



**2018 MID-AMERICAN CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
PARTICIPANT GUIDE**



UNIVERSITY OF TOLEDO, HOST
OTTAWA PARK GOLF COURSE
2315 WALDEN POND DR.
TOLEDO, OH 43606

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Championship Administration

CONFERENCE LIAISON:

Korinth Patterson, MAC
kpatterson@mac-sports.com
Office: (216) 566-4622 ext. 302
Cell: (786) 252-8233

CHAMPIONSHIP DIRECTOR:

Kelly Andrews, Toledo
Kelly.Andrews@utoledo.edu
Office: (419) 530-2810
Cell: (419) 262-5099

FACILITY/SITE COORDINATORS:

Nick Szymanski, Ottawa Park
Nszymanski@southtoledogolf.com
Office: (419) 385-4678
Cell: (419) 346-2563

MEDIA COORDINATOR:

Heather Klatt
hklatt@mac-sports.com
Office: (216) 566-4622 ext. 319
Cell: (419) 460-4745

HOST MEDIA COORDINATOR:

Katherine Jamtgaard, Toledo
Katherine.jamtgaard@utoledo.edu
Office: (419) 530-4926
Cell: (515) 341-2537

MERCHANDISING COORDINATOR:

Jennifer Nehls, Toledo
Jennifer.nehls@utoledo.edu
Office: (419) 530-2412
Cell: (419) 656-3529

HOSPITALITY COORDINATOR:

Brianna Stewart, Toledo
Brianna.stewart@rockets.utoledo.edu
Office: (419) 530-2912
Cell: (419) 450-5818

SPORT MEDICINE COORDINATOR:

Allison Frymier, Toledo
Allison.frymier@rockets.utoledo.edu
Office: (419) 530-4303
Cell: (537) 203-8382

Championship Site:

Ottawa Park Golf Course
2315 Walden Pond Dr
Toledo, OH 43606
419-472-2059

Mid-American Conference Office:

Commissioner Jon Steinbrecher
24 Public Sq., 15th Floor
Cleveland, OH 44113
Main Number: (216) 566-4622

Competing Institutions' Administration

Akron

Athletic Director Larry Williams
 Sport Administrator Mike Rodriguez
 (330) 972-6280
 Lee Labadie
 (330) 972-7964
 Men's Head Coach Trey Brokaw
 (309) 335-3895
 Women's Head Coach Sean Palchick
 spalchick@uakron.edu
 SID

Ball State

Athletic Director Beth Goetz
 Sport Administrator Shawn Sullivan
 (765) 285-3242
 Women's Head Coach Brian Etelman
 (765) 285-5168
 SID Brad Caudill
 bcaudill2@bsu.edu

Bowling Green

Athletic Director Bob Moosbrugger
 Sport Administrator Dan Meyer
 (419) 372-7057
 Men's / Women's Head Coach Lou Snelling
 (419) 372-7104
 SID Kyle Edmonds
 kedmond@bgsu.edu

Buffalo

Athletic Director Mark Alnutt
 Sport Administrator Kathy Twist
 (716) 645-6866
 Men's / Women's Head Coach Vicki Mitchell
 (716) 645-6815
 SID Alessandro Carusone
 atcaruso@buffalo.edu

Central Michigan

Athletic Director Michael Alford
 Sport Administrator Rob Peterson
 (989) 774-3473
 Men's / Women's Head Coach Jenny Swieton
 (989) 774-3729
 SID Andy Sneedon
 snedd1a@cmich.edu

Eastern Michigan

Athletic Director Scott Wetherbee
 Sport Administrator Dan McLean
 (734) 487-1050
 Men's Head Coach John Goodridge
 (734) 487-2245
 Women's Head Coach Sue Parks
 (734) 487-0262
 SID Tim Hepler
 thepler@emich.edu

Kent State

Athletic Director Joel Nielsen
 Sport Administrator Angie Hull
 (330) 672-4733
 Men's / Women's Head Coach Bill Lawson
 (330) 672-8443
 SID Taylor Czajkowski
 tczajkow@kent.edu

