

PARTICIPANT

MANUAL



**2013 CROSS COUNTRY
CHAMPIONSHIPS**
DIVISION II
REGIONALS

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Host Personnel

Schedule of Events

(All Times Are Eastern Standard Time)

Saturday, November 9

- 10 a.m. to 5 p.m. **Course available for practice.**
- 7 to 8 p.m. Packet pickup.
 Sheraton-Needham Hotel
- 8 p.m. **Mandatory coaches meeting**
 Sheraton-Needham Hotel
(Directions: <http://www.sheratonneedham.com/hotel-directions>)

Sunday, November 10

- 11:30 a.m. **Course opens to competitors.**
 Please call Stephen Fitzgerald (Meet Director) for frost warning or
 severe weather updates on race day if needed.

Women's 6,000-Meter Championship Race

- 1:00 p.m. National Anthem
- 1:10 p.m. Women's competitors called to the start line (approximately 20
 minutes to start)
- 1:15 p.m. Begin clerking procedure
- 1:20 p.m. Second call to the start line (10 minutes to start)
- 1:25 p.m. Start line is cleared of all non-competitors (5 minutes to start)
- 1:27 p.m. Runners at the start line for instructions
- 1:30 p.m. Start of Women's 6,000 meter championship race

Men's 10,000-Meter Championship Race

- 2:10 p.m. Men's competitors called to the start line (approximately 20
 minutes to start)
- 2:15 p.m. Begin clerking procedure
- 2:20 p.m. Second call to the start line (10 minutes to start)
- 2:25 p.m. Start line is cleared of all non-competitors (5 minutes to start)
- 2:27 p.m. Runners at the start line for instructions
- 2:30 p.m. Start of Men's 10,000 meter championship race

Immediately following second race, recognition of top runners and teams.

Accommodations

The following is a list of area hotels and their contact information. The institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list.

Headquarter Hotel

Sheraton Needham Hotel

100 Cabot Street, Needham MA 02494

Phone: (781) 444-1110

<http://www.sheratonneedham.com/>

Rate: \$119

Other Hotels and Restaurants in the Area

Hilton Boston/Dedham

25 Allied Dr, Dedham, MA 02026

(781) 329-7900

<http://www3.hilton.com/en/hotels/massachusetts/hilton-boston-dedham-DDHDHFF/index.html>

Championship Format

Teams and individuals qualify for the national championships through participation in the regional meets. Teams are not reimbursed for participation in regional meets. A total of 32 teams and 24 individuals will be selected. The process for allocating the berths is outlined below:

Teams (32)

- The top three teams from each regional meet will automatically advance to the championship finals (24 teams total).
- Additional team allocations (eight) are awarded based on the following formula: Regions will be allotted one additional berth for each team finishing in the top eight in the previous year’s national championships. [NOTE: These additional allocations are awarded based on the institution, not the region. If an institution changes regions, the additional berth is awarded to the region in which that institution will participate for that championship season.]

Individuals (24 minimum)

- The top three individuals who are not part of a qualifying team will automatically advance to the championship finals (24 individuals total).
- All individuals who finish in the top five at the regional meet and are not part of a qualifying team will automatically advance to the championship finals.

Ties in regional qualifying meets in team competition shall be broken for the purpose of advancement to the championships finals by comparing the place finish of each team member 1-5 versus his or her respective competitor on the opposing team (Team A’s first finisher vs. Team B’s first finisher, etc.). The winner is the team winning the majority (best of five) of the comparisons.

Team allocations for each region are outlined below. Teams and individuals advancing to the finals will receive official notification by 5 p.m. Eastern time, Monday, November 11.

Region	Men’s Team Allocation	Women’s Team Allocation
Atlantic	3	4
Central	5	4
East	3	3

Midwest	4	4
South	3	3
South Central	6	6
Southeast	3	3
West	5	5

Teams and individuals advancing to the national championships will be recognized after the races. No official NCAA awards will be presented at the regional meets.

