

**USTFCCCA  
NCAA DIVISION I  
CROSS COUNTRY  
MEDIA HANDBOOK  
2009**



Updated September 11, 2009

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## About the USTFCCCA

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## About the USTFCCCA

The U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) is the non-profit professional organization that represents men's and women's cross country and track & field coaches in the United States. The organization represents over 8,000 coaching members, including 91% of NCAA track & field coaches. USTFCCCA serves as an advocate for cross country and track & field coaches, providing a leadership structure to assist the needs of a diverse membership, serving as a lobbyist for coaches' interests, and working as a liaison between the various stakeholders in the sports of cross country and track & field.

## Appropriate Usage of the USTFCCCA Name

The correct long form usage is the "U.S. Track & Field and Cross Country Coaches Association."

The correct short form usage is "USTFCCCA."

"U.S." should not be spelled out as "United States" in either form.

## Proper Use of the USTFCCCA Logo

The USTFCCCA logos below are the only acceptable uses of the graphic. Access to the files can be found on the USTFCCCA website or by emailing Keith Nunez, USTFCCCA Communications Manager, at [keith@ustfccca.org](mailto:keith@ustfccca.org). The logos are available online in .jpg format. Other formats are available by request only.



# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## USTFCCCA National Office

### *Mailing/Shipping Address*

USTFCCCA  
1100 Poydras Street, Suite 1750  
New Orleans, LA 70163

### *Telephone and Fax*

Main office line: 504-599-8900  
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### **National Office Staff**

<b>Name</b>	<b>Position</b>	<b>E-mail</b>
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## **Division I Cross Country Polls**

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## Regional Rankings

Division I Cross Country regional rankings are released by the USTFCCCA national office on Mondays during the cross country season. Dates are predetermined by the Division I Cross Country Executive Committee. The top 15 teams in each gender and region are ranked.

***Preseason Ranking:*** Released on the Monday ten (10) weeks prior to the Division I Cross Country Championships.

***Regular Rankings:*** Released weekly on Mondays beginning eight (8) weeks prior to the Division I Cross Country Championships and ending with the Monday prior to the NCAA Regional meets (seven (7) poll dates).

Regional Representatives determine the regional rankings for the top 15 teams in the region/gender they represent.

## National Polls

Division I Cross Country national polls are released by the USTFCCCA national office on Tuesdays during the cross country season. Dates are predetermined by the Division I Cross Country Executive Committee. The top 30 teams in each gender are ranked.

***Preseason Poll:*** Released on the Tuesday ten (10) weeks prior to the Division I Cross Country Championships.

***Regular Polls:*** Released weekly on Tuesdays beginning eight (8) weeks prior to the Division I Cross Country Championships and ending with the Tuesday prior to the NCAA Division I Cross Country Championships (eight (8) poll dates).

Division I Cross Country Officers, At-Large Representatives, and Regional Representatives submit their rankings of the top 30 teams in the country, in the gender they represent, to the Division I Cross Country men's or women's poll coordinator. Only 30 teams are ranked, and there are no ties or half votes. Voters are not obligated to follow the order of region rankings in compiling their national ranking.

# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## 2009 Poll Release Dates

### Regional Polls

### National Polls

#### *Monday Releases*

#### *Tuesday Releases*

September 14, 2009 (Preseason)	September 15, 2009 (Preseason)
September 28, 2009	September 29, 2009
October 5, 2009	October 6, 2009
October 12, 2009	October 13, 2009
October 19, 2009	October 20, 2009
October 26, 2009	October 27, 2009
November 2, 2009	November 3, 2009
November 9, 2009	November 10, 2009
November 16, 2009 (Regional Results)	November 17, 2009



## **Division I Cross Country Post Season Schedule**

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## 2009 Cross Country Regional Championship Sites

