



★ *CROSS COUNTRY* ★
CHAMPIONSHIP

2024 | MARTIN, TN



NOVEMBER 1, 2024

MARTIN, TN

HOST: UT MARTIN

OVC Cross Country Student-Athletes, Coaches, and Fans,

Welcome to the 2024 Ohio Valley Conference Cross Country Championship. We are thrilled to host this fun-filled event here on the UT Martin campus.

Let me start off by saying congratulations on your seasons. Competing in the postseason is a true culmination of preparation and hard work. A conference championship in any sport provides the highest level of excitement as each team works towards one of the biggest prizes in collegiate athletics – a championship ring.

Here at UT Martin, we pride ourselves on being hospitable to our guests. We want to ensure that your experience is an enjoyable one. In order to assist with your arrangements and facilitate in your championship preparation, please refer to the information provided in this manual. Please contact the Tournament Director Jodie Duncan at (731) 881-3588 or the Conference staff at (615) 371-1698 if you have questions regarding this information.

Thank you for making the 2024 OVC Cross Country Championship a successful event. On behalf of myself, our cross country program, and our athletics staff, we hope you enjoy your visit to our campus.

Kurt McGuffin
Vice Chancellor and Director of Athletics

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Section 1: Sponsoring Institutions

Ohio Valley Conference institutions that sponsor the sport of cross country include:

Eastern Illinois University

Lindenwood University

University of Arkansas at Little Rock

Morehead State University

Southeast Missouri State University

Southern Illinois University Edwardsville

University of Southern Indiana

Tennessee State University

Tennessee Technological University

University of Tennessee Martin

Western Illinois University

Section 2: Important NCAA Dates

November 1, 2024

Ohio Valley Conference Championship

Skyhawk Runway Trail

UT Martin, Host

November 15, 2024

NCAA Cross Country Regional Championships,

Midwest: Bradley

South: Florida State

South Central: Texas A&M

November 23, 2024

NCAA Cross Country Championship

Verona, Wisconsin

For information regarding this handbook, please contact:

Katie Risewick, Director of Compliance and Administration

Ohio Valley Conference

215 Centerview Drive, Suite 115

Brentwood, TN 37027

(615) 690-6683 – direct

krisewick@ovc.org

Section 3: Championship Personnel

Ohio Valley Conference

215 Centerview Drive, Suite 115
 Brentwood, Tennessee 37027
 (615) 371-1698 – phone
 (615) 371-1788 – fax
 www.OVCsports.com



Beth DeBauche, Commissioner	615-371-1698	
Greg Walter, Associate Commissioner for Football, Basketball & Baseball....	615-371-1698	Ext. 6688
Kyle Schwartz, Associate Commissioner for Strategic Communications	615-371-1698	Ext. 6685
Stephanie Castera, Associate Commissioner/Institutional Services, SWA....	615-371-1698	Ext. 6684
Colin Parker, Assistant Commissioner for Championships.....	615-371-1698	Ext. 6682
Bryce Robinson, Assistant Commissioner for Digital Media.....	615-371-1698	Ext. 6691
Amy McGinnis, Associate Commissioner for Finance, Human Resources, and Championships.....	615-371-1698	Ext. 6692
Jose Garcia, Director of Media Relations.....	615-371-1698	Ext. 6687
Katie Risewick, Director of Compliance and Championships	615-371-1698	Ext. 6683
Jahmil Taylor, Director of Creative Content	615-371-1698	Ext. 6694
Jon Kuka, General Manager, OVC IMG Sports Marketing	615-371-1698	Ext. 6686

Section 4: Cross Country Meet Administration

UT Martin

554 University St
 Martin, TN 38238
 utmsports.com

Jodie Duncan, Director of Event Management, Meet Director	Office: 731-881-3588 Cell: 901-604-8853
Jolyta Henderson, Head Coach-Cross Country/Track and Field.....	Office: 731-881-7588 Cell: 731-676-4200
Davis Gregory, Sports Information Assistant.....	Cell: 731-881-7694
Nelson Davis, Senior Associate Athletic Trainer	Office: 731-881-7679 Cell: 731-819-0431

Section 5: Schedule of Events

Thursday, October 31, 2024

12:00 pm – 5:00 pm CT Course Inspection
Approx. 4:00 pm CT Pre-Championship Meeting

Skyhawk Runway Trail
 Elam Center Conference Room

November 1, 2024

9:00 am CT Women’s 6k Race

Skyhawk Runway Trail

10:00 am CT Men’s 8k Race

Skyhawk Runway Trail

**15 minutes after
 Men's race** Awards Ceremony

Skyhawk Runway Trail

Section 6: Awards

Freshman of the Year. Freshman of the Year shall be determined by a coaches' vote prior to the start of the championship.