Competition Site

Maps, campus information:

Directions: http://usatfne.org/cross/applications/directions_franklin_park.pdf

Men's and women's course map

Women's 6K Course: http://usatfne.org/cross/i/franklin_pk6.png, also see Appendix A.

Men's 10K Course: http://usatfne.org/cross/i/franklin_pk10.png, also see Appendix A.

Banners and Artificial Noisemakers

No banners may be posted at the tournament other than the NCAA approved banners. Artificial noise makers, air horns, and electronic amplifiers are not permitted and shall be removed upon discovery.

Dressing Rooms

No Locker Rooms available on site.

Parking

Team Van Parking will be available on site. Vehicle passes are required and will be distributed at the coaches meeting

Bus Parking will be available in satellite lot – 200 meters from the finish line at entrance to the park.

Participant/Spectator Entrance

The main entrance to Franklin Park is on Circuit Drive.

Restrooms

Restrooms will be available behind starting line (10), finish line (5) and backstretch of field (5). A handicap accessible unit will be behind the starting line.

Starting Boxes

Starting boxes will be assigned to teams and individuals by a random draw. Starting box assignments will be communicated at the coaches meeting.

Drug Testing

All student-athletes are subject to NCAA drug testing at all NCAA championships or in conjunction with all postseason certified events. The goal of the drug-testing program is to

provide safe, fair and equitable competition as well as to protect the health and safety of all NCAA student-athletes participating in NCAA championships and postseason certified events.

The drug-testing program involves collecting urine specimens from student-athletes at various times throughout an NCAA championship. Student-athletes may be selected for drug testing based on their place of finish, playing time, position and/or an approved random selection method. A student-athlete may be selected for drug testing on more than one occasion during the championship event. All urine specimens provided by student-athletes are analyzed by a World Anti-Doping Agency (WADA) accredited laboratory and the results are then reported to the institution's director of athletics.

The WADA laboratory analyzes each urine specimen for substances and related compounds from a list of banned-drug classes developed by the NCAA Executive Committee. The NCAA Banned-Drug Classes List is comprised of substances that are performance-enhancing and/or potentially harmful to the health and safety of the student-athlete. The 2013-14 list includes drugs in the following classes: stimulants, anabolic agents, diuretics and other masking agents, peptide hormones and analogues, street drugs, beta blockers and alcohol (rifle only) beta-2 agonists and anti-estrogens. Refer to the 2013-14 Drug-Testing Programs booklet or the NCAA Web site (www.ncaa.org/drugtesting) for the published list of banned drug classes and the procedural guidelines for testing. Athletic administrators are urged to review the NCAA Drug Education and Testing video, the NCAA Banned Drug Classes List as well as the NCAA Drug-Testing Program booklet with all coaches and student-athletes in advance of any NCAA championship or postseason certified event. Student-athletes who test positive as a result of a drug test administered by the NCAA or who breach the NCAA drug-testing program protocol shall lose one year of eligibility and shall be charged with the loss of a minimum of one season of competition in all sports.

Additional information regarding the NCAA's championship drug-testing program can be found at www.ncaa.org/drugtesting.

Entry Procedures

In order to be eligible for participation in the regional and national meets, institutions must submit an NCAA official online entry form through Direct Athletics prior to the regional cross country meet. Coaches may enter up to 10 eligible student-athletes on the online entry roster form, of which no more than seven must be declared to participate the day prior to competition. Coaches may make changes to the 10 student-athletes listed on the entry roster form up through the end of declarations. It is not necessary for student-athletes representing a qualified team at the finals to have competed in regional competition. Any student-athlete competing at regionals and/or nationals must be an NCAA eligible student-athlete.

The entry form will be available beginning at 8 a.m. Eastern time, Monday, October 28. **All entry roster forms must be submitted by midnight Eastern time, Wednesday, October 30.** The online entry roster form can be accessed through Direct Athletics at www.directathletics.com. If you experience technical difficulty using the online entry system, please contact DirectAthletics (support@directathletics.com; phone: 347/674-3002).

