

# 2016 Indiana State University Pre-National Invitational

## Participant Manual

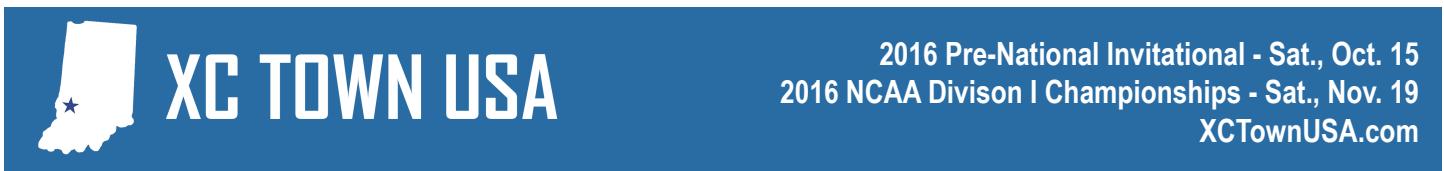
Sat., Oct. 15, 2016 | Terre Haute, Ind.  
LaVern Gibson Championship Cross Country Course





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Nestled along the Wabash River where Illinois and Indiana meet is the bustling city of Terre Haute, Indiana. Once known for being one of the largest railroad and manufacturing hubs in the Midwest, Terre Haute is now known for something else nationwide: cross country.

Indiana State University has hosted both the Pre-National Invitational and the Division I NCAA Cross Country Championships a total of 11 times at Terre Haute's prestigious LaVern Gibson Championship Cross Country Course at the Wabash Valley Family Sports Center since the 2002 season. ISU hosted for eight straight seasons from 2004-2011, a consecutive streak not seen at the Division I level on the men's side since the days of Michigan State hosting the first 26 NCAA meets from 1938-64. In women's competition, no school has hosted the national meet more times than Indiana State since the women's national title race was instituted in 1981 (when it was run in Wichita, Kan.).

After hosting six straight seasons, the city of Terre Haute was officially given the nickname of Cross Country Town USA in 2009 for its efforts.

The city, in conjunction with the University, went on to host four more national championships in 2010-11 and 2013-14, with both the Pre-Nationals and NCAA Championships returning for the 2016 season.

Widely known as one of the finest cross country courses in the United States, LaVern Gibson has seen its fair share of spectacular athletes come through in 11 separate Pre-National and NCAA Championship races, including recent 2016 Rio Olympians like Shalane Flanagan (2002 Champion), Jenny (Barringer) Simpson (2008 runner-up) and Abbey D'Agostino (2013 Champion).

# 2016 PRE-NATIONAL INVITATIONAL



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## Schedule Of Events (All Times Are Eastern Standard)

**Date:** Saturday, October 15, 2016

**Site:** Wabash Valley Family Sports Center - Terre Haute, Indiana

### **Race Day Times:**

9:00 a.m.	Gates Open
11:00 a.m.	Women's 6,000 Meter Blue Race
11:35 a.m.	Men's 8,000 Meter Blue Race
12:15 p.m.	Women's 6,000 Meter White Race
12:50 p.m.	Men's 8,0000 Meter White Race
1:30 p.m.	Women's 6,000 Meter Open Race
2:05 p.m.	Men's 8,000 Meter Open Race

### **Course/Course Markings:**

The LaVern Gibson Championship Cross Country Course is rolling and challenging. Double white lines, natural boundaries, and fence mark the course. Kilometer and mile markers are located for all race distances. The course is challenging to all competitors and friendly to the coaches/spectator.

### **Course Records (as of 2016):**

**Men's 8K:** Samuel Chelanga, Liberty, 22:51.3, 2008

**Women's 6K:** Sally Kipyego, Texas Tech, 19:28.1, 2008

### **Course Inspection:**

The course will be open for inspection on Friday, October 14, from 9 a.m. to 6 p.m.