Miami

Athletic Director David Saylor
 Sport Administrator Jennie Gilbert
 (513) 529-7285
 Men's / Women's Head Coach Tom Chorny
 (513) 529-6233
 SID Alex Erisey
 eriseyac@miamioh.edu

Northern Illinois

Athletic Director Sean Frazier
 Sport Administrator Melissa Dawson
 (815) 753-1727
 Women's Head Coach Adrian Myers
 (815) 753-9474
 SID Jeremy Reid
 jreid1@niu.edu

Ohio

Athletic Director Jim Schaus
 Sport Administrator Michael Stephens
 (740) 593-1375
 Men's / Women's Head Coach Clay Calkins
 (740) 593-1191
 SID Brady Watson
 Bw659418@ohio.edu

Toledo

Athletic Director Mike O'Brien
 Sport Administrator Kelly Andrews
 (419) 530-2810
 Men's / Women's Head Coach Linh Nquyen
 (419) 530-7813
 SID Katherine Jamtgaard
 katherine.jamtgaard@utoledo.edu

Western Michigan

Athletic Director Kathy Beauregard
 Sport Administrator Jeff Stone
 (269) 387-3082
 Women's Head Coach Kelly Lycan
 (269) 387-3884
 SID Aimee Luurtsema
 aimee.luurtsema@wmich.edu

Schedule of Events

(All times are Eastern)

The 2018 Mid-American Conference Men's and Women's Cross Country Championships will be held Saturday, October 27th at the Ottawa Park Golf Course in Toledo, OH hosted by the University of Toledo.

Friday, October 26th

- 1 p.m. – 5 p.m. Course available for inspection and practice
- 5:30 p.m. Coaches Meeting: Grogan Room of Savage Arena

Saturday, October 27th

- 11:00 a.m. Women's 6K Race
- 12:00 p.m. Men's 8K Race
- Awards Presentation to follow men's race



Championship Policies

Unless stated otherwise in the Handbook, all Mid-American Conference Cross Country procedures are in effect during the Championship.

Awards

The Mid-American Conference will provide the following awards at the championship

All Conference Team (14 Members)

The first 14 finishers, men and women, of the Mid-American Conference Cross Country Championship will be designated as First (1-7), and Second (8-14), team All-Conference respectively.

Freshman of the Year

A Cross Country Freshman of the Year, male and female, will be named at the conclusion of the championship. The award will go to the highest freshman place finish at the MAC Championship. Shall be limited to individuals in their first year of eligibly.

Coach of the Year

A Cross Country Coach of the Year, men and women, will be selected by the head coaches following the meet.

Team Champion Awards

Champion team members will receive individual award.

Individual Champion Awards

The top three finishers, men and women, will be awarded medallions.

Team Awards

Final team finishes will be announced and the first place men's and women's teams, will be presented medallions and champion trophy.

Championship Officials

Conference Liaison(s): Korinth Patterson

Championship Administrator: Kelly Andrews

Head Referee: Joan Mathews

Starters: Dave Miller, Don Standish

Umpires/Marshalls & Finish line: Andy Babula, Jay Salvage, D Standish

Jury of Appeals

The Jury of Appeals for the Mid-American Conference Cross Country Championship will include three (3) officials working the meet chosen by the Conference Liaison in conjunction with the Championship Administrator.

Members of the Jury of Appeals are as follows: Joan Mathews, Don Standish and Andy Babula.

It is the responsibility of this committee to make a final ruling on all appeals. The referee's decision is final unless appealed to this committee.

Coaches Meeting

A brief mandatory meeting of the Head coaches will be held on **Friday, October 26th at 5:30 p.m.** to discuss pertinent championship information. The meeting will be held in the **Grogan Room of Savage Arena** on the UT campus. Refreshments and light snacks will be provided.

Coaches Packet

This Packet shall be available to coaches at the meeting Friday Night. It shall include:

1. Bib Numbers/Running Chips
2. Safety pins for each competitor
3. Programs
4. Course map
5. Copy of the scoring procedure
6. Coach of the Year Ballot
7. Protest form
8. Hospitality Access Wristbands
9. Three parking passes for school administrators

Competition Numbers

Runners shall wear numbers on the front of their uniforms.