Late online entry form submissions will result in a fine of \$400 per team, per gender, or may not be accepted. Letters will be sent to institutions owing a fine prior to regionals.

Please follow instructions below to complete your entries for the regional/national championship:

Please note: If you already have a DirectAthletics account for your team, you should login at www.directathletics.com and use your existing account to submit your entries. The NCAA entry process is no different than submitting entries to other DA meets. If you know you have an account but have forgotten your username/password, you can click the “I forgot my password” link in the login box.

STEP 1—Creating a DirectAthletics Account

If you are new to DirectAthletics, you will be able to create an account for your team by following the instructions below:

1. Go to www.directathletics.com/ncaa.html.
2. On the right side (in the New Account Creation box), select your division.
3. Select your team, choosing only what genders you are submitting entries for. Enter your contact information—this information will be used only by the NCAA and the meet hosts. Last, enter the username and password you would like for your account. Please choose a username that is unique—common usernames like “bears” or “adam” or “track” are likely to be taken.
4. Click Continue and you will be brought to the default Team Roster page. You can see what team you are controlling by looking at the Team dropdown on the navigation bar across the top of your account [i.e., Texas (Men)]. If you have a men’s and women’s account, it will usually default to men first.
5. Follow Step 2 below to enter your roster.

STEP 2—Setting Up Your Online Roster

Before submitting your entries for the championships, you must first add all attending student-athletes to your DirectAthletics roster:

1. On the default Team Roster page, click the green “Add Athletes” link above “Welcome to your DirectAthletics account!”
2. Select the number of student-athletes you wish to enter. You can always add more later.
3. Enter your student-athletes’ first names, last names and school years and click “Submit”. Please be aware of what gender you are entering—you will complete the roster and entry process for one gender first, and then repeat the process for the other gender (see the Important Notice after Step 3 below)

4. The system will display the student-athletes you have added to your roster. You are now ready for the final step of Submitting Your Roster/Entries.

STEP 3--Submitting Your Roster/Entries

Once your student-athletes are added to your roster, you must submit your roster to the NCAA Division I Championships.

1. Click the HOME tab in the upper left of the site. Under Upcoming Meets, click the green Register button next to the NCAA Division I Championships.
2. Check off the box for each student-athlete you wish to enter. You can check the top box to select (or un-select) your entire roster. If you have left anyone off your roster accidentally, you can add them using the “Add New Entry” box.
3. When you have completed your entries, click “Submit”. You MUST click “Submit” to submit your entries.
4. You will see your current, submitted entries on the “View Entries” page. For entry confirmation, click the link for a printable receipt or click the Email Confirmation link at the top of the “View Entries” page. An Email Confirmation will be sent to the email address in your account.
5. At any time before the entry deadline, you may edit your entries by clicking the “Edit Entries” link next to the meet in the HOME tab.

Please note if you are entering Men AND Women, you will now repeat Steps 2 and 3 with the other gender. Select the opposite gender from the Team dropdown on the navigation bar across the top of your account. Repeat Steps 2 and 3. You must request separate email confirmations for Men and Women.

REMINDER: It is the coach’s responsibility to inform the track and field committee immediately if for some reason a student-athlete entered and selected to compete in any national competition cannot compete.

Declarations/Package Pick-up

Declarations and packet pick-up will be held from 7 to 8 p.m. Eastern Standard Time, Saturday, November 9, at Sheraton-Needham Hotel. Declarations must be made in person. The seven student-athletes competing in the meet must be declared at this time. Coaches can declare student-athletes from the entry roster submitted on Direct Athletics or any other eligible student-athletes. A representative of the student- athletes’ institution must declare for a team/individual. Late declarations will result in a fine.

