

**National Junior College Athletic Association
2009 Division I
Cross Country National Championships**



**Hosted by:
Illinois Central College**

**Newman Golf Course
2021 W. Nebraska Avenue
Peoria, IL 61604
November 14, 2009
www.icc.edu/xcnationals**



2009 NJCAA DIVISION I
CROSS COUNTRY
NATIONAL CHAMPIONSHIPS
NEWMAN GOLF COURSE
NOVEMBER 14, 2009
PEORIA, ILLINOIS

Web Page

Meet web page can be found at www.icc.edu/xcnationals

Meet Host

Illinois Central College
One College Drive
East Peoria, IL 61635
309-694-8971
Fax 309-694-8820

Meet Contacts

Meet Co-Director	Sue Sinclair, AD	309-694-5429
Meet Co-Director	Guy Goodman, Dean of Student Services	309-694-8970
Administrative Assistant	Cindy Andrew	309-694-8971
Athletic Trainer	Traci Reach	309-696-6897
Peoria Area Convention & Visitors Bureau	Chad Mentzer	309-282-3283
Event Coordinator	Heather Rutherford	309-678-7331
Event Coordinator	Phillip Lockwood	309-657-2478

ENTRIES/ENTRY FEE

Entries will be done online at www.directathletics.com between **October 22 and November 10**. Entries received by November 4th will be included in the official meet program.

Entry Fee: (per NJCAA Handbook)

- Each college shall pay its own team expenses
- There shall be a maximum entry fee of **\$100.00 per team** and a maximum entry fee of **\$20.00 per individual**.
- Entry fee ***must*** be paid at registration. Participation ***will not*** be allowed until entry fee is paid.

Team Check-in

- Friday November 13, 2009
- Par-A-Dice Hotel - Plaza Room
- 10:00 AM – 4:00 PM



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Meet & Coaches Association Meetings

- A **mandatory** meeting for **ALL** Head Coaches will take place on Friday, November 13, 2009 at 7:30pm.
- Head Coaches **ONLY**
- Par-A-Dice Hotel - Plaza Room - 7:30 PM
- Refreshments and hors d'oeuvres

Hotel Information

- **Meet Headquarters:**
Par-A-Dice Hotel
7 Blackjack Boulevard
East Peoria, IL 61611
(309) 699-7711

Directions to Newman Golf Course from Par-A-Dice Hotel

Starting Location: Par-A-Dice Hotel, 7 Blackjack Boulevard, East Peoria, IL 61611

1. Start out going Northwest on Blackjack Blvd.
2. Turn RIGHT on Caterpillar Trail (US-150)
3. Merge onto I-74 West toward Peoria
4. Take EXIT 91—University Street
5. Turn RIGHT on North University Street
6. Turn LEFT on West Nebraska Ave
7. ARRIVE at destination on RIGHT.

Ending Location: Newman Golf Course, 2021 W. Nebraska Avenue, Peoria, IL 61604

Estimated Travel Time: 15 Minutes

Estimated Distance: 5.34 miles

- **Additional Hotels**

Stoney Creek Inn & Conference Center
101 Mariners Way
East Peoria, IL 61611
Phone: 309-694-1300
Offering a rate of \$99 for parents and fans

Jameson Inn & Suites
4112 N. Brandywine Drive.
Peoria, IL 61614
Phone: 309-685-2556
Contact: Erin Gibson

Embassy Suites – East Peoria
100 Conference Center Drive
East Peoria, IL 61611
Phone: 309-694-0200

Sleep Inn & Suites
1101 N. Cummings Lane
Washington, IL 61571
Phone: 309-481-0450

When making hotel reservations please inform them you are with NJCAA Cross Country. Additional hotel information may be obtained at www.peoria.org



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Parking

- Team parking on Sterling Avenue
- Visitor and fan parking at Sterling Middle School, 2315 N Sterling Ave., Peoria
- Upper Bradley Park, 1700 N. Park Rd., West Peoria, IL 61603

Transportation

- Each school is responsible for their transportation and costs while attending the Championships.
- **General Wayne A. Downing, Peoria International Airport**
6100 W. Everett McKinley Dirksen Parkway
Peoria, IL 61607
Phone (309) 697-8272
www.flypia.com
20 minutes from Newman Golf Course and East Peoria.
- **Rental Cars (Peoria Airport)**
 - Avis: (309) 697-5200
 - Budget: (309) 697-2723
 - Enterprise: (309) 633-2200
 - Hertz: (309) 697-0650
 - National: (309) 697-0566

Schedule of Events

- **Thursday November 12, 2009**
 - Newman Golf Course will ***NOT*** be open for practice.
 - Early arriving teams are welcome to run at Illinois Central College, 3 miles north of the Par-A-Dice hotel.
- **Friday November 13, 2009**
 - Check-in Meet Headquarters, Par-A-Dice Hotel, Plaza Room
 - Coaches meeting 7:30 – 9:30 PM
 - Newman Golf Course – Open for inspection beginning at 12:00 Noon
- **Saturday November 14, 2009**
 - 9:45 AM First call for Women's Race
 - 10:00 AM Women's Race
 - 10:45 AM First call for Men's Race
 - 11:00 AM Men's Race



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Race Course/Description

- Both the men's and women's courses will run loops consisting of flat to rolling terrain.
- Entire race will be run on grass.

