

NEW YORK STATE COLLEGIATE TRACK CONFERENCE



CROSS COUNTRY CHAMPIONSHIP

ST. LAWRENCE
UNIVERSITY

C a n t o n , N Y

N o v e m b e r 4 , 2 0 0 6

2006 NYSCTC
Cross Country Championship

St. Lawrence University
 Ronald C. Hoffmann Cross Country Course
 Saturday, November 4, 2006

St. Lawrence University is honored to be hosting the New York State Collegiate Track & Field Conference Cross Country Championship on the Ronald C. Hoffmann Cross Country Course. This course has been developed and groomed for championship races since its debut in its current form in 2001 with our annual Ronald C. Hoffmann Cross Country Invitational. This course also played host to the 2004 Atlantic Regional with the exception of the 6k for women versus the 5k that will be contested on November 4th. We hope that you will find all of the following information helpful when you make your plans to visit St. Lawrence University and the NYSCTC Championship on November 4th.

MEET DIRECTOR:

Mike Howard
Augsbury Center
St. Lawrence University
Canton, NY 13617
Fax: 315-229-5589

Phone:

315-229-5883

E-mail

mhoward@stlawu.edu

INITIAL ENTRIES:

An initial entry roster (excel entry form) of all potential competitors must be emailed to John Newman at St. Lawrence and Jim Nichols (NYSCTC Treasurer) at Ithaca College by Saturday, October 21, 2006. Any late roster additions after October 21, 2006 must be petitioned to the Executive Committee and if accepted will be subject to a \$50.00 fine.

Jim Nicholsjnichols@ithaca.edu**Head Track & Field Coach****Ithaca College****201 Ceracche Athletic Center****Ithaca, NY 14850****Phone: 607-274-3745****Fax: 607-274-1667****John Newman**jnewman@stlawu.edu**USER FEE:**

A "users" fee of \$3.00 per athlete entered on the initial entry roster should be paid prior to the start of the championship by sending to the NYSCTC Treasurer (Jim Nichols). Checks should be made payable to: NYSCTC and is due by the time of packet pick-up.

FINAL DECLARATIONS:

Athletes must check-in with the starting line official at their assigned starting box 20 minutes prior to the start of their respective race. A maximum of 10 athletes are eligible to compete per institution in each race.

**CHAMPIONSHIP
SCHEDULE:****Men's Championship 8k****11:00 A.M.****Women's Championship 5k****12:00 Noon****Awards Ceremony****1:15 P.M.**

COURSE DESCRIPTION: The women will run 5k and the men will run 8k on the Ronald C. Hoffmann Cross Country Course. The course consists of all grass in the start/finish areas (400m+) with both cinder trail and pine needle woods trail.

The approximate breakdown of surfaces is as follows:

	Women's 5k	Men's 8k
Grass	2000m	3800m
Cinder Trail	600m	1800m
Woods Trail	2400m	2400m

COURSE RECORDS: **5k-Debbie Maklin (Unattached) 18:44 '03**
8k-Ted Turner (SUNY Geneseo) 24:52.5 '04

COURSE PREVIEW: The course will be marked and flagged for a preview on Friday, November 4th starting at 12:00 Noon.

PACKET PICK-UP: Coaches may pick up meet packets in the Newell Field House Control Room (adjacent to entrance to the indoor track) on Friday and at the Start/Finish area Tent on Saturday.

TIMING and RESULTS: Two timing systems will be used at the championship. A system including Finish Lynx as well as a manual timing method will be incorporated. Results will be available on the 2006 NYSCTC Cross Country Championship Site, the NYSCTC Web Site and the St. Lawrence Men's and Women's Cross Country Web Sites immediately following the conclusion of the races.

RULES/SCORING: NCAA & NYSCTC Rules apply.