*November 14<sup>th</sup>, 2009*

### Great Lakes Region

**Host:** Indiana University

**City, State:** Bloomington, Indiana

**Competition Site:** Indiana University XC Course

### Mid-Atlantic Region

**Host:** University of Maryland, Eastern Shore

**City, State:** Princess Anne, Maryland

**Competition Site:** UMES Golf Range

### Midwest Region

**Host:** Missouri State University

**City, State:** Springfield, Missouri

**Competition Site:** Missouri State XC Facility

### Mountain Region

**Host:** University of New Mexico

**City, State:** Albuquerque, New Mexico

**Competition Site:** University of New Mexico

### Northeast Region

**Host:** Boston University

**City, State:** Boston, Massachusetts

**Competition Site:** Franklin Park

### South Region

**Host:** University of Alabama

**City, State:** Tuscaloosa, Alabama

**Competition Site:** Harry Pritchett Running Park

### South Central Region

**Host:** Baylor University

**City, State:** Waco, Texas

**Competition Site:** Cottonwood Creek Golf Course

### Southeast Region

**Host:** University of Louisville

**City, State:** Louisville, Kentucky

**Competition Site:** E.P. Tom Sawyer State Park

### West Region

**Host:** University of Oregon

**City, State:** Eugene, Oregon

**Competition Site:** Springfield Country Club

## 2009 Cross Country National Championship Site

*November 23<sup>rd</sup>, 2009 – Men's 72<sup>nd</sup> Annual | Women's 30<sup>th</sup> Annual*

**Host:** Indiana State University

**City, State:** Terre Haute, Indiana

**Competition Site:** Wabash Valley Family Sports Center



## **Division I Cross Country Awards**

# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## Cross Country Awards

- ◇ USTFCCCA All-Region
- ◇ Regional Team Awards
- ◇ Regional Athletes of the Year
- ◇ Regional Coaches of the Year
- ◇ USTFCCCA All-America
- ◇ Cross Country Athletes of the Year
- ◇ Cross Country Bill Dellinger Men's Coach of the Year
- ◇ Cross Country Peter Tegen Women's Coach of the Year
- ◇ USTFCCCA All-Academic Individuals
- ◇ USTFCCCA Scholar Athletes of the Year
- ◇ USTFCCCA All-Academic Teams
- ◇ USTFCCCA Scholar Teams of the Year

### USTFCCCA All-Region

#### *Date Award Announced*

The USTFCCCA Cross Country All-Region Awards will be announced on the Monday following the NCAA Division I Cross Country Regional Championships. Medals will be given out on-site.

#### *Selection*

Awarded to the top 25 finishers at the NCAA Division I cross country regional meets in each region and gender.

#### *Eligibility*

1. Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.
2. Non-eligible student-athletes in the top 25 who do not receive awards do not displace other finishers.

#### *Award Distribution*

Student-athletes who qualify for the award receive an All-Region medal at the regional meet. Two All-Region certificates are mailed by the national office to the student-athlete's program.

### Regional Team Awards

#### *Date Award Announced*

The USTFCCCA Cross Country Regional Team Awards will be announced immediately following the NCAA Division I Cross Country Regional Championships and will be given out on-site.

# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## ***Selection***

Awarded to the top two (2) team finishers in each region and gender at the NCAA Division I Cross Country regional meets.

## ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order to be eligible for this award.

## ***Award Distribution***

Awards are distributed at the regional meets.

## **Regional Athletes of the Year**

### ***Date Award Announced***

The USTFCCCA Regional Cross Country Athletes of the Year will be announced midweek following the NCAA Division I Regional Cross Country Championships.

### ***Selection***

1. Selected by a vote of Division I cross country coaches in the respective region and awarded to one (1) student-athlete per gender per region.
2. Nominees include the top four (4) finishers in each NCAA Division I Cross Country region and gender as well as a write-in.
3. Vote is conducted online via a ballot compiled by the national office.

### ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.

### ***Award Distribution***

Awards are distributed at the Saturday awards banquet at the NCAA Division I Cross Country Championships.

## **Regional Coaches of the Year**

### ***Date Award Announced***

The USTFCCCA Regional Cross Country Coaches of the Year will be announced midweek following the NCAA Division I Cross Country Regional Championships.

### ***Selection***

1. Selected by a vote of Division I cross country coaches in the respective region and awarded to one (1) coach per gender per region.
2. Nominees include the coaches of the top four (4) finishing teams in each NCAA Division I region and gender as well as a write-in.
3. Vote is conducted online via a ballot compiled by the national office.

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## ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their coaches to be eligible for this award.

## ***Award Distribution***

Awards are distributed at the Saturday awards banquet at the NCAA Division I Cross Country National Championships.

## **USTFCCCA All-American**

### ***Date Award Announced***

The USTFCCCA Cross Country All-Americans will be announced immediately following the release of the official results of the NCAA Division I Cross Country National Championships.