### **Eligibility:**

NCAA Division I Schools only. Unattached/open runners/club runners/non-Division I teams and individuals are not permitted in any of the races. Teams may run up to seven runners in the Blue and White races. If you bring more than seven athletes, runners 8-12 will compete in the Open Race. In the Blue seeded races, you must run full teams. If you are entering less than five people, they will automatically be placed in the White Race, regardless of their ability. We will run one seeded heat (Blue), one non-seeded heat (White) and one open race for each gender. This will ensure that the top teams are able to gain points for later advancing to the NCAA Meet when at-large teams are selected. We will use the same criteria as in the past to determine the teams in the Blue Races, weighing heavily on the National Poll and the Regional Rankings. Coaches may still choose to put their teams in the non-seeded White races when they enter on Direct Athletics. The fields for the seeded races will be announced on the Indiana State website at noon on Thursday, October 13, 2016.

### **Entry Information:**

Please enter your team using Direct Athletics. If you have questions about the entry procedures, please call Direct Athletics at 617-789-1797. Our entry deadline is noon on Friday, October 7, 2016. You may enter 12 runners maximum. If you do not meet the 10/7/16 deadline, your team will not be considered for the Blue seeded race. We have asked all teams to fill out our online intent to compete form. This will come directly to us and let us know you are competing. To check on the status of your entries and of all of the entries for the Pre-Nats Meet, please go to our web site, where we will continually update the entries. If you told us that you are coming to the meet and then later change your mind about coming, please e-mail us of your intention not to come as soon as you can at: [Jeffrey.martin@indstate.edu](mailto:Jeffrey.martin@indstate.edu)

### **Packet Pick-Up:**

We will have packet pick-up at the course on both Friday and Saturday. You will be able to pick up packets on Friday, from 2:00 p.m. until 6:00 p.m. On Saturday, packet pick-up will start at 9:00 a.m. The packet pick-up area will be just in front of the green pole barn. Please note that Terre Haute, Indiana is in the Eastern Time Zone.

### **Scoring/Results:**

Paper results will be posted in Tent City, on the green pole barn, at the back of the finish chute area and on the concessions building on the east side after each race. Live Results will also be made available by Record Timing at <http://www.rtspt.com/events/ncaa/prenats16/>

Results will also be emailed out ASAP to all coaches and SIDs after the protest period of each race. For more info and results, visit [GoSycamores.com](http://GoSycamores.com) and [XCTownUSA.com](http://XCTownUSA.com)

### **Athletic Training:**

A certified athletic trainer and student athletic trainers will be located near the finish area before, during, and after competition. (See the attached letter on Page 6)

### **Locker Rooms/Restrooms:**

Port-a-johns will be available near the start and finish areas.

### **Tent Rental:**

Complete Outdoor is the ONLY authorized business to set up tents within the facility. If you are needing to rent a tent for the meet please call George Patterson at Complete Outdoor Rental at 812-299-1777.

# 2016 PRE-NATIONAL INVITATIONAL



XC TOWN USA

## Indiana State University NCAA Championship Planning Committee

### AREA CODE (812)

Title	Name	Office	Email
Meet Director	Jeff Martin	237-4332	jeffrey.martin@indstate.edu
Asst. Meet Director	John Gartland	237-4178	john.gartland@indstate.edu
Asst. Meet Director	Dennis Darke	237-4158	dennis.darke@indstate.edu
Budget/NCAA Committee	Angie Lansing	237-4091	angie.lansing@indstate.edu
Director of Athletics	Sherard Clinkscales	237-4092	
Course/THCVB	David Patterson	249-5563	david@terrehaute.com
Media Director	Tyler Wooten	237-4161	tyler.wooten@indstate.edu
Athletic Training	Cody Inskeep	237-4067	cody.inskeep@indstate.edu
Marketing/Promotions	Christina Lee	237-4087	christina.lee@indstate.edu
Officials/Meet Personnel	Angie Martin	237-4165	angela.martin@indstate.edu
Technical Manager	John McNichols	237-4164	john.mcnichols@indstate.edu
Merchandise/Programs	Michelle Sorrell	237-4089	micelle.sorrell@indstate.edu
Awards	Joel McMullen	237-4086	joel.mcmullen@indstate.edu
Facility Setup/Signage	Erin Gilreath	237-4044	erin.gilreath@indstate.edu
Facilities Coordinator	Matt Boll		mboll@indstate.edu
Audio/Visual	Mike Dason	239-4207	mdason@verizon.net
Banquet/Hospitality	Teresa Exline		teresa.exline@indstate.edu
	Kay Ponsot		kay.ponsot@indstate.edu
Food/Beverage	Dana Babel	237-4138	dana.babel@sodexo.com
	Barb DeGrandchamp	237-3082	barbara.degrandchamp@sodexo.com
Blue Carpet Event	Kyle Walsh	237-4019	kyle.walsh@indstate.edu
Volunteers	Al Perone	237-8111	aperone@indstate.edu
Motor Pool	Tonya Gimbert	237-4173	tonya.gimbert@indstate.edu
Public Safety	Ian Loomis	237-5555	ian.loomis@indstate.edu
	Joseph Newport	237-7829	joseph.newport@indstate.edu
Sponsorships/VIP	Jeremiah Turner	514-8574	jturner@indstatefoundation.org
Ticket Manager	Jennifer Cook	237-3737	jcook@indstate.edu
Transportation	Pat Martin	208-9785	pat.martin@terrehaute.ind.gov
Electrician	Tom Everett	237-8105	thomas.everett@indstate.edu