AWARDS: The awards ceremony will take place at the start/finish line area if weather permits at 1:15 P.M. Medals and certificates will be awarded to the top 21 finishers in each race. This includes NYSCTC 1st Team (1-7), NYSCTC 2nd Team (8-14) and NYSCTC Honorable Mention Team (15-21). Championship trophies will be presented to the Men's and Women's Team Champions as well as the 2nd and 3rd Place Teams, Runner of the Year, Rookie of the Year and Coach of the Year. Ballots for these awards will be in your meet packet and shall be returned by 1:00 to the finish line tent.

PROTESTS: *NYSCTC Article VIII, Section 1.*
All protests must be submitted in writing by the Head Coach or Authorized Representative to the referee.
NYSCTC Article VIII, Section 2.
To be officially considered, all protests must be filed within one half hour following the posting of results of an event or ruling associated with the protest. *NYSCTC Article VIII, Section 3.*
All protest of the seeding procedures or petitions for acceptance of late declarations will be heard by the Executive Committee of the Association. *NYSCTC Article VIII, Section 4.*
After the scheduled beginning of competition, the Referee shall be the sole and final arbiter of all protests.
Also, protest forms will be available in your final meet information packet.

RESTAURANTS & LODGING: See enclosed sheets.

DIRECTIONS TO SLU: See website.

PARKING: Parking for team vehicles will be available in the parking lot across the street from Augsburg/Newell Complex. Bus and overflow parking is available next to Appleton Arena.

LOCKER ROOMS: Locker rooms are located on the lower level of the Augsburg P.E. Center. Towels and Locks are the responsibility of the visiting teams.

WARM-UP AREAS: Leithead and Newell Field Houses will also be available for warm-ups

TRAINING ROOM: The Athletic Training Room is located on the lower level of the Newell Center. The Athletic Training Room will be open by 12:00 Noon. on Friday, November 3rd and by 9:00 A.M. on Saturday, November 4th. Please bring your own tape and supplies. If other arrangements are necessary, you should have your athletic trainer contact Ron Waske at 315-229-5759. Ice and water will be available at the finish line.

INSURANCE: Insurance coverage shall be the responsibility of each participating institution.

EMERGENCY NUMBERS:	SLU Security	315-229-5555
	Canton-Potsdam Hospital	315-265-3300
	Canton Rescue Squad/Village Police	911

SPORTS INFORMATION: Wally Johnson, Sports Information Director, phone: 315-229-5588

T-SHIRTS: Commemorative T-Shirts will be on sale Friday and Saturday

NYSCTC WEB SITE Course Maps

DOCUMENTS: Top performers on each Course

Initial Entry Form

Past years results

Championship History

Directions to St. Lawrence

List of area restaurants

List of area lodging

St. Lawrence Campus Map

COACHES CHECKLIST:

- Saturday, October 21 -Initial Roster due
- Process paperwork for "user fee" (must pay prior to start of championship)

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ATHLETIC TRAINING INFORMATION

On behalf of the St. Lawrence University Athletic Training Staff I would like to extend a warm welcome to each of the participating teams in this year's NYSCTC Championships. We are proud to be hosting this event at St. Lawrence and welcome the opportunity to assist you with your Athletic Training needs while you are at the Championships.

The Athletic Training Center is located on the lower level of the Augsbury PE Center, which is located directly behind the Track and Field Stadium. For this year's Championships, we will be providing the following services:

1. The Athletic Training Room will be open 2 hours prior to competition on Saturday, November 4th and from 12:00 noon until 6:00 P.M. on Friday, November 3rd.
2. A Certified Athletic Trainer will be on sight throughout the duration of the Championship. Water and ice will also be available on sight.
3. Please bring any needed tape with you and our staff will assist you with taping, wrapping and treatments.

Please take note that it is our policy to require authorization from your Certified Athletic Trainer or Doctor's prescription to provide any form of therapeutic treatments, i.e. ultrasound, whirlpool, etc... Questions regarding the specifics of this policy should be directed to a member of our Athletic Training Staff prior to the championships.

Important Numbers:

Ronald Waske, Head Athletic Trainer
Augsbury PE Center
St. Lawrence University
Canton, NY 13617
315-229-5759
315-229-5589 (fax)

If you have any further questions, please do not hesitate to contact me.

Ron Waske