Course Information

1. The Mid-American Conference Championship course will follow all NCAA guidelines.
2. The men's championship distance is 8,000 meters and the women's championship distance is 6,000 meter.

Entry Forms

Institutions should submit their preliminary entries to Direct Athletics on **Friday, October 19, by 5:00 p.m. (ET)**, (one week prior to the championship). There is not a limit on the number of entries in the initial entry process however, please keep the entries within reason.

Every athlete that is entered will be issued a bib number that includes a timing chip. Entries will be finalized at the coach's meeting the night prior to competition.

Golf Carts

One golf cart will be provided to the head coach of each team for Friday only, subject to change per the course supervisor.

Hospitality

This area will be located near the start line area. This area is **restricted** to each team's staff (e.g., coaches, trainers, SIDs), working press, officials and senior administrators and is closed to all student-athletes. Credentials will be provided for each coach, trainer, and SID to access the hospitality area.

Hotel

Hotels are listed on page 12. Please notify Bri Stewart of your selected hotel. Brianna.stewart@rockets.utoledo.edu

Inclement Weather

Weather Sentry lightning detection and weather monitoring system will be utilized to detect inclement weather.

Once lightning enters the 30-mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters within the an 8-mile radius of site or host institutions indicated mile radius, 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.

If the race has already begun and lightening enters within the 8-mile radius or host institutions indicated mile radius, the following will occur:

Men's 8,000 meter – If competition is less than 4,000 meters into the race, the race will be suspended a minimum of 30 minutes per NCAA rules. Final restart time will be determined by the Games Committee. Lightening detected after 4,000 meters the race will be finished to the 8,000 meter distance.

Women's 6,000 meter – If competition is less than 3,000 meters into the race, the race will be suspended a minimum of 30 minutes per NCAA rules. Final restart time will be determined by the Games Committee. Lightening detected after 3,000 meters the race will be finished to the 6,000 meter distance.

In the event of lightning/severe weather (e.g. cold temperatures and/or heavy snow), the following sounds will be used:

ONE LONG BLAST (air horn) to indicate all runners, coaches, officials and spectators to exit the course

THREE SHORT BLASTS (air horn) to indicate that runners may return to the course

Locker Rooms / Team Camps

The Team Camp area will be located near the start area to the left of 1st tee. Shower / locker-room facilities will be available for teams after the competition in the visitor's locker-room of Savage Arena located at 2801 W Bancroft Toledo, Ohio, 43606. Any team who needs access to shower/locker room facilities MUST coordinate with Brandon Norris Brandon.norris@utoledo.edu. Office: (419) 530-7756 or Cell: (419) 4576 by Wednesday October 24th.

Medical

Athletic Training Staff will be available at the meet site starting at 9:30 a.m. Basic supplies will be on hand and an athletic trainer will be on site. The main medical areas will be near the finish area and the team camp area.

Teams having special athletic training needs should contact, Alison Frymier, Graduate Assistant Athletic Trainer, Office: (419) 530-4303, Cell: (567) 203-8382, allison.frymier@rockets.utoledo.edu in advance to make arrangements.

Meet Results

Meet results will be available as soon as possible after the event. Results will be posted for the coaches in hospitality for review. Results for spectators will be posted on the results board near the team camp area. Final meet results will become official thirty (30) minutes after they are distributed. The coaches will pick up their official results from the hospitality area. The results from the Cross Country Championships will also be posted the day of the event on the Mid-American Conference website www.getsomemaction.com and live on www.cfpitiming.com.

Merchandise

Merchandise will be available for sale at the course on Saturday. There will be a designated area for merchandise sales at the course for athletes and spectators to purchase.

Parking Information

Team Parking and Officials parking will be reserved in the lot adjacent to the clubhouse area. Spectator parking will be available throughout the park at no cost.

Pre-Championship Protocol

10:45 a.m. – National Anthem

10:50 a.m. – Women’s teams report to the starting line.

11:00 a.m. – Women’s championship race begins.

11:50 a.m. – Men’s teams report to the starting line.

12:00 p.m. – Men’s championship race begins.