# 2016 PRE-NATIONAL INVITATIONAL



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## Indiana State University Meet Officials

Meet Referee:	Phil Henson
Clerk of the Course:	George Brattain
Assistant Clerks:	Bruce Cook, Phil Dant, Bill Farney, Larry Henning, Jim Teegardin
Head Starter:	Nathan Smurdon
Recall Starters:	Steve Barr, Larry Bemis, Carter Lohr, Bob Munoz, Tom Sawyer
Start Line Marshalls:	Justin Applegate, Bill Terry, Jonathan Stevens
Announcer:	Dennis McNulty
Announcer Assistants/Lead Carts:	Jerry Aydt, Fred Geswein, James Twitchell, Adarius Washington
Timing:	Record Timing
Video Coordinator:	Mike Dason
Head Finish Line Official:	Lil Brunson
Finish Area Coordinators:	Tim Fears, Michelle Fowler, Pat Martin
Head Chute Coordinators:	Erin Gilreath, Joe Sanders
Head Umpire:	Merv Nolot
Umpires:	Lori Leo, Robert Flott, Jo Borman, John Blakely, Mike Sprague, Craig Hopkins, Ed Wallace, Kris Wallace, Jim Linneweber, Paul Knott, Linda Keuneke, Charlie Grady, Jeff Norton, Alfred Mendel, Les Chih, Damon Clements, Mike Penington, Al Perone
Marshalls:	Doug Cobb, Don Richards, Bob Schulz, Mark Borman, Dave Voltmer, Mike Ireland, Kay Ireland, Todd Dion, Tom Cierniak, Brian Conley, Michael Boger, Daley Carter, Gino Brown, Tyrell Dowdell, Bryce Frazier, Tony Howard, Tre Kennedy, Blake Marsee, Marcus Neely, Jacob Wright, Ben Andreatta, Jaime Murtaugh, Tyler Owen, Adam Wenger



## Athletic Training

### Indiana State University Athletic Training Services

#### 2016 ISU Pre-National Invitational

Dear Athletic Trainer:

The athletic training staff at Indiana State University would like to welcome you to the 2016 ISU Pre-National Invitational Cross Country Meet held in Terre Haute, Indiana, on Saturday, October 15<sup>th</sup>. It is our hope that your team's stay will be safe and enjoyable. In order to enhance your experience at this meet we would also like to invite you to visit our Athletic Training Services Hospitality area where there will be food and beverages available. We hope that you will stop by, so that we can welcome you and provide you with an area to relax and interact with other professionals. The hospitality area will be located in the back of the medical tent adjacent to the main straightaway across from the finish line.

You will find a list of medical tent supplies listed below. Water and Gatorade will be available at the start and finish lines. Members of our athletic training staff will be at the course at least two hours prior to the first race. *We want to note that only Indiana State University Athletic Trainers and athletic training students will be allowed in the chute.* Your AT Credential will be available for pickup from 9a-3p on Friday in the medical tent & during packet pickup. *Due to limited credentials we can only allow (1) credential per sport gender, per university.* A certified athletic trainer will be available at the course with basic supplies while it is open for practice on Friday (9am-3:00pm) as well. Our main athletic training facility is located in the Sycamore Center for Wellness and Applied Medicine on campus, and can be made available by prior arrangement. Please keep in mind this facility is located approximately 20 minutes from the course.