Course maps and descriptions will also be available and host representatives will be there to answer any questions on the course. Coaches with outstanding fines will not receive their packets until the fine is paid.

Substitutes

Substitutions are allowed up to 45 minutes before the start of the race at the championships. A certification of illness or injury by the designated meet physician/athletic trainer is required, and the substitution must be approved by the referee.

Squad Size

Teams are limited to a maximum of seven competitors. Institutions entering **five to seven** runners in the meet must compete as a team. If fewer than five competitors run, they will compete as individuals.

Evacuation/Severe Weather Plan

Lightning Policy

Following NCAA protocol, we will be using WeatherSentry online lightning detection and weather monitoring system. Once lightning enters the 30 mile radius of competition, we will begin preparations to protect the student-athletes and spectators. Once lightning enters an 8 mile radius of our site, 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.

Shelter Locations

White Stadium (located in Northeast corner of course.)

Severe Weather Plan

The responsibility for terminating an athletic activity in the event of lightning, severe weather, and/or storms lies with the certified athletic trainer in conjunction with the Tournament Manager. The certified athletic trainer will communicate with the Tournament Manager and/or his/her designee of the potential for a lightning strike, severe weather, and/or storm, and will make the recommendation that all activities stop immediately, when appropriate. The policy of the Stonehill College Athletic Department will be as follows: If severe weather approaches and is determined lightning is within 8 miles of the site, the races will be stopped and or delayed until there is an all clear (30 minutes) from the Weather Sentry system. **IN the event of a stoppage or delay all activities are to cease immediately, and ALL personnel and competitors are to evacuate to a safe structure or location.** Radio/cell phones will be the communication pathway to inform the Medical Coordinator of lightning. The use of radios, cell phones and walkie-talkies/air horn will be used to alert the appropriate people to start the evacuation process.

Finish Line Procedure

We will be using D-Tag chip timing in the bib numbers. Runners should continue racing past both sets of mats at the finish line. Once they have crossed the mats, runners should continue to move through the finish chute as quickly as possible. Runners need not maintain their order of finish in the chute. Water and trainers will be available at the end of the finish area. Coaches and fans can wait for runners outside of the finish. **We do not need anything returned following the race.**

Mandatory Administrative Meeting

Coaches are required to attend the mandatory administrative meeting on Saturday, November 7 at 8 p.m. Eastern Standard Time at the Sheraton-Needham Hotel. Prior to the meeting starting coaches may pick up their packets. Directions to the meeting can be found at <http://www.sheratonneedham.com/hotel-directions>.

Merchandise

Merchandise will be available for purchase from noon to 4 p.m. Saturday, November 9 at the course and at the course Sunday, November 10 from 11:30 a.m. through the conclusion of the second race.

Participant Expectations and Guidelines

Conduct Policy Statement

The NCAA expects each championship to exhibit an experience that represents the highest level of fair play and good sportsmanship. The NCAA and the NCAA Division II Championships Committee expect that student-athletes, coaches and administrators do their best to ensure participation in intercollegiate athletics promotes character development for all participants, enhances the integrity of higher education, and promotes civility; therefore championship events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletic participation, but also in the broad spectrum of activities associated with the championship event. Accordingly, the Championships Committee will take strong action in response to any form of misconduct by student-athletes, coaches and/or administrators during the entire championship. This includes criticism of officials and a misconduct incident at the competition.

Any institution who fails to submit a complete and accurate Division II Code of Conduct form before the start of the first competition of the championship, will be issued a fine of \$500, with a private letter of reprimand to be sent to the to the conference commissioners, university president, university athletics director, senior woman administrator, sports information director and compliance director.

Expectations

Each games committee shall hold a pretournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct (as defined in Bylaw 31.02.3). The Division II Championships Code of Conduct is to be part of the championship packet, and delivered to all institutional representatives attending the championship events.

If the act of misconduct occurs during the competition, under normal circumstances, the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship (i.e., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after

this action. Other actions of misconduct shall be dealt with in a timely manner by the governing sports committee.