Protests

There will be a protest area in the hospitality tent. Protest forms will be made available to the coaches in the tent. All protests must be made in writing and shall be entered and managed as codified in the NCAA Cross Country rulebook. Protests should be made no later than 30 minutes after results have been posted. The referee’s decision is final unless appealed to the Jury of Appeals committee. A second protest may be made to the referee who, upon receipt, must turn the protest over to the Jury who will make a final decision. The referee must leave the jury and not be involved in deliberations. The decision of the Jury is final and without appeal.

There is a \$50 dollar (cash only) protest fee. If the protest is upheld the protesting institution would receive the \$50 dollars fee back. If protest is not upheld the \$50 dollar fee will go to the conference office to be used towards the following year’s shared cost fund.

Rules

Cross Country rules as specified in the NCAA Cross Country and Track & Field Guide will be followed.

Scoring Procedures

The first five (5) runners of each institution shall score; sixth and seventh will displace; eighth and ninth will not displace.

Starting Box Assignments

Please see the women's and men's starting box assignments on pages 13 and 14.

Squad Size

The travel size of each squad is limited to nine (9); all nine (9) runners are permitted to compete.

Tents

Tents will be rented for all teams and placed in Team Camp area. Teams with both genders will have a 10 x 20 tent, single gender teams will have a 10 x 10. We will invoice each school \$100 per tent/per gender following the championship. If you **do not** want a tent reserved, please contact **Kelly Andrews by Oct. 19. 419-530-2810**

Tickets

Admission will be charged at the entry location. \$5 per person.

Students with valid, current MAC institutional ID will be admitted at no charge.

Timing System

The event will be timed and scored using the following system:

1. Automatic Timing System, provided by: CFPI , Cleon Fowler
2. Back-up System: Video footage, then Hand Timing
3. Split times and team scores provided each lap.

Uniforms

Athletes must compete in their respective team's uniforms as described in the NCAA Guide.

Hotel and Restaurant Information

Restaurants

| | | |
|---------------------------------|---|---|
| Barry Bagels | 3301 Central Ave, Toledo, OH 43606 | http://barrybagels.com/ |
| Blarney Irish Pub | 601 Monroe St, Toledo, OH 43604 | http://www.theblarneyirishpub.com/ |
| Buffalo Wild Wings | 425 W Dussel Dr, Maumee, OH 43537 6710 Central Ave, Toledo, OH 43617 | https://www.buffalowildwings.com/ |
| The Chop House | 300 N Summit St #140, Toledo, OH 43604 | http://toledochophouse.com/ |
| Ciao | 6064 Monroe St, Sylvania, OH 43560 | http://ciaorestaurant.com/ |
| City BBQ | 7402 Central Ave, Toledo, OH 43617 | https://www.citybbq.com/ |
| Fricker's | 19 N St Clair St #1, Toledo, OH 43604 6339 Monroe St, Sylvania, OH 43560 1418 S Reynolds Rd, Maumee, OH 43537 | http://frickers.com/ |
| Fuzzy's Taco Shop | 3332 Central Ave Ste C, Toledo, OH 43606 | https://www.fuzzystacoshop.com/ |
| Gino's Pizza | 3981 Monroe St, Toledo, OH 43606 | https://www.originalginos.com/ |
| Kira Japanese Steakhouse | 3324 Secor Rd, Toledo, OH 43606 | http://www.kirasteakhouse.com/ |
| Mancy's Bluewater Grille | 461 W Dussel Dr, Maumee, OH 43537 | https://www.mancys.com/ |
| Mancy's Italian | 5453 Monroe St, Toledo, OH 43623 | https://www.mancys.com/ |
| Mancy's Steakhouse | 953 Phillips Ave, Toledo, OH 43612 | https://www.mancys.com/ |
| Potbelly Sandwich Shop | 4038 Talmadge Rd, Toledo, OH 43623 | http://www.potbelly.ca/ |
| Real Seafood Company | 22 Main St, Toledo, OH 43605 | http://realseafoodcotoledo.com/ |
| Rick's City Diner | 5333 Monroe St, Toledo, OH 43623 | |
| Shorty's BBQ Roadhouse | 5111 Monroe St, Toledo, OH 43623 | https://www.mancys.com/ |
| Zia's | 20 Main St, Toledo, OH 43605 | http://ziasrestaurant.com/ |