The following will be provided at the course on Saturday October 18th:

- Nationally Certified/Indiana Licensed Athletic Trainers
- Athletic Training Students
- (2) ALS Ambulances
- (4) Physicians
- Water, Gatorade, & Cups
- Ice
- Therapeutic Modalities (US, E-stim., & Hydrocollator)
- Basic First Aid Supplies
- *Massage Therapy & Chiropractor tent (located next to the Medical Tent)*
- Athletic Trainer Hospitality area (located in the back of the Medical Tent)



Below is a list of contact information to assist you in caring for your athletes.

- Shelli Landis, M.Ed., LAT, ATC – Director of Athletic Training Services.....(812) 237-4062 (Office)  
.....(812) 917-9938 (Cell)  
..... michelle.landis@indstate.edu
- Cody Inskeep, M.S., LAT, ATC – Associate Director of AT Services, Head Track/XC Athletic Trainer  
..... (870) 405-8750 (Cell)  
..... cody.inskeep@indstate.edu
- Brittany Todero, LAT, ATC – Graduate Assistant Athletic Trainer.....(954) 242-7764 (Cell)
- Addam Kitchen, LAT, ATC – Graduate Assistant Athletic Trainer.....(440) 752-2937 (Cell)
- Nico Merritt, LAT, ATC – Graduate Assistant Athletic Trainer.....(302) 423 2499 (Cell)
- Janis Ingebrigtsen, MD – Primary Care Physician.....(812) 238-7878 (Office)
- Terre Haute Ambulance, Fire, & Police.....911
- Indiana State University Police.....(812) 237-5555
- Union Hospital.....(812) 238-7000
- Terre Haute Regional Hospital.....(812) 232-0021
- Ambucare Clinic .....(812) 232-5532
- Walgreens Pharmacy.....(812) 234-5147

Please contact us if we can be of any assistance to you and your team. We look forward to meeting you at the 2016 ISU Pre-National Invitational Cross Country Meet!

# 2016 PRE-NATIONAL INVITATIONAL



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## Sports Information/Media Services

### **Credential Requests:**

For all credential requests, please contact Indiana State assistant director of media relations Tyler Wooten at 812-237-4161 or email at [tyler.wooten@indstate.edu](mailto:tyler.wooten@indstate.edu)

### **Website:**

XCTownUSA.com and GoSycamores.com are the official websites for the 2016 Pre-National Invitational. Available on the website are links to course maps, parking information, directions, live results, live stream, a schedule of events and information on Terre Haute and Cross Country Town USA.

### **Meet Results:**

Paper results will be made available and will be posted throughout the course, but the preferred method is online at Record Timing (<http://www.rtsp.com/events/ncaa/prenats16/>) or GoSycamores.com. Results will also be emailed ASAP to all coaches and SIDs after the protest period of each race.

Printed results will be posted at four locations at the venue (Tent City, end of the finish line chute, green pole barn and concessions stand).

### **Photography:**

There will be a photographer's box at the finish line area as well as near the start line. Photographers are expected to stay inside any roped off areas and must show credentials to gain admittance into media-only areas. You are permitted to shoot the runners on the course, but MAY NOT interfere with the participants. Only a select number of photographers will be allowed into the finish chute area.

### **Meet Information:**

Meet information, announcements and any delays will be made available via GoSycamores.com, as well as on Twitter at the following accounts:

@XCTownUSA  
@IndStTrackField  
@IndStAthletics

### **Questions:**

If you have any questions, please contact Indiana State assistant director of media relations Tyler Wooten at 812-237-4161 or email at [tyler.wooten@indstate.edu](mailto:tyler.wooten@indstate.edu)

