



2011

COLONIAL ATHLETIC ASSOCIATION
MEN'S & WOMEN'S
CROSS COUNTRY CHAMPIONSHIP

October 29th, 2011
Hosted by the Georgia State University
at Nash Farm Battlefield Park

Championship Handbook

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GEORGIA STATE UNIVERSITY	Chris England
HOFSTRA UNIVERSITY	Pete Alfano
NORTHEASTERN UNIVERSITY	Sherman Hart
UNC WILMINGTON	Layne Schwier
VIRGINIA COMMONWEALTH UNIVERSITY	Nicole Cook
COLLEGE OF WILLIAM & MARY.....	Stephen Walsh

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GEORGE MASON UNIVERSITY	Andrew Gerard
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HOFSTRA UNIVERSITY	Pete Alfano
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SCHEDULE OF EVENTS

Tuesday, October 18th, 2011

11:59 p.m. Entry Deadline: Register online through Direct Athletics:
<http://www.directathletics.com/meets/xc/3226.html>

Friday, October 28th, 2011

Noon – 4:30 p.m.	Course Inspection	Nash Farms Battlefield
6:30 p.m.	Banquet	The Morrow Center
7:30 p.m.	Coaches' Meeting	The Morrow Center (Immediately following banquet)

Saturday, October 29th, 2011

8:00 – 9:30 a.m.	Course Inspection – Nash Farms Battlefield (Final declarations due 30 minutes prior to individual race time at the official's area near the finish line)
10:00 a.m.	Men's Race
11:00 a.m.	Women's Race
12:00 p.m.	Awards Ceremony

ADMINISTRATION

The Colonial Athletic Association Cross Country Championship is under the control, direction and supervision of the Colonial Athletic Association, the Meet Director and the administration and coaching personnel of the host institution and is subject to the requirements, standards and conditions as prescribed by the CAA Constitution and Bylaws. The Meet Director and CAA representative will have the final authority regarding all race matters.

Some adjustments may be expected in the best interests of the Championship. These adjustments must be approved by the Meet Director and the CAA representative.

The 2011 NCAA Division I Cross Country Championship Handbook will serve as a general guide for the Championship Races.

ARTIFICIAL NOISEMAKERS

Air horns, whistles and other artificial noisemakers are not permitted and will be confiscated by event personnel.

AWARDS

Recipients will be selected by the coaches unless otherwise noted.

The following will be awarded:

- Runner of the Year, Coach of the Year, Rookie of the Year will be awarded following the NCAA Men's and Women's Cross Country Championships.
- Individual Awards.
The top 12 finishers in each race will receive medals (one gold, one silver, and ten bronze) at the Awards Ceremony following the completion of the championship race.
- Outstanding Performer trophies.
An outstanding Performer (Male and Female) of the championship race will be honored at the completion of the championship race. The Outstanding Performers will be the winning runners of the men's and women's race.
- Championship team trophies and t-shirts.
- Championship team certificates.

AWARDS CEREMONY

An awards ceremony to honor the championship team, the Top 12 finishers, and the Outstanding Performers will be conducted following the championship races.

BANQUET

A championship banquet will be held at **The Morrow Center** on Friday, October 28th, at 6:30 p.m. for all participating teams and coaches. Please arrive promptly. Fill out the Banquet Reservation Form found on page 14, and e-mail to J.P. Williams at jpwilliams@caasports.com by **Wednesday, October 12th, 2011**. Each institution is responsible for payment of the banquet to Georgia State University. Schools will be invoiced prior to the event and **payment will be due by 6:30 p.m. Friday, October 28th, 2011**. Cost is \$25 per person and checks should be made payable to **Georgia State University**.

Directions to The Morrow Center are included on Page 10.

CHECK-IN AREA

The check-in area is located near the finish line of the campus course. The head coach of each participating team is responsible for declaring his/her starters 30 minutes prior to race time or at Friday night's coaches meeting. The head coach of each participating team is responsible for bringing his or her team to the starting line at least five minutes prior to the starting time of the championship race.

CHUTE

Coaches should remind athletes to remain in order in the finish chute until their place number has been recorded. Coaches should collect and collate quick score materials as soon as possible after all team members have finished.

COURSE

The championship course shall be 8,000 meters for men and 6,000 meters for women over a course consisting of predominately grass with some gravel. Flats or small spikes recommended. The course will be marked with flags, banners and cones.

