

# Northern Sun Intercollegiate Conference 2021 Cross Country Championships

Saturday, October 23<sup>rd</sup>, 2021

Wayne State College, Wayne, Nebraska

## \*\*\*MEET INFORMATION\*\*\*

### LOCATION

- Wayne Country Club Golf Course – Adjacent to WSC Campus and just north of the WSC Rec Center

### RACE TIMES

- 10:00 am Women's 6000 meters
- 11:15 am Men's 8000 meters

### ENTRIES

- **Entry Deadline: Monday, October 18<sup>th</sup> at 5:00pm**
- Entries must be online at: [www.directathletics.com](http://www.directathletics.com)
- Coaches may enter up to **15 athletes per team**, and the final 12 declarations will be made on Friday at the coaches meeting. Let me know if you have any problems/questions with entering your team.

### DECLARATIONS - MANDATORY

- **Friday, Oct. 22<sup>nd</sup> - 3:00 – 4:00 pm at WSC Student Center – Niobrara Room**
- Top 12 runners must be declared and runners not running – race bibs pulled from packets

### COACHES MEETING - MANDATORY

- **Friday, Oct. 22<sup>nd</sup> - 4:00 – 5:00 pm at WSC Student Center – Niobrara Room**

### COURSE INSPECTION

- **12:00 pm - 6:00 pm Friday, October 22<sup>nd</sup>**
- Course will be marked with a white lines and flags.
- Mile marks and Kilometer marks will be painted on the ground.

### COURSE DESCRIPTION

- Rolling course with gradual turns. Mostly on light rough or fairways.
- 1/4" or 3/8" recommended unless very wet.

### TIMING

- **Chip Timing by Dakota Timing: Important:** Race chips are embedded in the runners numbers.
- Please instruct your runners to NOT BEND or WRINKLE the numbers as it can damage the timing chip.

### ATHLETIC TRAINING

- An athletic trainer(s) will be on site to provide basic care/ice starting at 8:30am (90 minutes prior to the start of the first race) until 12:15 pm (or 30 minutes after the last competitor of the last race finishes).
- If athletes will need any special treatments before and/or after the race that they will need to line that up in advance. Notes from YOUR certified athletic trainer will be required for advanced care such as ultrasound or e-stim, please send them to: [mumorri1@wsc.edu](mailto:mumorri1@wsc.edu)
- **Additional Questions: Alyssa Finke, MS, ATC, LAT**  
Assistant Athletic Trainer Email: [alfinke1@wsc.edu](mailto:alfinke1@wsc.edu)  
Cell: (507)-469-9368 Office: (402)-375-7310

## RESULTS

- Live results will be posted on [www.dakotatiming.com](http://www.dakotatiming.com)
- Results will be posted at: [www.NorthernSun.org/NSICCC](http://www.NorthernSun.org/NSICCC)
- Copies of results will be available at the conclusion of the race.
- Online results will be available also at [www.wscwildcats.com](http://www.wscwildcats.com).
- WSC Sports Information will also be emailing results to all SID's.

## AWARDS

- Awards will take place near the **START AREA** near the Rec Center ASAP after the conclusion of the Men's race (in case of bad weather, awards may be moved to WSC Recreation Center).
- Top 20 finishers in each race will be awarded medals. Top 10 finishers in each race will be mailed 1<sup>st</sup> Team All NSIC Plaques, while finishers 11-20 will be awarded 2<sup>nd</sup> Team All NSIC certificates.
- Top Men's and Women's Teams will be awarded a team trophy, with each team member receiving a certificate.

## RESTROOMS/TEAM CAMPS/PARKING/SHOWERS

- Restrooms – 12 Porta-johns will be located near the start, restrooms will also be available in the Rec Center
- Team Camps – please keep team camps on the Intramural Softball fields only.
- In the event of inclement weather, the WSC Rec Center Indoor Track may be available as a team camp/warm-up area. \*We are having our indoor track resurfaced this fall, so it may limit the availability of team camps and/or a warm-up area.
- No camps on the golf course.
- Parking - Parking available near the Rec Center (start/finish nearby).
- Showers – in the WSC Rec Center available if needed –
- Men in the Lower Level Rec Center Locker – NAT 116
- Women in the Upper Level Rec Center Lockers

**T-SHIRTS:** A limited supply will be available for sale Friday in the WSC Rec Center Lobby and Saturday before and after the meet.

- \$15.00 - Short Sleeve

## FRIDAY EVENING MEAL

- Chartwells Food Service will again have a meal for teams for \$7.85 per person from

**4:00 – 6:00 pm on Friday evening in the cafeteria, which is just across the hall from the Coaches Meeting.**

Vickie Damme - [vidamme1@wsc.edu](mailto:vidamme1@wsc.edu) 402-375-3675

Kevin Maly - [kemaly1@wsc.edu](mailto:kemaly1@wsc.edu) 402-375-3675

**\*\* If your team wishes to eat there, please contact one of the two Chartwells staff listed above - with the number eating by Friday, October 15. \*\***

## QUESTIONS - CONTACT

Marlon Brink:

Office 402-375-7507

Cell 402-833-8757

Email: [mabrink1@wsc.edu](mailto:mabrink1@wsc.edu)

## **NSIC XC Championship - Schedule of Events**

(All Times Are Central Standard Time)

### **Friday, October 22<sup>nd</sup>**

12:00 p.m. – 6:00 p.m. **Course available for practice.**

3:00 p.m. – 4:00 p.m. **Packet pickup & Declaration of top 12 runners.** Location: WSC Student Center - Niobrara Room

4:00 p.m. – 5:00 pm **Mandatory coaches meeting** Location: WSC Student Center - Niobrara Room

### **Saturday, October 23<sup>rd</sup>**

8 a.m. **Course opens to competitors.**

#### **Women's 6,000-Meter Championship Race**

8:40 a.m. Women's competitors called to the start line (80 minutes prior to start)

9:40 a.m. Call to the start line (20 minutes to start)

9:50 a.m. Second call to the start line

9:55 a.m. Start line is cleared of all non-competitors (5 minutes to start)

9:57 a.m. Runners at the start line for instructions

10:00 a.m. Start of Women's 6,000 meter race

#### **Men's 8,000-Meter Championship Race**

9:55 a.m. Men's competitors called to the start line (approximately 80 minutes to start)

10:55 a.m. Men's first call to the start line (20 minutes to start)

11:05 a.m. Second call to the start line (10 minutes to start)

11:10 a.m. Start line is cleared of all non-competitors (5 minutes to start)

11:12 a.m. Runners at the start line for instructions

11:15 a.m. Start of Men's 8,000 meter race

**12:30 pm Awards - Recognition of NSIC top 20 runners and NSIC Champion teams**