

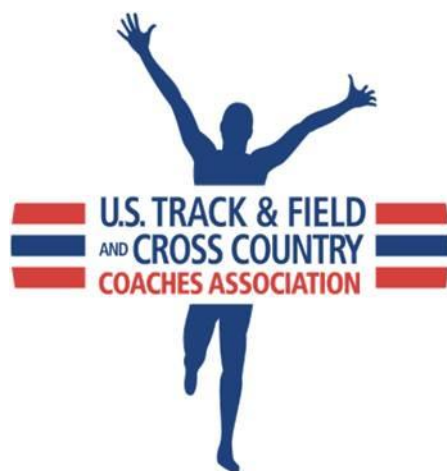
**USTFCCCA
NCAA DIVISION II
CROSS COUNTRY
MEDIA HANDBOOK
2009**



Updated August 19, 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

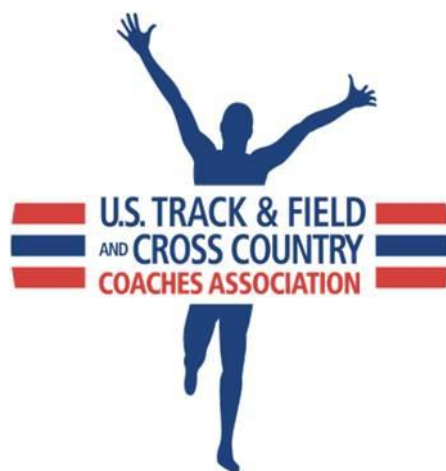
USTFCCCA
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Division II Cross Country Polls

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Regional Rankings

Division II Cross Country Regional Rankings are released by the USTFCCCA national office on Tuesdays during the cross country season. Dates are predetermined by the Division II Cross Country Polls 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 II Cross Country Championships.

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

The members of the Cross Country Polls Committee determine the regional rankings for the top ten (10) teams in each gender in the region they represent.

National Polls

Division II Cross Country national polls are released by the USTFCCCA national office on Wednesdays during the cross country season. Dates are predetermined by the Division II Cross Country Polls Committee. The top 25 teams in each gender are ranked.

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

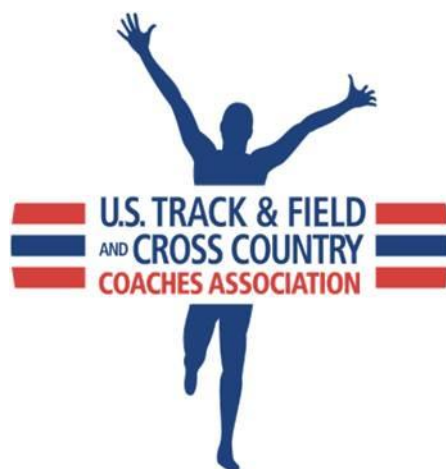
Regular Polls: The first regular season poll is released on Wednesday ten (10) weeks prior to the Division II Cross Country Championships. Weekly polls are released on Wednesdays beginning eight (8) weeks prior to the Division II Cross Country Championships and ending with the Wednesday following the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

The poll coordinators determine the national rankings based on the regional rankings.

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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 15, 2009	September 16, 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 10, 2009 (Regional Results)	November 11, 2009
	November 25, 2009 (National Results)



Division II Cross Country Post Season Schedule

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2009 Cross Country Regional Championship Sites

November 7th, 2009

Atlantic Region

Host: Mansfield University

Competition Site: Lambs Creek Recreation Area

Central Region

Host: Wayne State College (Nebraska)

Competition Site: Wayne State Country Club

East Region (November 8th, 2009)

Host: University of Massachusetts at Lowell

Competition Site: Franklin Park

Midwest Region

Host: University of Wisconsin-Parkside

Competition Site: Wayne E. Danehl XC Course

South Central Region

Host: Abilene Christian University

Competition Site: Sherrod Residential Park

South Region

Host: University of Tampa

Competition Site: Sydney Dover Horse Trails

Southeast Region

Host: Wingate University

Competition Site: Wingate Cross Country Course

West Region

Host: San Francisco State University

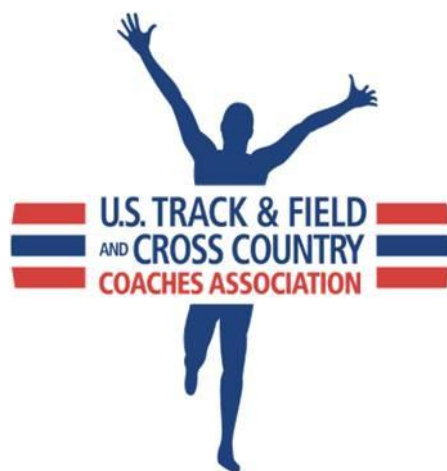
Competition Site: Golden Gate Park

2009 Cross Country National Championship Site

November 21st, 2009

Host: University of Southern Indiana

Competition Site: University of Southern Indiana Cross Country Course



Division II 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
- ◇ Cross Country Athletes of the Year
- ◇ Cross Country 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 II Cross Country Regional Championships.

Selection

Awarded to the top 15 finishers at the NCAA Division II Cross Country regional meets in each region and gender.

Eligibility

1. Programs must be members of a Division II 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 15 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 II Cross Country Regional Championships and will be given out on-site.

Selection

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

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Eligibility

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

Selection

1. Selected by a vote of Division II 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 II 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 II 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 site of the NCAA Division II Cross Country National 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 II Regional Cross Country Championships.

Selection

1. Selected by a vote of Division II 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 II 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 II 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 site of the NCAA Division II Cross Country National Championships.

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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 II Cross Country National Championships.

Selection

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

Eligibility

Programs must be members of a Division II 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

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.

NOTE: The NCAA does not select All-Americans in any sport.

USTFCCCA Cross Country National Athletes of the Year

Date Award Announced

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

Selection

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

Eligibility

Programs must be members of a Division II 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 Cross Country 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 II National Cross Country Championships.

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Selection

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

Eligibility

Programs must be members of a Division II 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 nominated student-athletes who meet the following criteria:
 - a. The student-athlete must have completed at least 12 semester/quarter hours through the semester of competition at the institution to be eligible.
 - b. The student-athlete must have at least a 3.25 cumulative grade point average on a 4.0 scale through the end of the semester/quarter of competition.
 - c. The student athlete must have placed in the top 30% of the total number of athletes eligible to compete at the respective regional championships (total Division II teams in the region multiplied by seven (7) runners per team), rounding up if necessary, or in the top 50% of the field at the NCAA Division II Cross Country Championships.
2. Nomination forms are available online at the USTFCCCA website and must be submitted to the national office before the deadline published by the national office.

Eligibility

Programs must be members of a Division II 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.

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Selection

Award winners are selected annually as follows:

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

Eligibility

Programs must be members of a Division II 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 Teams will be announced starting the last week of February.

Selection

1. Awarded to all nominated teams who meet the following criteria:
 - a. Team cumulative grade point average of 3.0 on a 4.0 scale, computed by the following method:
 - 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 including the most recent grading period;
 - iii. Divide the cumulative number of quality points earned by the cumulative number of semester or quarter hours completed.
 - b. All eligible student-athletes whose names appear on the NCAA Eligibility Form and used a year of eligibility must be included.
 - c. The team must have competed and compiled a team score at an NCAA Division II regional meet.
2. Nomination forms are available online at the USTFCCCA website and must be submitted to the national office before the deadline published by the national office.

Eligibility

Programs must be members of a Division II 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

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

Eligibility

Programs must be members of a Division II 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

- ◇ Division II Men's Program of the Year Award
- ◇ Division II Women's Program of the Year Award

Men's Program of the Year Award

Date Award Announced

The Division II Men's Program of the Year Award will be announced in the week following the NCAA Division II Outdoor National Track & Field Championships.

Selection

Award winners are selected annually as follows:

1. Awarded to one (1) men's Division II 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 Men's Program of the Year Award.

Eligibility

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

Award Distribution

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

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Women's Program of the Year Award

Date Award Announced

The Division II Women's Program of the Year Award will be announced in the week following the NCAA Division II Outdoor National Track & Field Championships.

Selection

Award winners are selected annually as follows:

1. Awarded to one (1) women's Division II 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 Women's Program of the Year Award.

Eligibility

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

Award Distribution

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