

Get off Exit 29 and take a right at the end of the exit ramp onto Ella T. Grasso Boulevard.

At the third traffic light, take a left into the Student Center Parking Lot and feel free to park in the garage in the event of inclement weather. Memorial Hall is located in the center of the CCSU campus and south of the student center.

Stanley Quarter Park

451 Blake Road
New Britain, CT 06051

From I-84 East or West:

Take I-84

Take Exit 39A for Route 9 South

Take Exit 30 for Corbin's Corner

Take a right at the end of the ramp onto Hartford Road

Continue straight

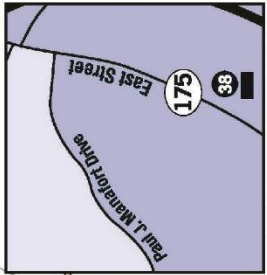
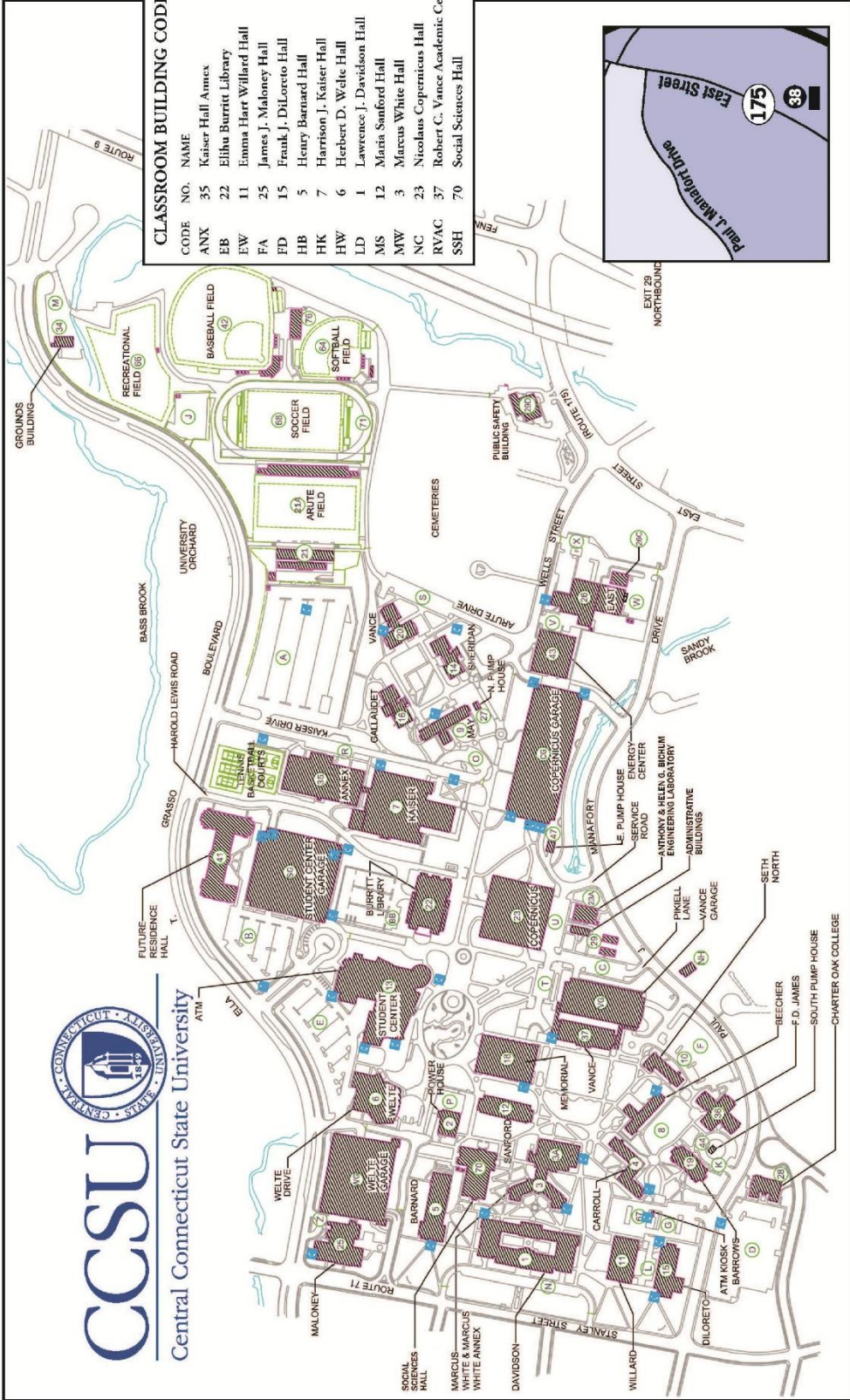
Hartford Road will change into Stanley Street

Continue through approximately 5 lights

At the 6th light, the park will be in front of you.