COURSE INSPECTION

The course will be ready for inspection on Friday, October 28th from Noon to 4:30 p.m. and Saturday, October 29th from 8:00 a.m. to 9:30 a.m. If you would like to view the course at any other time, please make arrangements in advance with Christopher England at cengland@gsu.edu or 404-413-4076.

ENTRIES

Each institution is permitted to enter a maximum of 10 runners each on the men's and women's races, with the top five institutional finishers scoring and sixth and seventh runners displacing other runners.

Each team will register online through **Direct Athletics**. Please go to following direct link: <http://www.directathletics.com/meets/xc/3226.html>

All entries must be received ten days prior to the race date, by 11:59 p.m. Eastern **Tuesday, October 18th, 2011. LATE ENTRIES WILL BE REJECTED!**

GAMES COMMITTEE

In the event of a protest, the Games Committee, consisting of the Meet Director, head official and the Colonial Athletic Association Representative will be consulted.

LOCKER ROOMS

Teams should arrive at the course already dressed in team uniforms. Portable restroom facilities will be available for participants and spectators. Showers will not be made available after the meet.

LODGING

Each participating team is responsible for arranging and paying for its own lodging for the championship weekend. No charges will be accepted or paid by the Colonial Athletic Association or the host institution. A listing of hotels for the Championship is included on page 13.

MEALS

Each participating team is responsible for arranging its own meals during championship weekend. A hospitality area for coaches and administrators will be available.

MEDICAL ARRANGEMENTS

If necessary, the host athletic trainer and physician will make arrangements for transfer to the hospital.

Henry Medical Center
1133 Eagle's Landing Parkway
Stockbridge, GA 30281
(located approximately 9 miles from Nash Farm Battlefield)

MEET MANAGEMENT

The host site is responsible for the following:

- Provide a suitable entry blank, course map, and hotel information to all members, six weeks prior to the race date.
- Provide numbers & pins for all entered athletes to be distributed at the coaches Meeting.
- Provide a check-in area for final declarations.
- Place results on website www.georgiastatesports.com and www.caasports.com
- Conduct an appropriate awards ceremony.
- Provide a portable microphone for the awards ceremony (if possible).

MERCHANDISING

The Colonial Athletic Association holds exclusive rights to sell products at its championships. The CAA may authorize others, including the host institution, to sell and distribute souvenir items. No products other than CAA products may be sold at an Association Championship without approval from the CAA staff.

NUMBERS & PINS

Numbers and pins will be distributed at the Coaches Meeting following the banquet on Friday, October 28th, 2011. Numbers should be securely attached to the front of the runner's uniform shirt.

PARKING

Parking for teams and visitors will be available on Babbs Mill Road which runs directly beside the Farm. Signage will be available at all entrances.

PHOTOGRAPHY

The host institution shall be responsible for securing a photographer for the Championship and the awards banquet, if applicable. The host Sports Information Director should provide Niki DeSantis, CAA Assistant Commissioner for Creative Services/Communications, with confirmed arrangements. The CAA will provide a stipend for the event photographer.

PRE-RACE COACHES' MEETING

A coaches' meeting will be held on Friday, October 28th, 2011 following the banquet. Final instructions and materials will be provided at this time.

RULES

The 2011 Championship will be conducted in accordance with the NCAA rules for the sport of Men's and Women's Track & Field/Cross Country.

SCORING

NCAA rules shall govern the Championship. In order to achieve a team score, a team must have a minimum of five individuals finish the event. The top five finishers from each participating team will score for that team. Runners placing in sixth and seventh place may displace other runners.

Note: The quick score card is unofficial.

SITE SELECTION

The coaches will recommend to the Executive Committee potential sites. The Championship shall be conducted two weeks prior to the NCAA District Cross Country Championship. The following sites have been recommended for the 2012-2014 Championships.

2012	Northeastern	2014	William & Mary
2013	Towson		

SPORTS MEDICINE ARRANGEMENTS/FACILITIES

The sports medicine center will be located at the championship course on the Nash Farm Battlefield and will be open two (2) hours prior to the start of the Championship. A designated indoor sports medicine area will be visibly labeled and near the championship course start/finish line. Participating teams should notify Kasinda Hodge, Assistant Athletic Trainer, in advance if traveling without an athletic trainer, require usage of an off-championship site athletic training facility, or for any other special request(s).