Hotels

| | | |
|----------------------------|---|---|
| Hampton Inn | 3434 Secor Rd, Toledo, OH 43606 | https://hamptoninn3.hilton.com/en/hotels/ohio/hampton-inn-and-suites-toledo-westgate-TOLWGHX/index.html |
| Holiday Inn Express | 3440 Secor Rd, Toledo, OH 43606 | https://www.ihg.com/holidayinnexpress/hotels/us/en/toledo/tolws/hoteldetail |
| Radisson | 3100 Glendale Ave, Toledo, OH 43614 | https://www.radisson.com/toledo-hotel-oh-43614/usautol |
| Hilton Garden Inn | 6165 Levis Commons Blvd, Perrysburg, OH 43551 | https://hiltongardeninn3.hilton.com/en/hotels/ohio/hilton-garden-inn-toledo-perrysburg-TOLPBGI/index.html |

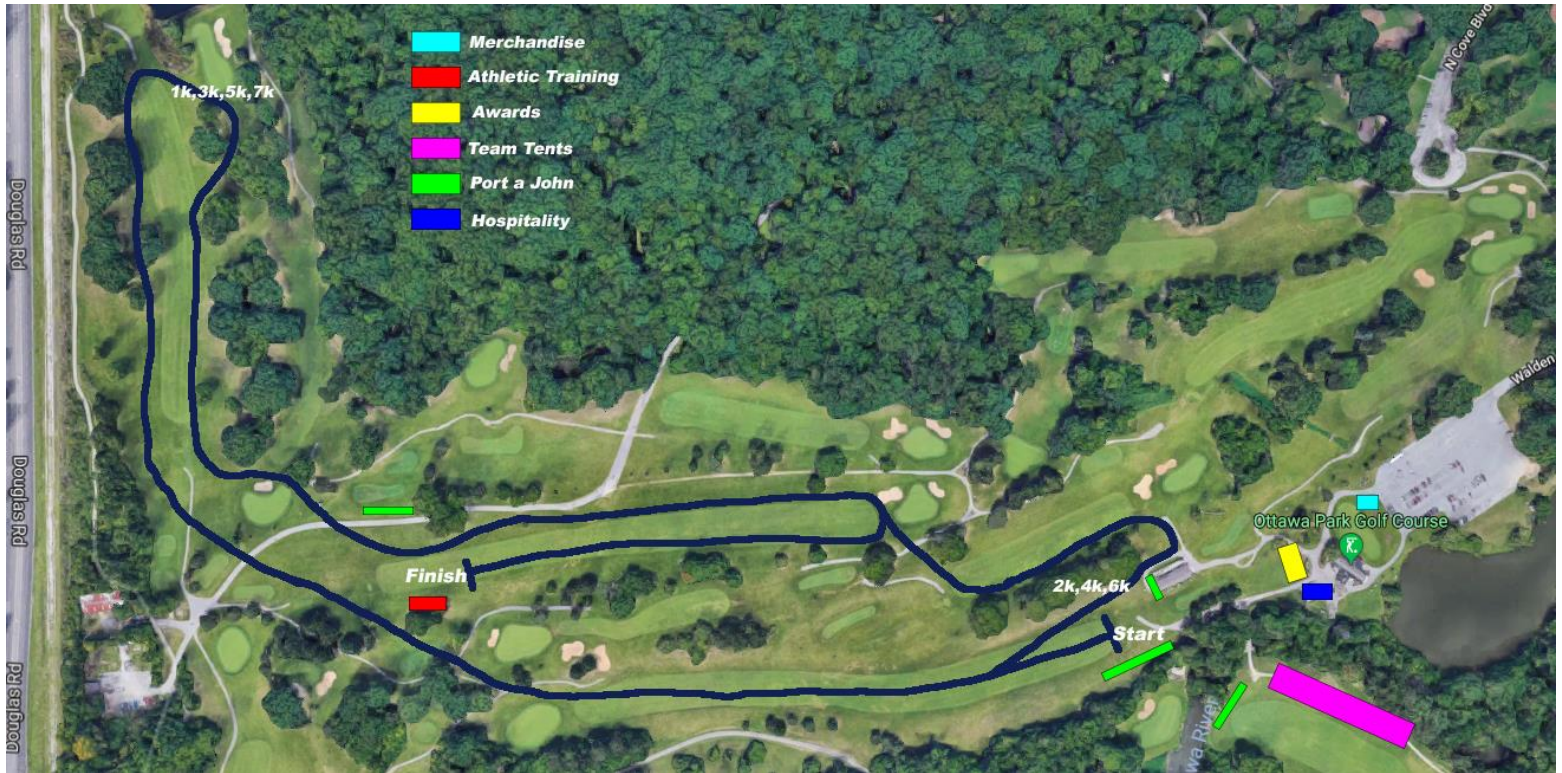
Women's Starting Box Assignments

| BOX | INSTITUTION |
|------------|---------------------------------------|
| 1 | Ball State University |
| 2 | Eastern Michigan University |
| 3 | Northern Illinois University |
| 4 | Bowling Green State University |
| 5 | University of Toledo |
| 6 | Kent State University |
| 7 | Western Michigan University |
| 8 | Ohio University |
| 9 | University at Buffalo |
| 10 | University of Akron |
| 11 | Miami University |
| 12 | Central Michigan University |