CLASSROOM BUILDING CODES	
CODE	NAME
ANX	Kaiser Hall Annex
EB	Elihu Burritt Library
EW	Emma Hart Willard Hall
FA	James J. Maloney Hall
FD	Frank J. DiLoreto Hall
HB	Henry Barnard Hall
HK	Harrison J. Kaiser Hall
HW	Herbert D. Welte Hall
LD	Lawrence J. Davidson Hall
MS	Maria Sanford Hall
MW	Marcus White Hall
NC	Nicolaus Copernicus Hall
RVAC	Robert C. Vance Academic Center
SSH	Social Sciences Hall



CODE	NAME
1.	Lawrence J. Davidson Hall (LD)
2.	Power House (Facilities Management)
3.	Marcus White Hall (MW)
3A.	Marcus White Annex
4.	Clarence Carroll Hall (HB)
5.	Henry Barnard Hall (HB)
6.	Herbert D. Welte Hall (HW)
7.	Harrison J. Kaiser Hall (HK)
8.	Catharine Beecher Residence Hall
9.	Samuel J. May Residence Hall
10.	Seth North Residence Hall (EW)
11.	Emma Hart Willard Hall (EW)
12.	Maria Sanford Hall (MS)
13.	Student Center
14.	Robert E. Sheridan Residence Hall
15.	Frank J. DiLoreto Hall (FD)
16.	Thomas H. Gallaudet Residence Hall
18.	Memorial Hall
19.	Mildred Barrows Residence Hall
20.	Robert Vance Residence Hall
21.	Arute Stadium/Press Box
21A.	Arute Field
22.	Elihu Burritt Library (EB)
23.	Nicolaus Copernicus Hall (NC)
23A.	Anthony and Helen G. Bichum Engineering Laboratory
25.	James J. Maloney Hall (FA)
26.	East Hall (Facilities Management)
27.	North Pump House (Facilities Management)
28.	Charter Oak State College Management
29.	Administrative Buildings
29D.	Public Safety Building
32.	Athletic Field (future site)
34.	Grounds Building (Facilities Management)
35.	Kaiser Hall Annex
36.	F. Don James Residence Hall
37.	Robert C. Vance Academic Center (RVAC)
38.	Early Learning Center
41.	Future Residence Hall
42.	Balf Savin Field/Bornalico Baseball Pressbox
43.	Energy Center (Facilities Management)
44.	South Pump House (Facilities Management)
47.	East Pump House (Facilities Management)
64.	Softball Field/Pressbox
67.	ATM Kiosk
68.	Soccer Field
70.	Social Sciences Hall
NH	Hitchcock Young Pavilion Newman House
A	Kaiser Hall Lot*
B	Student Center Lot*
BB	Library Lot*
C	Pitell Lot*
CG	Copernicus Garage*
CO	Charter Oak State College Reserved Lot
D	Manafort Drive Lot* (After 5pm)
E	Welte Hall Lot*
F	Barrows/James Hall Lot*
G	Willard/DiLoreto Lot*
H	Marcus White Service Drive
J	Balf Savin Field Lot
K	James Hall Circle
L	Willard Hall Reserved Lot
M	Maintenance Grounds Lot
N	Davidson Hall Reserved Lot
O	May Hall Lot
P	Power House Lot
R	Kaiser Annex Lot
S	Vance Residence Hall Reserved Lot*
SG	Student Center Garage*
T	Memorial Hall Lot
U	Copernicus Hall Lot
V	East Hall Upper Lot
VG	Vance Garage*
W	East Hall Lower Lot
WG	Welte Garage*
X	Receiving (Gas Pump) Lot
Z	Fine Arts Center Lot