Awards Presentation

Presentation will be on site approximately 30 minutes following the completion of men's race.

Men/Women

- Awards will be given to the first, second and third place teams.
- Gold, silver and bronze medals will be awarded the first, second and third place finisher respectively.
- Each individual runner on the first place team shall receive an NJCAA gold medal. There shall be seven medals.
- Each individual runner on the second place team shall receive an NJCAA silver medal. There shall be seven medals.
- A coach of each Championship award shall be presented.
- A Champion award shall be presented.
- Runners finishing 4th through 15th will be awarded medals in recognition of their finish. The top 15 runners will be designated as the All-Meet Team.

Official Statistics

Results will be available for inspection at the Awards Ceremony and to authorized news media and coaches of competing schools online at www.njcaa.org or www.icc.edu/xcnationals.

Programs

- Souvenir Meet Programs will be available for purchase on site.
- Teams registered with direct athletics by November 4th will be featured within the official meet program.

T-Shirts and Meet Merchandise

- A limited number of tournament t-shirts, polo shirts, hats, and memorabilia will be available at tournament site.
- In order to assure preferred sizes and quantities for your team, please use the Merchandise Order Form available at www.icc.edu/xcnationals to pre-order.



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Medical Services

- Head Athletic Trainer, Traci Reach, and a board certified orthopedic surgeon will be on site race day at Newman Golf Course.
- Contact Information: Traci Reach, MPT, ATC, CSCS
Cell: 309-696-6897

Each team will be responsible for providing their team's training supplies.

NJCAA Cross Country Rules and Officials

NCAA Cross Country Rules shall be followed with whatever changes or modifications deemed necessary by the NJCAA Committee on Cross Country.

Meet Times

There shall be 30 minutes between men's race and women's race.

Jury of Appeals

Members are the NJCAA Representative/Designee, the championship/meet director, and a person appointed by the other two members, not to be a coach in the meet.

Squad Size

Participating teams are defined as and limited to a maximum of seven runners with a minimum of five runners in uniform. There should be no delay of a contest to allow a competing institution to conform to this policy. Any violations shall automatically result in the disqualification of the institution(s) in violation. No member institution may run athletes as individuals if they have also entered as a team.

Code of Conduct

All coaches, athletes, and support personnel are expected to be familiar with and follow the NJCAA Code of Conduct. This Code may be found under Article XIX of the NJCAA bylaws.

Open Wound Policy

Under circumstances when constant or profuse bleeding occurs, the participant shall be immediately removed from that contest by the official and cannot return until the bleeding has been stopped.



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Substance Abuse

The use of all tobacco products by any coach, player, official or other individual involved in the conducting of any NJCAA sponsored regular season or postseason play is prohibited within the confines of the playing area. Any individual not in compliance shall be disqualified from further participation in that contest.

Promotions

Only the official tournament vendors will be allowed to sell merchandise or services. No other group or product may be promoted.



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TOURNAMENT INFORMATION FORM

*Due November 4, 2009 *

Name of College: _____ Region: _____

Address: _____

City: _____ State: _____ ZIP: _____

School Telephone: _____

School FAX: _____

Head Coach: _____

Phone(s): Office: _____ Home: _____

E-Mail: _____

Director of Athletics: _____

Phone(s): Office: _____ Home: _____

College President: _____

College's Previous Participation in NJCAA Championships:

National Championships Won Year(s): _____

Returning All-Americans: _____

Email photo of athlete for souvenir program

Team Colors: _____ Nickname: _____

Email completed form All-American photograph to:

Cindy Andrew: Candrew@icc.edu

(309) 694-8971



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Entry Fee Form

College: _____

Coach: _____ **Telephone** _____

Entry Fee

Men's Team	\$100.00 x 1	\$ _____
Women's Team	\$100.00 x 1	\$ _____
Individual	\$ 20.00 x _____	\$ _____
Total Amount Due		\$ _____

Make checks payable to: Illinois Central College

OR

Pay via credit card during team check-in at Host Headquarters.

**Fax to: (309) 694-8820
 Or e-mail: Candrew@icc.edu**

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