

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



Updated September 4, 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. The logos are available online in .jpg format. Other formats are available by request only.



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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
Fax: 504-599-8909

National Office Staff

Name	Position	E-mail
Sam Seemes	CEO	Sam@ustfccca.org
Mike Corn	Assistant Director	Mike@ustfccca.org
Mandi Magill	Membership Services Manager	Mandi@ustfccca.org
Shannon Wright	Legislation and Research Manager	Shannon@ustfccca.org
Keith Nunez	Communications Manager	Keith@ustfccca.org



Division III Cross Country Polls

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Regional Rankings

Division III Cross Country Regional Rankings are released by the USTFCCCA national office on Tuesdays during the cross country season. Dates are predetermined by the Division III Cross Country Executive Committee. The top ten (10) teams in each gender and region are ranked.

Preseason Ranking: Released on the Tuesday 12 weeks prior to the Division III Cross Country Championships.

Regular Rankings: The first regular season ranking is released on Tuesday ten (10) weeks prior to the Division III Cross Country Championships. Weekly rankings are released on Tuesdays beginning eight (8) weeks prior to the Division III Cross Country Championships and ending with the Tuesday two (2) weeks prior to the NCAA Regional meets (total of eight (8) poll dates).

Regional representatives determine the regional rankings for the top ten (10) teams in the region/gender they represent.

National Polls

Released by the USTFCCCA national office on Wednesdays during the cross country season. Dates are predetermined by the Division III Cross Country Executive Committee. The top 35 teams in each gender are ranked.

Preseason Poll: Released on the Wednesday 12 weeks prior to the Division III Cross Country Championships.

Regular Polls: The first regular season poll is released on Wednesday ten (10) weeks prior to the Division III Cross Country Championships. Weekly polls are released on Wednesdays beginning eight (8) weeks prior to the Division III Cross Country Championships and ending with the Wednesday two (2) weeks prior to the NCAA Regional meets. The final regular season poll is released on the Monday prior to the Division III Cross Country Championships (total of nine (9) poll dates).

Division III Regional Representatives submit their rankings of the top 35 teams in the country, in the gender they represent, to the Division III Cross Country men's or women's poll coordinator, President, and Vice Presidents.

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2009 Poll Dates

Regional Rankings	National Polls
<i>Tuesday Release Dates</i>	<i>Wednesday Release Dates</i>
August 25, 2009 (Preseason)	August 26, 2009 (Preseason)
September 8, 2009	September 9, 2009
September 22, 2009	September 23, 2009
September 29, 2009	September 30, 2009
October 6, 2009	October 7, 2009
October 13, 2009	October 14, 2009
October 20, 2009	October 21, 2009
October 27, 2009	October 28, 2009
November 3, 2009	November 4, 2009
November 17, 2009 (Regional Results)	November 18, 2009
	November 23, 2009 (National Results)



Division III Cross Country Post Season Schedule

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2009 Cross Country Regional Championship Sites

November 14th, 2009

Atlantic Region

Host: State University of New York at Geneseo

Competition Site: TBD

Central Region

Host: Grinnell College

Competition Site: TBD

Great Lakes Region

Host: Rose-Hulman Institute of Technology

Competition Site: TBD

Mideast Region

Host: Muhlenberg College

Competition Site: Goodman Campus/Lehigh University

Midwest Region

Host: University of Wisconsin, Oshkosh

Competition Site: Lake Breeze Golf Course

New England Region

Host: University of Southern Maine

Competition Site: Twin Brooks Recreational Area

South/Southeast Region

Host: Guilford College

Competition Site: TBD

West Region

Host: Pomona-Pitzer Colleges

Competition Site: Pomona-Pitzer Campus Course

2009 Cross Country National Championship Site

November 21st, 2009

Host: Baldwin-Wallace College/Cleveland Sports Commission

Competition Site: Highland Hills Golf Course



Division III Cross Country Awards

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Cross Country Awards

- ◇ USTFCCCA All-Region
- ◇ Regional Team Awards
- ◇ Regional Athletes of the Year
- ◇ Regional Coaches of the Year
- ◇ USTFCCCA All-American
- ◇ National Athletes of the Year
- ◇ National Coaches 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 III Cross Country Regional Championships. Medals will be given out on-site.

Selection

Awarded to the top 35 finishers at the NCAA Division III Cross Country cross country regional meets in each region and gender.

Eligibility

1. Programs must be members of a Division III 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 35 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 III Cross Country Regional Championships and will be given out on-site.

Selection

Awarded to the top team finisher at the NCAA Division III Cross Country regional meets in each region and gender.

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Eligibility

Programs must be members of a Division III 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 III Regional Cross Country Championships.

Selection

1. Selected by a vote of Division III 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 III 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 III 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 Friday awards banquet prior to the NCAA Division III 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 III Cross Country Regional Championships.

Selection

1. Selected by a vote of Division III 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 III 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 III Program Membership Division who are in good standing with the USTFCCCA in order for their coaches to be eligible for this award.