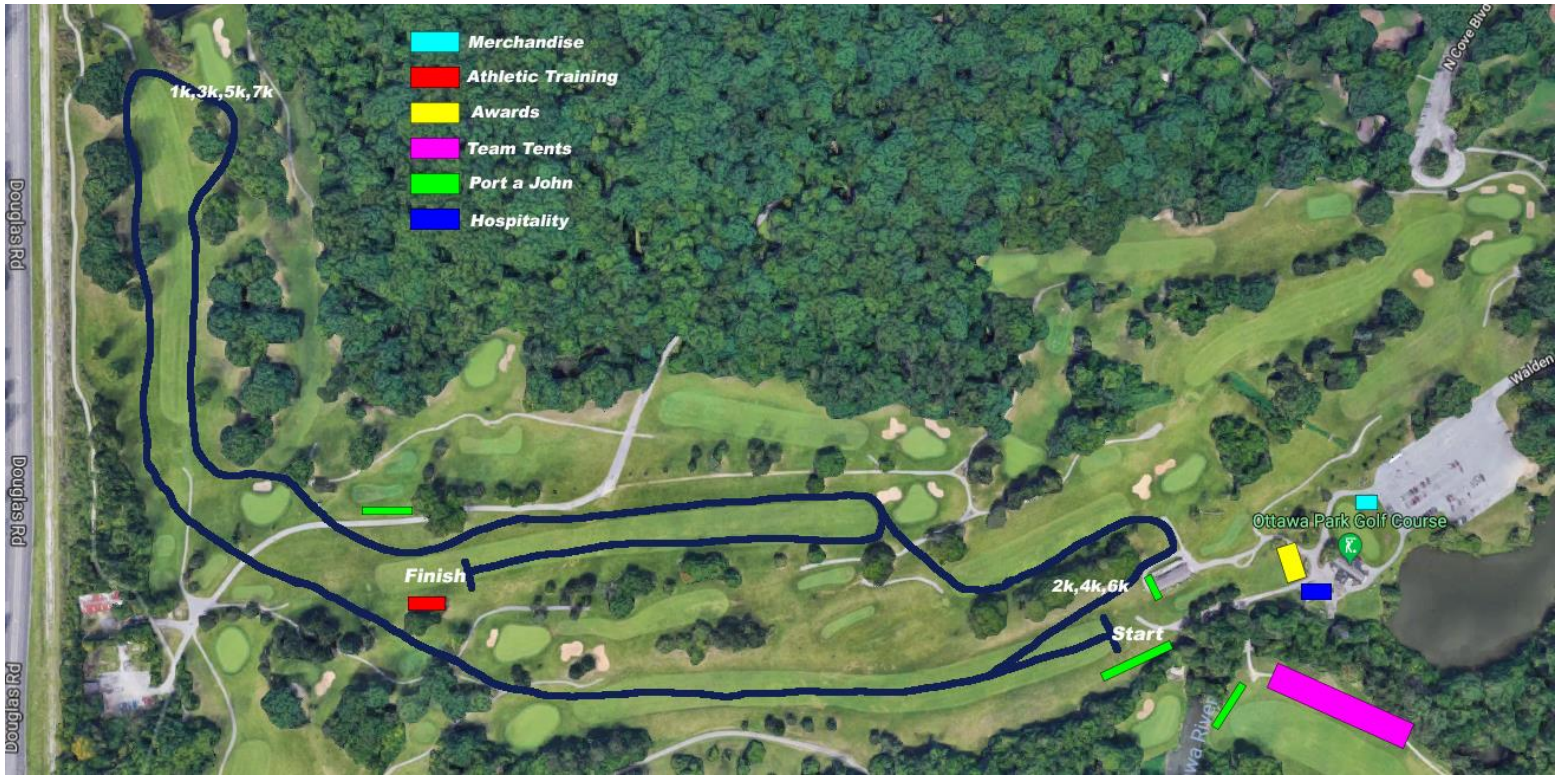
Men's Starting Box Assignments

| BOX | INSTITUTION |
|------------|---------------------------------------|
| 1 | Central Michigan University |
| 2 | Ohio University |
| 3 | Kent State University |
| 4 | University of Akron |
| 5 | University at Buffalo |
| 6 | Eastern Michigan University |
| 7 | University of Toledo |
| 8 | Miami University |
| 9 | Bowling Green State University |

Map - Women's 6K Course



Map - Men's 8K Course



2018 MID-AMERICAN CONFERENCE CROSS COUNTRY CHAMPIONSHIP

Travel Squad/Party Form

| | |
|---------------------|--------------------------------|
| Institution: | Head Coach: |
| Hotel Name: | Head Coach Cell number: |

The travel squad for the men’s and women’s championship shall be nine (9). All nine runners are permitted to compete.

| Official Travel Squad - Men Student-Athletes |
|---|
| (First Name, Last Name) |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |

| Official Travel Squad - Women Student-Athletes |
|---|
| (First Name, Last Name) |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |

OFFICIAL TRAVEL PARTY

Please list everyone in your official travel party. This includes all coaches, administrators, SIDs, and trainers, who will be traveling with your team to the championships.

| Official Travel Party Members |
|--------------------------------------|