# 2016 PRE-NATIONAL INVITATIONAL



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Women's 6K Course Map



# 2016 PRE-NATIONAL INVITATIONAL



XC TOWN USA

Men's 8K Course Map



# 2016 PRE-NATIONAL INVITATIONAL



XC TOWN USA

Team/Officials/Media Entrance

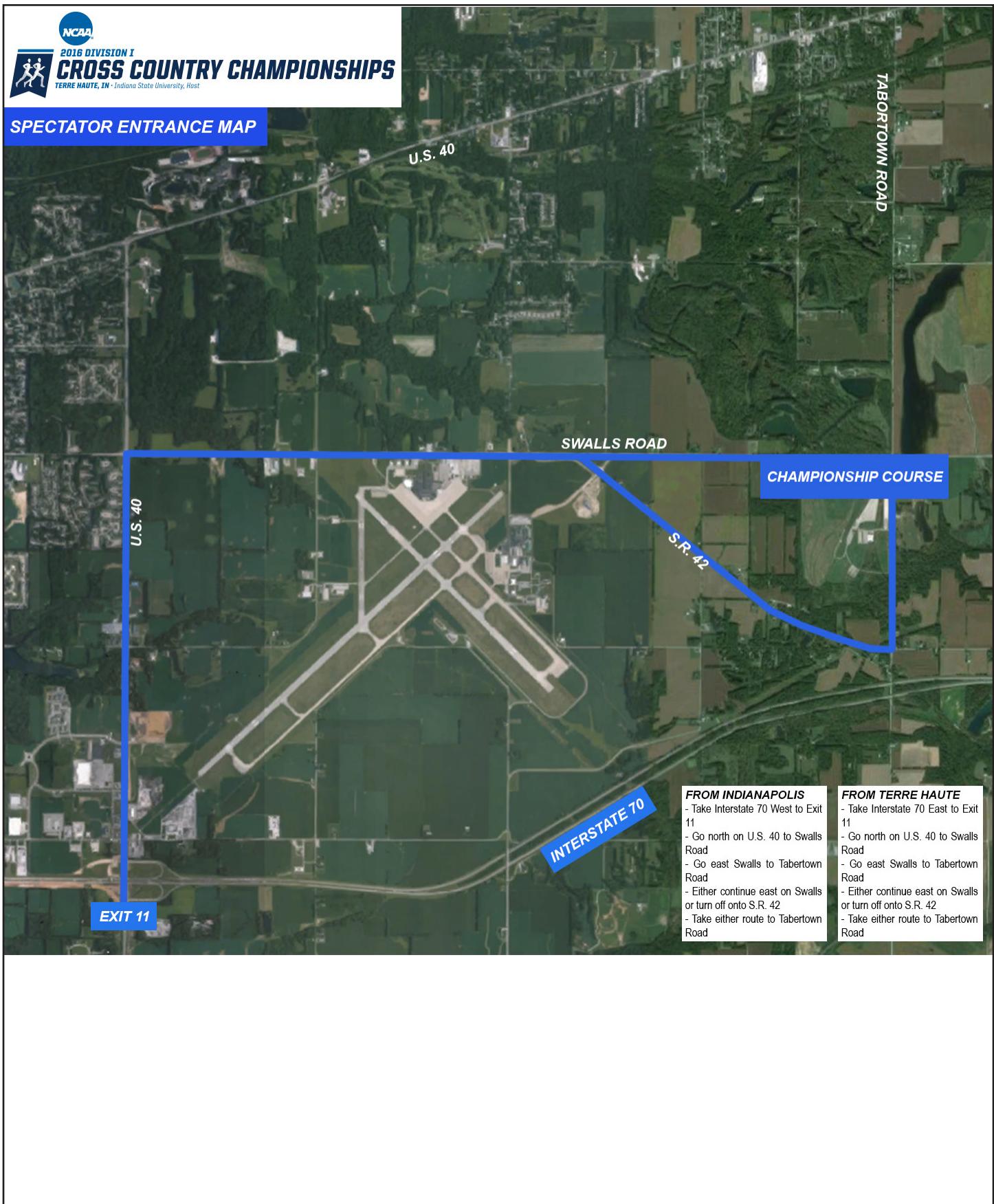


# 2016 PRE-NATIONAL INVITATIONAL



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Spectator Entrance



# 2016 PRE-NATIONAL INVITATIONAL



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Course Entrances/Parking