Expectations for Student-Athletes, Coaches and Administrators

- Submit an accurate and complete Division II Code of Conduct Form before the start of the first competition of the championship.
- Cooperate and participate in game ceremonies, team meetings, community engagement and championship events.
- Discuss misconduct and possible consequences with all members of the travel party.
- Have an administrator or designee present at all competitions.
- Communicate issues and concerns in an honest and timely manner with NCAA staff.
- Follow team, university and NCAA guidelines throughout all championship-related activities.
- Be respectful of other participants, spectators, coaches, administrators and other individuals at the championship site.
- Abide by state and federal laws, and facility requirements throughout the championship event.
- Display acceptable behavior on and off the playing field to ensure a positive experience for all participants.

Misconduct

The championship handbook and NCAA Division II Manual Bylaw 31.02.3 defines misconduct as: **“... is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.”**

Possible Penalties for Misconduct

In accordance with Bylaw 31.1.8.3, the governing sports committee (or the games committee authorized to act for it) may impose any one, or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the championship event. The penalties include, but are not limited to:

- Public or private reprimand of the individual;
- Financial penalty;
- Disqualification of the individual from further participation in the NCAA championship involved and/or banishment of the individual from participating in one or more subsequent championships of the sport involved;
- Cancellation of payment of the Association’s travel guarantee to the institution for the individuals involved;
- Withholding of all or a portion of the institution’s share of revenue distribution;
- Banishment of the institution from participation in one or more subsequent championships in which its team in that sport otherwise would be eligible to participate;
- Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships; and/or
- Cancellation of all or a portion of the honorarium for hosting an NCAA championship.

All correspondence regarding violation of the Code of Conduct will be sent to the President/Chancellor of the institution, with a copy to the Director of Athletics and person(s) involved.

Participation in an NCAA championship is an accomplishment and it is expected that individuals and teams are committed to ensuring that the championship is a positive experience for all participants, fans and volunteers. Participation in these championship events is a privilege for the student-athletes, coaches and administrators and should be treated as such. Again, congratulations to you and your team. We hope this year's championships experience is one that you will cherish for years to come.

All members of the travel party should have submitted the Division II Code of Conduct form prior to regional competition. The code of conduct form is available online (NCAA.org, Championships Administration, Division II Cross Country).

Sports Wagering

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Tobacco Ban

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

Practices

The course will be available for practice from 10 a.m. to 5 p.m., Saturday, November 9, and a certified athletic trainer will be available during these times. The course will be officially marked by Friday afternoon.

Protest Procedures/Appeals

All protests shall be written on the carbon copy NCAA Cross Country/Track and Field Protest Form, which will be located next to the finish line. One copy shall be posted, and the other copies shall be given to the referee. The referee's decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach, and the other copy shall be placed in the committee's files. A \$50 deposit is required for all protests and appeals, which will be returned if the protest is successful in reversing the official decision, or if the appeal is granted. Protests will be accepted up to 30 minutes after the posting of the results of the last events.

Sports Information/Results

Official race results can be found online at **NCAA.com** after the completion of each race. Live results will be available at www.plattsys.com and www.stonehillskyhawks.com.

At the meet - members of the media and coaching staffs (with ticket) may pick up results in the trailer area behind the finish line.

Contact Doug Monson (dmonson@stonehill.edu) at Stonehill College for more information.

Championship Websites

The official website for the championships is available at www.NCAA.com. Additional information specific to participants can be found on NCAA.org. Locally, www.stonehillskyhawks.com will have all the information.

Sports Medicine

Ambulance

An ambulance will be on site during the Championship.

Athletic Trainers

Certified athletic trainer(s) shall be available in the athletic training facility and assist the participating institutions' sports medicine staff. Certified athletic trainer(s) shall be on site for each scheduled practice or competition. Physician(s) shall be on-call or on site for all practice and game days, depending on the sport. When applicable, the host institutions shall provide specialty physicians (e.g., dermatologists, orthopedic, ophthalmologist), dentist, x-ray technicians, emergency medical technicians (EMTs) or licensed massage therapists.

Athletic Training Hours

Saturday	noon to 4:00 p.m.
Sunday	11:30 a.m. to 4 p.m.

The training room is located at the finish line. The training room is equipped with treatment tables and a hydrocollator. There will also be a training area set up on the course Sunday. If you have any special needs, please contact Peter Krysko (pkrysko@stonehill.edu; 508/565-1514).

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow

their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championships, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details please refer to the "NCAA Sports Medicine Handbook Guideline on Concussions" online at www.NCAA.org/health-safety.

Hydration

Water will be available at the trainer's tent by the finish line and at the starting line.

Medical Examinations

As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA tournament physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness or other medical condition (e.g., skin infection) may expose others to a significantly enhanced risk of harm and, if so, to disqualify the student-athlete from continued participation. For all other instances, the student-athlete's on-site team physician can determine whether a student-athlete with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA tournament physician will examine the student-athlete and has valid medical authority to disqualify him or her if the student-athlete's injury, illness or medical condition poses a potentially life threatening risk to himself or herself. The chair of the governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Team Tents

Team Tent area will be designated behind the starting line on the outside of the course and outside of the backstretch in Playstead Field. Please see course maps in Appendix A.

Tickets

No Admission will be charged.

Transportation/Travel Information

All transportation needs will be the responsibility of the participating team.

Directions to Course

The Franklin Park course is located Circuit Road, Boston MA along side the Franklin Park Zoo.

Driving directions can be found at:

http://usatfne.org/cross/applications/directions_franklin_park.pdf.

Uniforms

When engaged in competition, each competitor must wear an official team uniform with components governed by the rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally 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. Uniforms for all cross country student-athletes must meet the following criteria:

- 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 (i.e., 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 bottoms, 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.
- g. 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.
- h. 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.

No watches may be worn by the competitors during competition.

Logo Policy

(Reference: Bylaw 12.5.4 in the NCAA Divisions II Manual.)

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g., celebrations on the court, pre- or postgame press conferences), provided the following criteria are met:

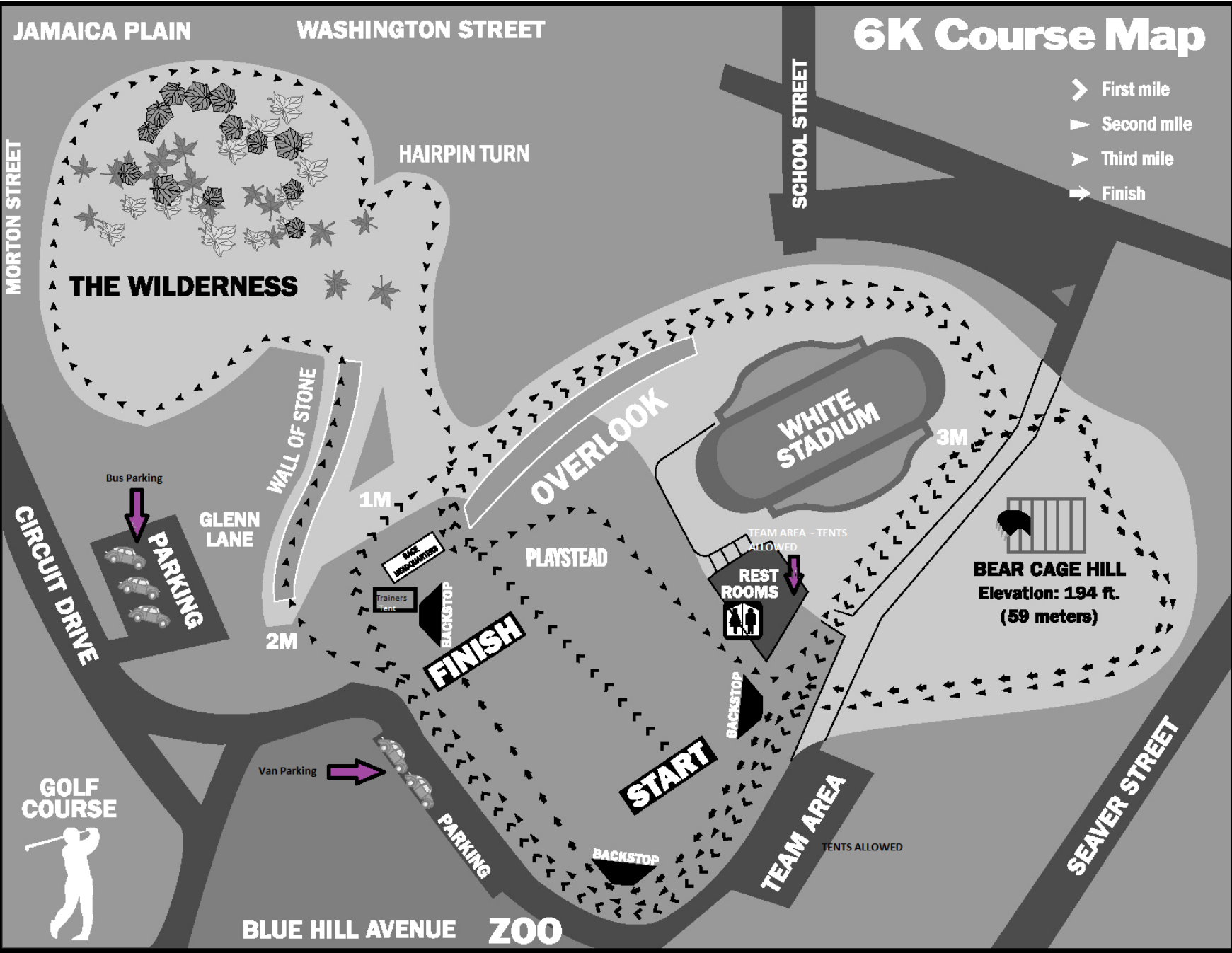
Athletics equipment (e.g., shoes, helmets, baseball bats and gloves, batting or golf gloves, hockey and lacrosse sticks, goggles and skis) shall bear only the manufacturer's normal label or trademark, as it is used on all such items for sale to the general public; and

The student-athlete's institution's official uniform (including numbered racing bibs and warm-ups) and all other items of apparel (e.g., socks, head bands, T-shirts, wrist bands, visors or hats, swim caps and towels) shall bear only a single manufacturer's or distributor's normal label or trademark (regardless of the visibility of the label or trademark), not to exceed 2 1/4 square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athlete's institution's official uniform and all other items of apparel shall not bear a design element similar to the manufacturer's trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

For more information regarding players' equipment and uniforms, refer to Rule 4 of the 2013-2014 NCAA Rules and Interpretations book.

6K Course Map

- > First mile
- > Second mile
- > Third mile
- Finish



JAMAICA PLAIN

WASHINGTON STREET

6K Course Map

- > First mile
- > Second mile
- > Third mile
- Finish

MORTON STREET

THE WILDERNESS

HAIRPIN TURN

SCHOOL STREET

WALL OF STONE

GLENN LANE

Bus Parking

PARKING

1M

2M

OVERLOOK

PLAYSTEAD

WHITE STADIUM

3M

TEAM AREA - TENTS ALLOWED

REST ROOMS

BEAR CAGE HILL
Elevation: 194 ft.
(59 meters)

FINISH

START

PARKING

Van Parking

BACKSTOP

TEAM AREA
TENTS ALLOWED

BACKSTOP

SEAVER STREET

GOLF COURSE



BLUE HILL AVENUE ZOO