### ***Selection***

Awarded to the top 40 finishers in the men's and women's NCAA Division I Cross Country Championship races, without regard to citizenship.

### ***Eligibility***

1. Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.
2. Non-eligible student-athletes in the top 40 who do not receive awards do not displace other finishers.

### ***Award Distribution***

Student-athletes who qualify for the award receive an All-American medal at the national meet. Two All-American certificates are mailed by the national office to the student-athlete's program.

## **Cross Country Athletes of the Year**

### ***Date Award Announced***

The USTFCCCA National Cross Country Athletes of the Year will be announced midweek following the NCAA Division I Cross Country National Championships.

### ***Selection***

1. Selected by a vote of Division I cross country coaches and awarded to one (1) student-athlete per gender.
2. Nominees include Division I Cross Country regional student-athletes of the year, as well as a write-in.
3. Vote is conducted online via a ballot compiled by the national office.

### ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.

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## ***Award Distribution***

Awards are distributed by the USTFCCCA national office.

## **Cross Country Bill Dellinger Men's Coach of the Year**

### ***Date Award Announced***

The USTFCCCA Bill Dellinger Men's Cross Country Coach of the Year will be announced midweek following the NCAA Division I Cross Country National Championships.

### ***Selection***

1. Selected by a vote of Division I cross country coaches and awarded to one (1) men's coach.
2. Nominees include Division I Cross Country regional coaches of the year, as well as a write-in.
3. Vote is conducted online via a ballot compiled by the national office.

### ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their coaches to be eligible for this award.

### ***Award Distribution***

Awards are distributed by the USTFCCCA national office.

## **Cross Country Peter Tegen Award Women's Coach of the Year**

### ***Date Award Announced***

The USTFCCCA Peter Tegen Women's Cross Country Coach of the Year will be announced midweek following the NCAA Division I Cross Country National Championships.

### ***Selection***

1. Selected by a vote of Division I cross country coaches and awarded to one (1) women's coach.
2. Nominees include Division I Cross Country regional coaches of the year, as well as a write-in.
3. Vote is conducted online via a ballot compiled by the national office.

### ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their coaches to be eligible for this award.

### ***Award Distribution***

Awards are distributed by the USTFCCCA national office.

## **USTFCCCA All-Academic Individuals**

### ***Date Award Announced***

The USTFCCCA Cross Country All-Academic Individuals will be announced starting the last week of February.

# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## ***Selection***

1. Awarded to all nominated student-athletes who meet the following criteria:
  - a. Cumulative GPA of 3.25 or higher
  - b. USTFCCCA Division I Cross Country All-America finisher or top 15 finisher (or top 10%) at an NCAA Division I Cross Country Regional meet
  - c. Completed a minimum of two (2) semesters or three (3) quarters at the nominating institution
  - d. Written nomination of the head coach
2. Nomination forms are available online at the USTFCCCA website and must be received by the national office before the deadline published by the national office.
3. Freshmen and transfers may qualify for this award at the completion of their first two (2) semesters or three (3) quarters at the recommending institution.

## ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.

## ***Award Distribution***

Two All-Academic certificates are mailed by the national office to each qualifying student-athlete's program.

## **USTFCCCA Scholar Athletes of the Year**

### ***Date Award Announced***

The USTFCCCA Cross Country Scholar Athletes of the Year will be announced starting the last week of February.

### ***Selection***

Award winners are selected annually as follows:

1. Awarded to one (1) men's Division I and one (1) women's Division I cross country student-athlete each year.
2. Student-athletes must meet the criteria for the USTFCCCA All-Academic Individual awards for Division I cross country.
3. From among the student-athletes who meet the All-Academic Individual criteria, the men's student-athlete and the women's student-athlete with the highest individual finishes at the most recent NCAA Division I Cross Country Championships receive the designation of USTFCCCA Cross Country Scholar Athlete of the Year for Division I.

### ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.

### ***Award Distribution***

Awards are distributed by the USTFCCCA national office.

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## USTFCCCA All-Academic Teams

### *Date Award Announced*

The USTFCCCA Cross Country All-Academic Teams will be announced starting the last week of February.