Athlete of the Year. Athlete of the Year shall be determined by a coaches' vote prior to the start of the championship.

Coach of the Year. Coach of the Year shall be determined by a coaches' vote at the conclusion of the championship.

Team Trophies. The men's and women's champions of the Cross Country Championship shall receive a team trophy. The championship team shall also receive commemorative t-shirts. Each member of the championship team will receive an individual championship medallion.

All-Conference Team. The men's and women's cross country all-conference teams shall each consist of the top 14 finishers in each championship race. The top seven finishers will be designated as a First Team All-Conference members, while those that finish in places eight through 14 shall be designated as Second Team All-Conference performers.

Athlete of the Championship. The top finishing male and female runner shall be named Athlete of the Championship.

Championship Awards Ceremony. A championship awards ceremony will take place approximately 15 minutes following the conclusion of the final race. Team and individual awards will be distributed at that time.

Josten's. Josten's is the official supplier of OVC championship memorabilia. One of their representatives will be contacting the winning coach post-championship to follow up on any championship rings or memorabilia orders the teams would like to place.

Section 7: Championship Administration

Administration. Administration and conduct of the Ohio Valley Conference Cross Country Championship shall be under the control and direction of the conference commissioner and is subject to the standards and requirements set forth by meet and Conference guidelines. The conference commissioner, or designated representative, has the authority to make procedural or protest decisions during the championship.

Games Committee.

Host Meet Director	Jodie Duncan
Meet Referee	Larry Clair
OVC Representative	Katie Risewick

This committee will function in the event of protests and general procedures of the meeting. A majority vote is required for all action.

Section 8: Championship Format

Rules. The NCAA Cross Country Rules and Regulations shall govern men's and women's Conference competition.

Protest/Appeals. Protests relating to matters that develop during the conduct of the meet should be made at once and no later than 15 minutes after the last race of the meet has been posted. All implicated coaches must be notified of a tendered protest.

Protest Area. The protest area is located at the tent at the finish line.

Misconduct. The conference commissioner may reprimand publicly or privately and/or disqualify a student-athlete and/or a representative of an institution from further participation in the championship for reason of misconduct. "Misconduct" is defined as any act of dishonesty, or unsportsmanlike conduct in practice or in competition or breach of law that tends to discredit the championship, the Conference, and/or intercollegiate cross country.

Championship Determination. The Conference Champion will be determined by the results of the Conference race.

Race Times. The **Women's** 6K race will begin at 9:00 am CT. The **Men's** 8K race will begin at 10:00 am CT.

Course Inspection. The course will be available for inspection between 12:00 pm and 5:00 pm CT on Thursday, October 31.

Section 9: Championship Site

The 2024 Ohio Valley Conference Cross Country Championship will be conducted at the Skyhawk Runway Trail, located off of Pat Head Summitt Drive west of the Elam Center.

Section 10: Entry Procedures

Entry Procedures. Coaches will utilize Direct Athletics for all entries. Entries must be submitted by Monday, October 28 at 4:00 pm CT.

Final Declarations. Final declarations and scratches will take place at the coaches' meeting. Each institution may declare a maximum of ten entrants. Any bibs prepared in advance of the meet for entrants who are not declared must be turned in at the coaches' meeting.

Section 11: Inclement Weather Policies

Inclement Weather Policies. When lightning is detected within a minimum of 30 miles of the championship site, we will inform those in attendance that inclement weather including lightning is within 30 miles and that patrons should be prepared to seek shelter. Additionally, we will notify the meet officials that inclement weather is moving into the area.

When lightning is detected within a minimum of 20 miles of the championship site, we will suspend competition. We will then resume competition after 30 minutes of no detected lightning strikes within a 20-mile radius. Adequate warm-up time will be provided before competition is resumed.