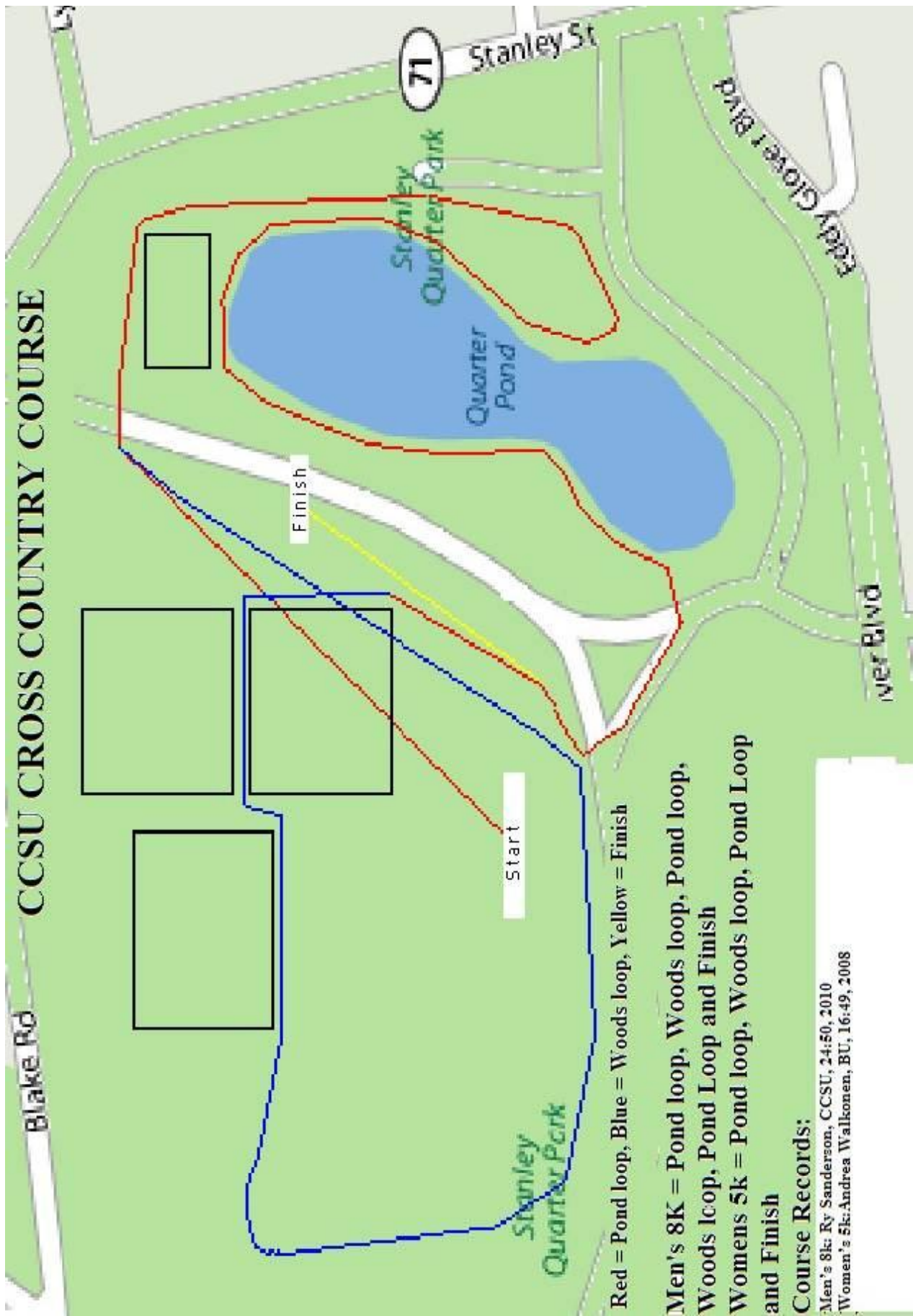
PARKING KEY	
F	Don James Residence Hall
A	Kaiser Hall Lot*
B	Student Center Lot*
BB	Library Lot*
C	Pitell Lot*
CG	Copernicus Garage*
CO	Charter Oak State College Reserved Lot
D	Manafort Drive Lot* (After 5pm)
E	Welte Hall Lot*
F	Barrows/James Hall Lot*
G	Willard/DiLoreto Lot*
H	Marcus White Service Drive
J	Balf Savin Field Lot
K	James Hall Circle
L	Willard Hall Reserved Lot
M	Maintenance Grounds Lot
N	Davidson Hall Reserved Lot
O	May Hall Lot
P	Power House Lot

EMERGENCY PHONE LOCATIONS

* Student parking. All resident hall students should park in CG, SG or WG.

For more information visit: www.ccsu.edu/police

REV. 3.25.13



CCSU CROSS COUNTRY COURSE

Red = Pond loop, Blue = Woods loop, Yellow = Finish

Men's 8K = Pond loop, Woods loop, Pond loop, Woods loop, Pond Loop and Finish
 Women's 5K = Pond loop, Woods loop, Pond Loop and Finish

Course Records:

Men's 8k: Ry Sanderson, CCSU, 24:50, 2010
 Women's 5k: Andrea Walkonen, BU, 16:49, 2008



NEC Cross Country Championship Women's Entry Form

Due Date: Friday, October 27, 2017

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 27th at 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 2017 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 10):

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

Coaches Name: _____

Coaches Signature or electronic approval: _____

NEC Cross Country Championship Men's Entry Form

Due Date: Friday, October 27, 2017

Return To: Coaches of the men's and women's teams should hand deliver this Entry Form to the NEC representative on Friday, October 27th at 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 2017 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 10):

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

Coaches Name: _____

Coaches Signature or electronic approval: _____

2017 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