### *Selection*

1. Awarded to all nominated teams who meet the following criteria:
  - a. Must have competed and received a team score at an NCAA Division I Regional Cross Country meet during the most recent cross country season
  - b. Cumulative team GPA at the end of the most recent fall semester of at least 3.0, computed by the following method:
    - i. Total the cumulative number of semester hours or quarter hours completed for all student-athletes on the NCAA Squad List who used a season of eligibility, including the most recent grading period;
    - ii. Total the cumulative number of grade points earned by all student-athletes who used a season of eligibility, including the most recent grading period;
    - iii. Divide the cumulative number of grade points/quality points earned by the cumulative number of semester or quarter hours completed.
2. Nomination forms are available online at the USTFCCCA website and must be received by the national office before the deadline published by the national office.

### *Eligibility*

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order for their student-athletes to be eligible for this award.

### *Award Distribution*

Two All-Academic certificates are mailed by the national office to each qualifying program.

## USTFCCCA Scholar Teams of the Year

### *Date Award Announced*

The USTFCCCA Cross Country Scholar Teams of the Year will be announced starting the last week of February.

### *Selection*

Award winners are selected annually as follows:

1. Awarded to one (1) men's Division I and one (1) women's Division I cross country team each year.
2. Teams must meet the criteria for the USTFCCCA All-Academic Team awards for Division I cross country.
3. From among the teams who meet the All-Academic Team criteria, the men's team and the women's team with the highest finishes at the most recent NCAA Division I Cross Country Championships receive the designation of USTFCCCA Cross Country Scholar Team of the Year for Division I.

# USTFCCCA DIVISION I CROSS COUNTRY MEDIA HANDBOOK

## ***Eligibility***

Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order to be eligible for this award.

## ***Award Distribution***

Awards are distributed by the USTFCCCA national office.

## **Other Awards**

- ◇ John McDonnell Program of the Year
- ◇ Terry Crawford Program of the Year

## **John McDonnell Program of the Year**

### ***Date Award Announced***

The John McDonnell Program of the Year Award will be announced in the week following the NCAA Division I Outdoor National Track & Field Championships.

### ***Selection***

Award winners are selected annually as follows:

1. Awarded to one (1) men's Division I cross country and track and field program each year.
2. Each qualifying men's program receives points based on their finish at each of the three national championships (first place = one (1) point, second place = two (2) points, etc.).
3. The men's program with the fewest total points receives the John McDonnell Program of the Year Award.

### ***Eligibility***

1. Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order to be eligible for this award.
2. The men's program must have competed in the NCAA Division I Cross Country, NCAA Division I Indoor Track & Field, and NCAA Division I Outdoor Track & Field National Championships in the same academic year.

### ***Award Distribution***

Awards are presented at the conclusion of the NCAA Division I Outdoor Track & Field season.

### ***Named in Honor of...***

USTFCCCA Hall of Famer and former Arkansas head coach John McDonnell. McDonnell's Arkansas teams won a combined 40 National Championships and finished in the top ten in cross country, indoor and outdoor track & field in 24 of his 36 seasons in Fayetteville. Five of his teams won the NCAA Triple Crown.

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## **Terry Crawford Program of the Year**

### ***Date Award Announced***

The Terry Crawford Program of the Year Award will be announced in the week following the NCAA Division I Outdoor National Track & Field Championships.

### ***Selection***

Award winners are selected annually as follows:

1. Awarded to one (1) women's Division I cross country and track and field program each year.
2. Each qualifying women's program receives points based on their finish at each of the three national championships (first place = one (1) point, second place = two (2) points, etc.).
3. The women's program with the fewest total points receives the Terry Crawford Program of the Year Award.

### ***Eligibility***

1. Programs must be members of a Division I Program Membership Division who are in good standing with the USTFCCCA in order to be eligible for this award.
2. The women's program must have competed in the NCAA Division I Cross Country, NCAA Division I Indoor Track & Field, and NCAA Division I Outdoor Track & Field National Championships in the same academic year.

### ***Award Distribution***

Awards are presented at the conclusion of the NCAA Division I Outdoor Track & Field season.

### ***Named in Honor of...***

USTFCCCA Hall of Famer and current Cal Poly head coach Terry Crawford. Crawford has won five NCAA National Championships, and over 20 Conference Championships. Her 1986 Texas squad remains as the only NCAA women's program to ever win the Triple Crown (cross country, indoor track and field, and outdoor track and field titles).