Section 12: Locker Rooms/Showers

Locker rooms are unavailable. Post-race showers are available upon request prior to race day. Shower order determined by request order. Towels are not provided.

Section 13: Lodging

Team Lodging. The host institution has recommended housing for the meet at selected properties throughout the area. Each team is responsible for making its own reservations and is also responsible for all hotel costs. [Refer to Appendix Section D].

Section 14: Medical/Training Room Information

Members of the athletic training staff will be on site. On Friday, November 1, the training staff will be available starting at 8:00 am.

The medical tent is located by the chute and will have treatment tables, taping tables, ice, and a cold tub. Emergency equipment, AED, and crutches also be located in the medical tent. We will also have an AED on the chase vehicle. EMS will be on site for both races.

Section 15: Official Travel Party/Squad Limitation

Travel Party List. All participating institutions must complete and submit the official travel party list (Section F) to the Conference office no later than **4:00 pm CT. Monday, October 28, 2024**. This list should include all eligible student-athletes, coaches, managers, trainers and support staff.

Squad Limitation. Each institution shall be limited to ten (10) entrants, who must be declared at the coaches' meeting on the evening prior to the start of the championship.

Section 16: Participant Gift/Merchandise

Participant Gift. Each participating student-athlete in an Ohio Valley Conference championship will receive a commemorative memento from the conference office.

Championship Apparel. Limited amounts of championship merchandise can be purchased at the site of competition. For additional information, please contact Katie Risewick at krisewick@ovc.org

Section 17: Post Championship Survey

Championship participants (coaches, student-athletes, and administrators) are encouraged to complete the OVC Post Championship Survey following the event. Instructions for accessing the survey will be provided to each head coach no later than the pre-championship meeting on the evening prior to the start of the championship.

Section 18: Responsibilities of Participating Teams

Pre-championship Meeting. A mandatory pre-championship meeting will be held in-person at approximately 4:00 pm (CT) on Thursday, October 31. Each institution's head coach (or designated representative) is required to attend this meeting. Items of interest relating to the championship, including box assignments, will be reviewed and discussed. The pre-championship meeting will take place in the Elam Center Conference Room.

Contestant Uniforms/Numbers. All members of a cross country team must wear the proper and same uniform of the institution they represent. Each participant shall display a number on the front of his/her jersey. Contestant numbers will be provided by the host institution. Each team will be provided chips for each participant. Instructions regarding the chips will be shared at the pre-championship coaches' meeting. It will be the responsibility of each team to collect and account for issued chips and return them at the conclusion of the meet.

Section 19: Sports Information Procedures

Results. Results will be printed at the course and will be posted on the results board, first as unofficial, and then, after the protest period, official results. The OVC will then send and post results online at www.OVCSports.com.

Section 20: Photos

Photos. Photographs of the race along with award winners will be placed on the OVC site and UT Martin Athletics webpage at utmsports.com. UT Martin will provide a staff photographer for this event.

Section 21: Sportsmanship Statement

Administrator Responsibilities. It is expected that institutional administrators create an environment of hospitality for visiting teams. OVC administrators must develop the attitude that the treatment of a visiting team and its fans will be in a fair and equitable manner.