TEAM CAMPS

There will be a designated team area at the course. Team tents must be secured during the event or dismantled when left unattended. Trash bags will be provided for clean-up. Team vans, buses, or vehicles will not be permitted in the team areas. All vehicles must be parked in designated area.

TRANSPORTATION

Each participating team is responsible for arranging and paying for its transportation to and from the site of the Championship.

UNIFORMS

All uniforms must conform to NCAA guidelines.

WARM-UP

The course will be available for practice runs on Friday October 28th from noon to 4:30 p.m. and Saturday, October 29th from 8:00 a.m. to 9:30 a.m.

DIRECTIONS TO THE COURSE

Nash Farm Battlefield

100 Babbs Mill Road

Hampton, GA 30228

Directions to Nash Farm Battlefield from Atlanta, GA

- Take I-75/I-85 South to I-75 South
- Take Exit 221, Jonesboro Road (the second Jonesboro Rd located in Henry County)
- Turn RIGHT off the Highway and go west approximately six (6) miles
- Nash Farm will be on your left
- Parking is on Babbs Mill Road which runs directly beside the Farm

Directions to Nash Farm Battlefield from Atlanta Hartsfield-Jackson International Airport

- Head West on South Terminal Parkway toward Airport Blvd
- Turn RIGHT onto Riverdale Road
- Turn RIGHT onto the ramp to I-285 East towards Macon
- Keep left at the fork and merge onto I-285 East
- Take Exit 58 to merge onto I-75 South toward Macon
- Take Exit 221, Jonesboro Road (the second Jonesboro Road located in Henry County)
- Turn RIGHT off the Highway and go west approximately six (6) miles
- Nash Farm will be on your left
- Parking is on Babbs Mill Road which runs directly beside the Farm

DIRECTIONS TO THE BANQUET

The Morrow Center
1180 Southlake Circle, Suite 100
Morrow, Georgia 30260

Directions from Nash Farm Battlefield

- Turn LEFT onto McDonough Road/Jonesboro Road
- Turn RIGHT to stay on McDonough Road
- Take 1st RIGHT onto GA-3 North/US-19 North/US-41 North/Tara Blvd
- Turn RIGHT onto Morrow Industrial Blvd/Mt Zion Road
- Turn LEFT onto Lake Drive
- Turn Right onto Southlake Circle/Southlake Mall
- Destination will be on your left.

Directions from Atlanta, GA

- Head West on South Terminal Parkway toward Airport Blvd
- Turn RIGHT onto Riverdale Road
- Turn RIGHT onto the ramp to I-285 East towards Macon
- Keep left at the fork and merge onto I-285 East
- Take Exit 58 to merge onto I-75 South toward Macon
- Take Exit 233 for GA-54 towards Morrow/Jonesboro
- Turn RIGHT onto GA-54 South/Jonesboro Road
- Take the 1st RIGHT onto Southlake Parkway
- Turn LEFT onto Southlake Circle/Southlake Mall
- Destination will be on your right

MEN'S COURSE MAP



WOMEN'S COURSE MAP



RECOMMENDED AREA HOTELS

- 1. Fairfield Inn & Suites**
30 Mill Road
McDonough, GA 30253
1-770-305-0180
- 5.2 Miles/11 minutes from Nash Farm Battlefield
- 13.3 miles/17 minutes from Morrow Center

- 2. Courtyard Atlanta McDonough**
115 Mill Road
McDonough, GA 30253
1-678-902-9000
- 5.1 miles/10 minutes from Nash Farm Battlefield
- 12.9 miles/21 minutes from Morrow Center

- 3. Holiday Inn Express**
1315 Highway 20 West
McDonough, GA 30253
- 8.6 miles/15 minutes from Nash Farm Battlefield
- 15.8 miles/21 minutes from Morrow Center

- 4. Comfort Suites**
64 Highway 81 West (at Exit 218)
McDonough, GA 30253
1-678-216-1900
- 9 miles/16 minutes from Nash Farm Battlefield
- 16.3 miles/21 minutes from Morrow Center

- 5. Quality Inn & Suites**
930 Highway 155 S.
McDonough, GA 30253
1-770-957-5291
- 10.5 miles/18 minutes from Nash Farm Battlefield
- 17.8 miles/21 minutes from Morrow Center

- 6. Hampton Inn ATL-Southlake**
1533 Southlake Parkway
Morrow, GA 30260
1-770-968-8990
- 13.8 miles/25 minutes from Nash Farm Battlefield
- 1.2 miles/3 minutes from Morrow Center