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Award Distribution

Awards are distributed at the Friday awards banquet prior to the NCAA Division III Cross Country 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 III Cross Country National Championships.

Selection

Awarded to the top 35 finishers in the men's and women's NCAA Division III Cross Country Championship races.

Eligibility

1. Programs must be members of a Division III 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 35 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.

National Athletes of the Year

Date Award Announced

The USTFCCCA National Cross Country Athletes of the Year will be announced following the NCAA awards ceremony at the NCAA Division III Cross Country National Championships.

Selection

Awarded to the male and female student-athletes who win the individual national titles at the NCAA Division III Cross Country National Championships.

Eligibility

Programs must be members of a Division III 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 awards ceremony following the conclusion of the NCAA Division III Cross Country National Championships.

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National Coaches of the Year

Date Award Announced

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

Selection

1. Selected by a vote of USTFCCCA Division III Cross Country coaches.
2. Nominees include Division III Cross Country Regional Coaches of the Year, plus a write-in.
3. Vote is conducted online following the conclusion of the national championship races.

Eligibility

Programs must be members of a Division III 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.

Selection

1. Awarded to all recommended student-athletes who meet the following criteria:
 - a. The student-athlete must have a minimum cumulative grade point average of 3.30 on a 4.0 scale through the end of the fall semester of competition. Data must be certifiable by the institution's registrar.
 - b. The student athlete must have placed in the top 35 finishers of their respective NCAA DIII Regional Championship.
2. Forms are available online at the USTFCCCA website and must be received by the national office before the deadline established by the national office.

Eligibility

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

Award Distribution

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

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USTFCCCA Scholar Athletes of the Year

Date Award Announced

The USTFCCCA Cross Country All-Academic Individuals 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 III and one (1) women's Division III cross country student-athlete each year.
2. Student-athletes must meet the criteria for the USTFCCCA All-Academic Individual awards for Division III 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 III Cross Country Championships receive the designation of USTFCCCA Cross Country Scholar Athlete of the Year for Division III.

Eligibility

Programs must be members of a Division III 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.

USTFCCCA All-Academic Teams

Date Award Announced

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

Selection

1. Awarded to all recommended teams who meet the following criteria:
 - a. Team roster must include every individual who used a season of eligibility.
 - b. Institution must have competed and compiled a team score at the NCAA Regional Championship.
 - c. Graduate students must take all undergraduate plus graduate coursework into account.
 - d. An institution's team roster must have a minimum cumulative team grade point average of 3.1 on a 4.0 scale through the fall term, computed in the following manner:
 - i. Total the cumulative number of semester hours or quarter hours completed for all student-athletes who used a season of eligibility, including the most recent grading period;
 - ii. Total the cumulative number of quality points earned by all student-athletes who used a season of eligibility, including the most recent grading period;

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- iii. Divide the cumulative number of quality points earned by the cumulative number of semester or quarter hours completed.
2. Forms are available online at the USTFCCCA website and must be received by the national office before the deadline established by the national office.

Eligibility

Programs must be members of a Division III 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 All-Academic Individuals 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 III and one (1) women's Division III cross country team each year.
2. Teams must meet the criteria for the USTFCCCA All-Academic Team awards for Division III 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 III Cross Country Championships receive the designation of USTFCCCA Cross Country Scholar Team of the Year for Division III.

Eligibility

Programs must be members of a Division III 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.

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Other Awards

- ◇ Al Carius Program of the Year Award
- ◇ Deb Vercauteren Program of the Year Award

Al Carius Program of the Year Award

Date Award Announced

The Al Carius Program of the Year Award will be announced in the week following the NCAA Division III Outdoor National Track & Field Championships.

Selection

Award winners are selected annually as follows:

1. Awarded to one (1) men's Division III 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 women's program with the fewest total points receives the Al Carius Program of the Year Award.

Eligibility

1. Programs must be members of a Division III 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 III Cross Country, NCAA Division III Indoor Track & Field, and NCAA Division III Outdoor Track & Field National Championships in the same academic year.

Award Distribution

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

Named in Honor of...

USTFCCCA Hall of Famer and long-time North Central College head coach Al Carius. Carius is in his 44th year of service at North Central and has won 17 NCAA Division III National Championships.

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Deb Vercauteren Program of the Year Award

Date Award Announced

The Deb Vercauteren Program of the Year Award will be announced in the week following the NCAA Division III Outdoor National Track & Field Championships.

Selection

Award winners are selected annually as follows:

1. Awarded to one (1) women's Division III 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 Deb Vercauteren Program of the Year Award.

Eligibility

1. Programs must be members of a Division III 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 III Cross Country, NCAA Division III Indoor Track & Field, and NCAA Division III Outdoor Track & Field National Championships in the same academic year.

Award Distribution

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

Named in Honor of...

USTFCCCA Hall of Famer and current Wisconsin-Oshkosh women's coach Deb Vercauteren. Her Titans have won a combined 18 NCAA national titles and her student-athletes have combined to earn 347 All-American performances.