Section 22: Ticket Policies

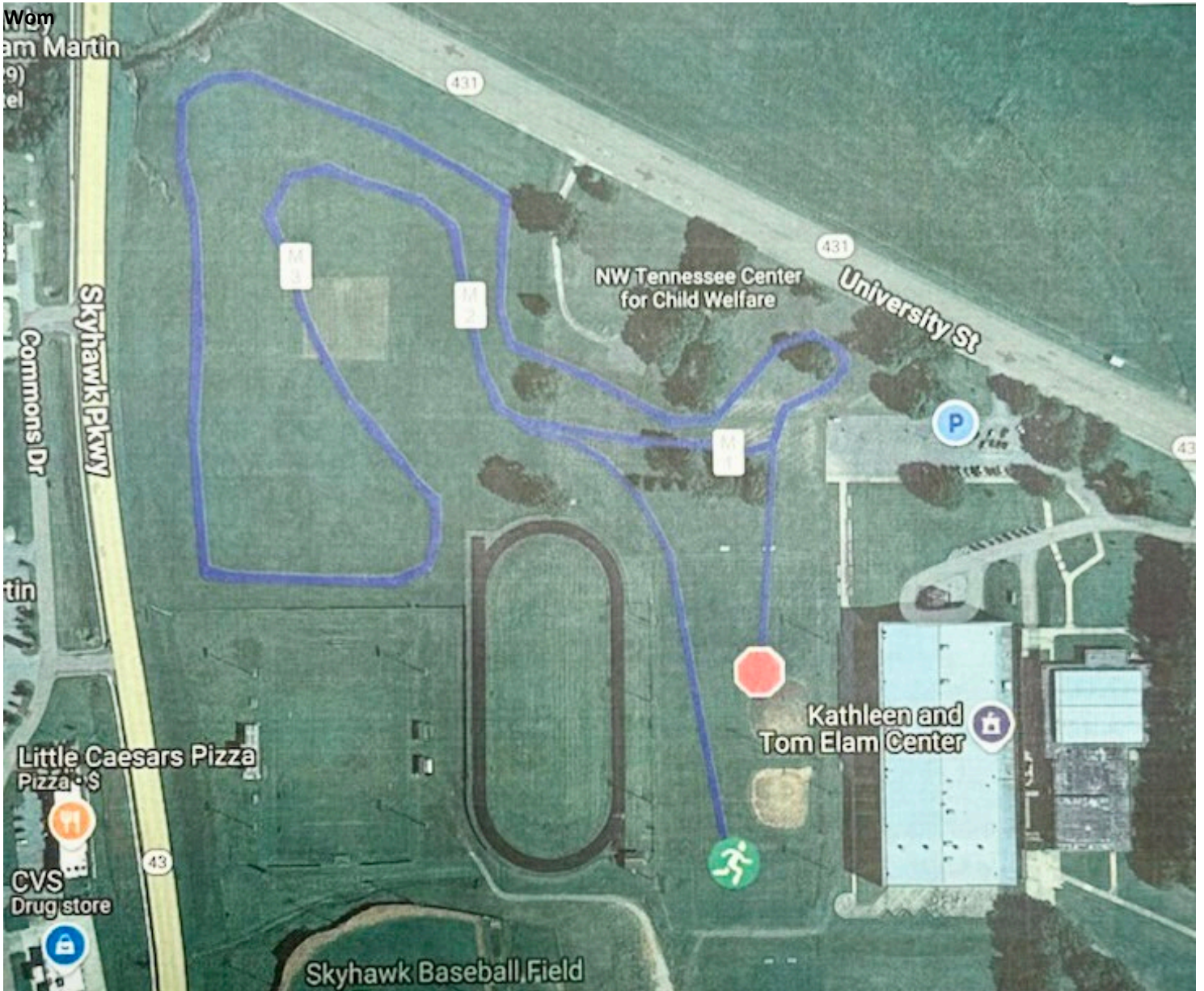
Ticket Prices. Admission to the Ohio Valley Conference Cross Country Championship is free for all spectators.

Spectator Areas. Spectators may occupy all areas outside of the white lined running course.

Section 23: Transportation and Parking Procedures

Spectator & Team Parking: Refer to team parking map on page 14.

Section A: Women's and Men's Course Maps



Women's 6K Loop



Men's 8K Loop

Section B: Team & Spectator Parking Maps



Section C: Address of Site of Competition

The Skyhawk Runway Trail is located off of Pat Head Summitt Dr west of the Elam Center.

Section D: Coaches Meeting

The coaches meeting will be held in the Elam Center Conference Room at approximately 4:00PM C.T. on Thursday, October 31.

Section E: Hotel Accommodations

The following is a list of lodging facilities in the Martin, TN area:

Hampton Inn

5575 Skyhawk Parkway
Martin, TN, 38237
(731) 587-5800

Quality Inn

2201 West Reelfoot Ave.
Union City, TN, 38261
(731) 885-8850

SleepInn/MainStay Suites

1111 Blue Heron Lane
Union City, TN, 38261
(731) 599-7272

Econo Lodge

853 University Street
Martin, TN, 38237
(731) 587-4241

Days Inn

800 University Street
Martin, TN, 38237
(731) 587-9577

Holiday Inn Express& Suites

810 Bream Blvd.
Union City, TN, 38261
(731) 599-7990

Hospitality House

1221 West Reelfoot Ave.
Union City, TN, 38261
(731) 885-6610

Section F: Restaurants Nearby

Arby's.....	153 Commons Dr.....	Martin, TN.....	731-483-2011
Blake's at Southern Milling.....	109 S. Lindell St.....	Martin, TN.....	731-281-8000
Blue Oak Oyster Bar & Grill.....	301 N. Lindell St.....	Martin, TN.....	731-261-8091
Burger King.....	854 University St.....	Martin, TN.....	731-588-0350
Chick-fil-A Express.....	61 Mt. Pelia Rd.....	Martin, TN.....	731-881-7772
Cook Out.....	131 University Plaza.....	Martin, TN.....	731-261-2457
Crave Restaurant.....	129A Neal St.....	Martin, TN.....	731-819-8215
Dairy Queen.....	555 Elm St.....	Martin, TN.....	731-587-3511
Domino's.....	300 University St.....	Martin, TN.....	731-587-3167
Dragon Buffet.....	165 University Plaza.....	Martin, TN.....	731-587-8882
The Grind.....	112 Lovelace Ave.....	Martin, TN.....	731-587-6912
The Hearth.....	615 N. Lindell St.....	Martin, TN.....	731-587-9700
Higher Ground Coffee Co.....	147 Commons Dr.....	Martin, TN.....	731-588-2633
Huddle House.....	201 Hawks Road.....	Martin, TN.....	731-587-4687
Hunan Palace.....	115 Lovelace Ave.....	Martin, TN.....	731-588-5688
La Cabana.....	305 S. Lindell St.....	Martin, TN.....	731-587-2335
Little Caesar's.....	126 Commons Dr.....	Martin, TN.....	731-261-1111
Los Portales.....	806 University St.....	Martin, TN.....	731-588-2822
Martin Coffee & Bakery.....	407 S. Lindell St.....	Martin, TN.....	731-281-4028
Martin Energy & Nutrition.....	502 Elm St.....	Martin, TN.....	731-819-4795
McDonald's.....	801 University St.....	Martin, TN.....	731-587-3040
Pizza Di Roma & Pasta.....	311 University St.....	Martin, TN.....	731-281-4857
Pizza Hut.....	123 Commons Dr., Suite 2.....	Martin, TN.....	731-587-2508
Sammie's.....	117 Lovelace Ave.....	Martin, TN.....	731-587-1992
Sonic.....	413 N. Lindell St.....	Martin, TN.....	731-587-6717
Subway.....	810 University St.....	Martin, TN.....	731-587-0098
Taco Bell.....	849 University St.....	Martin, TN.....	731-587-6800
US Donuts.....	315 University St.....	Martin, TN.....	731-587-6999
Vantage Coffee.....	129B Neal St.....	Martin, TN.....	731-281-8024
Wendy's.....	308 University St.....	Martin, TN.....	731-587-2110
Yamato Japanese Steakhouse.....	172 University Plaza Dr.....	Martin, TN.....	731-281-4558
Zaxby's.....	161 Commons Dr.....	Martin, TN.....	731-261-1106

Section G: Travel Party Form



**OHIO VALLEY CONFERENCE
CROSS COUNTRY CHAMPIONSHIP
OFFICIAL TRAVEL PARTY AND ELIGIBILITY LIST**

INSTITUTION:

MEN:

WOMEN:

Each participating team may be provided passes limited to each member of the official travel party. These passes are not transferable.

PARTICIPANT GIFTS/AWARDS: 14 participant gifts will be provided to the entire championship travel party. Only members of the official travel party listed below will be announced and presented with an individual championship award (14 medallions) during the awards ceremony.

IN ALPHABETICAL ORDER, PLEASE LIST THE 10 STUDENT-ATHLETES

NAME (First & Last)

1.	
2.	
3.	
4.	
5.	

6.	
7.	
8.	
9.	
10.	

NAME (First & Last)

AFFILIATION (e.g. Coach, Manager)

11.		
12.		
13.		
14.		

Affirmation of Eligibility: By signing below, I acknowledge the above student-athletes' eligibility for participation in this OVC championship have been certified per applicable NCAA, OVC, and institutional rules. (Compliance officer or FAR, signature required)

Head Coach's Cell Number:

Date form was completed:

FAR or Senior Compliance Officer: