



GENERAL INFORMATION

ALL TIMES ARE EASTERN STANDARD

Date:

Monday, November 24, 2008

Site:

LaVern Gibson Championship Cross Country Course located at the Wabash Valley Family Sports Center in Terre Haute, Ind.

Race Times (All Times Are Approximate):

Women Called to Start	11:45 AM
Women's 6,000 Meter Race	12:08 PM
Men Called to Start	12:25 PM
Men's 10,000 Meter Race	12:48 PM

Entry Form:

Entry Forms. The entry form for the championships can only be submitted online (through Direct Athletics) and can be accessed via the following Web sites (the entry forms WILL NOT be sent to your institution):

- * NCAA Web site: <http://www.ncaa.com/crosscountry/default.php?id=858>
- * Direct Athletics Website: <http://www.directathletics.com>
- * Indiana State Website: <http://www.GoSycamores.com>
- * Regional hosts Websites.
- * USTFCCA Website: <http://ustfccca.cstv.com>

Coaches will be allowed to submit a maximum of 15 student-athletes on the entry form. Only the 15 student-athletes listed on the entry form may compete in the regional and/or national championships meets. Coaches will not be able to change the 15 student-athletes on the entry form should the team qualify for the national championship meet. Coaches must submit the forms ONLINE by 5 p.m. Eastern time, Thursday, November 6. Institutions submitting late entries are subject to a fine. Each institution should print a copy of its entry forms to hand carry to the regional and national sites.

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National Championship Meet Declaration:

Coaches whose teams advance to the national championships meets will declare during packet pickup (Sunday, November 23) eight of the 15 runners submitted on their original entry form (seven competitors and one substitute). The runners declared for the national championships meets may be different than those that competed at the regional meet, but all must have appeared on the original entry form submitted by the November 6 deadline.

Course Inspection:

The course will be open for inspection at the following times:

- **Saturday, November 22, 9:00 to 5:00 PM**
- **Sunday, November 23, 9:00 to 6:00 PM**

However, the course may be closed during early-morning hours if there is significant frost on the course. Runners will not be able to practice on the course until it is cleared by the grounds/maintenance crew at the course in order to preserve optimal course conditions.

Course Markings:

The course is marked by double white lines and natural boundaries. Umpires will be stationed throughout the course. Splits will be given at every mile & kilometer marker.

Dressing Rooms:

All competitors should dress before coming to the race site. There are no dressing facilities available at the course.

Scoring:

NCAA rules for cross-country scoring will be followed. For scoring procedures, please consult the 2008 NCAA Men's & Women's Track and Field/Cross Country Rules Book.

Banquet:

The Championship banquet will take place on Saturday, November 22, 2008, in the ISU Hulman Center at 6:30 p.m. Each team will receive 10 complimentary admissions into the banquet for their official travel party (seven student athletes & three non student athletes). Institutions with individual qualifiers will receive one for the coach and one for the student athlete. Check in for the banquet is located at the West Entrance of the ISU Hulman Center (along 8th Street). Additional dinners may be purchased at the banquet for \$20.

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Declarations & Pick up:

Will be from 2:00-3:30 p.m. on Sunday, November 23, 2008, at the Holiday Inn's Chestnut Room East. Please refer to the enclosed letter from ISU's Athletic Training Department for packet/credentials pick up for your athletic trainers.

Meetings:

All meetings are slated for Sunday, November 23, 2008, at the Holiday Inn located at 3300 US Highway 41 South.

Meetings

NCAA Press Conference with select coaches
NCAA Declarations & Packet Pick Up
NCAA Mandatory Technical Meeting

Time

1:00-2:30 PM
2:00-3:30 PM
3:30-4:30 PM

Room

Chestnut West
Chestnut East
Chestnut Center & West

Awards:

Will be presented at the projected time of 1:40 p.m. for the women and 1:55 p.m. for the men. Team awards are presented to the top four teams. The top 25 individuals will be recognized with the top 15 receiving an award. The award ceremony will take place in the awards area located west of the press box.

Results:

Each participating team will receive one copy of the official results as soon possible after the NCAA Committee has verified the finishes. Results will also be posted on the NCAA web site (www.NCAA.com) and the Indiana State University web site (GoSycamores.com).

Drug Testing:

NCAA drug testing procedures may be implemented, and if notified, student athletes should be prepared to participate in the process.

NCAA Championship Qualifiers:

Individual and team at large qualifiers will be posted on the NCAA website (www.NCAA.com) by 7:00pm Eastern Standard Time on Sunday, November 16, 2008.

Merchandising:

Official NCAA cross country championship merchandise may be purchased at the banquet and at the course on race day.

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