| (First Name, Last Name and Title) |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |
| 7. |
| 8. |
| 9. |
| 10. |

Please complete this form and return to Korinth Patterson,
email kpatterson@mac-sports.com by **Monday, October 22nd**.



Form – Pass List

(Writeable PDF Form)

There are no complimentary tickets permitted for MAC Championship competitions. Each ticket will be invoiced to the institution and require payment within 30 days.

Note: Guests must present a photo ID in order to receive the ticket; please put down the guest's full name. Each player may receive a maximum of 4 tickets. Only 1 ticket per guest (do not write "John Smith" 4 times).

Reuse this form as many times as necessary for each student-athlete and guests.

Institution: _____

| Coach/ Player | Guest | Signature |
|---------------|-----------|-----------|
| 1.) _____ | 1.) _____ | _____ |
| | 2.) _____ | _____ |
| | 3.) _____ | _____ |
| | 4.) _____ | _____ |
| 2.) _____ | 1.) _____ | _____ |
| | 2.) _____ | _____ |
| | 3.) _____ | _____ |
| | 4.) _____ | _____ |
| 3.) _____ | 1.) _____ | _____ |
| | 2.) _____ | _____ |
| | 3.) _____ | _____ |
| | 4.) _____ | _____ |
| 4.) _____ | 1.) _____ | _____ |
| | 2.) _____ | _____ |
| | 3.) _____ | _____ |
| | 4.) _____ | _____ |

**Please email to Korinth Patterson by Monday, October 22nd
kpatterson@mac-sports.com**

