

**2007 NCAA Division III New England Regional  
Men's and Women's Cross Country Championships**

Saturday, November 10, 2007  
at Harkness Memorial State Park, Waterford, Connecticut  
*Hosted by Connecticut College*

**Championship Timeline** (all times listed are Eastern Standard Time)

**Sunday, November 4** - Team entry forms must be submitted online to the DirectAthletics website at [www.directathletics.com](http://www.directathletics.com) by **5:00 pm**.

**Monday, November 5** – Preliminary entry lists will be posted online to the Connecticut College website at [www.conncoll.edu/athletics/wxc](http://www.conncoll.edu/athletics/wxc) by **5:00 pm**.

**Tuesday, November 6** - Late entries and corrections must be submitted online to the DirectAthletics website at [www.directathletics.com](http://www.directathletics.com) by **5:00 pm**. Late entries and corrections are subject to a fine and must be approved by the Games Committee. **No further entries or corrections will be accepted after this deadline.**

**Friday, November 9**

**2:00 pm until sunset** – Course open for inspection (Harkness Park).

**8:00 pm** – Coaches meeting at Connecticut College (Cummings Arts Center).

**Saturday, November 10**

**11:00 am** - 6000 meter Women's Championship (Harkness Park).

**12:00 noon** - 8000 meter Men's Championship (Harkness Park).

**2:00 pm** - Awards presentation at Connecticut College (Luce Field House).

**Sunday, November 11**

**3:00 pm** – Championship fields will be posted online at [www.ncaasports.com](http://www.ncaasports.com) and the championship meet website.

**3:00 pm – 9:00 pm** – Championship entries must be submitted online to the DirectAthletics website at [www.directathletics.com](http://www.directathletics.com). Entries received after 9:00 pm Eastern Standard Time shall be considered late but may still be accepted until 11:00 pm per Games Committee approval and a \$100 fine per team/gender.

**Contact Information**

Ned Bishop & Jim Butler  
Meet Directors  
Connecticut College  
270 Mohegan Avenue  
New London, CT 06320  
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Kristin Steckmesser  
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## **Contact Information**

Will Tomasian  
Sports Information Director  
(Ph) 860/439-2501  
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Cathy Horne  
Head Athletic Trainer  
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## **Entries / Final Declarations / Squad Size**

A maximum of **10 athletes** may be entered on the initial roster, of whom any **7** may compete in the championship. Final declarations will constitute **7** of the **10** student-athletes listed on the entry form who report to the starting line. Student-athletes must check in with the clerk at the assigned starting box 20 minutes before the start of the race.

Teams are limited to a maximum of **7** competitors in the regional meet. Institutions entering **5-7** runners in the regional meet must compete as a team. If fewer than **5** competitors run, they will compete as individuals.

**\*\*\*DO NOT FAX OR E-MAIL ROSTERS TO CONNECTICUT COLLEGE\*\*\***

All entries must be submitted online at [www.directathletics.com](http://www.directathletics.com) by **Sunday, November 4 at 5:00 pm**. If you already have a DirectAthletics account, you may enter using your existing username and password. If you do not have a DirectAthletics account, please go to [www.directathletics.com](http://www.directathletics.com) and click the "New User? Click HERE" link under the login boxes. You will be able to create an account and go directly to setting up your roster and submitting your entries. Follow all prompts and instructions on the DirectAthletics website.

Please note that on the DirectAthletics website there are **2 steps** to entering:

- 1) Setting up your roster online.
- 2) Submitting your roster/entries for the 2007 NCAA Regional Championships.

**You must submit your entries/roster by clicking the green Register button. It is NOT sufficient to simply set up your roster.**

**You will be given the opportunity to print a receipt of your entries and receive an email confirmation of your entries. You should do both and bring copies with you to the coaches meeting in case any questions arise.**

## **Late Entries**

- 1) Any entry and/or correction received after 5:00 pm on Sunday, November 4 will be considered late.
- 2) Late entries and/or corrections will only be accepted after approval by the Games Committee, and a late fine of \$100 per team/gender will be assessed. The late fine, payable to "NCAA", must be paid prior to packet pick-up on Friday. A letter to your Director of Athletics may also be sent detailing the circumstances of the fine.
- 3) No late entries and/or corrections will be accepted after 5:00 pm on Tuesday, November 6.

## **Coaches Meeting**

The mandatory NCAA Coaches Meeting will take place on Friday, November 9, 2007, at 8:00 pm in Evans Hall at the Cummings Arts Center on the Connecticut College campus. A \$100 fine per institution will be imposed if you miss the meeting or are more than 15 minutes late. A letter to your Director of Athletics may also be sent detailing the circumstances of the fine. Team packets will be available in the Evans Hall lobby beginning at 7:30 pm. Late entry fines must be paid in full prior to packet pick-up. Information and procedures for inclement weather will be reviewed at the meeting.

## **Awards**

Coaches Association awards will be presented to the top 3 teams and the top 35 individual finishers in each race. The awards ceremony will take place at 2:00 pm in the competition gym at the Charles B. Luce Field House on the Connecticut College campus.

## **Facilities**

Portable toilets are available along the west side of the parking lot, approximately 100 meters from the start line. The park bathrooms will be closed for the season. No showers or changing facilities are available at the park, so athletes must arrive dressed to run. Limited showering facilities are available prior to the awards ceremony at the Luce Field House. Locker rooms #70 (men) and #72 (women) are available downstairs by the squash courts, and the pool locker rooms are available downstairs in the Natatorium.

## **Course Map**

<http://camel.conncoll.edu/ccrec/sports/xcmap.pdf>

## **Course Description**

<http://camel.conncoll.edu/ccrec/sports/description.pdf>

## **Course Markings**

The course will be marked throughout on each side by small survey flags. The inside edge of all turns will be staked and flagged. These markings delineate the inner and outer boundaries of the course and all runners must stay within the survey flags and stakes. Mile markers will be posted. Marshals will be stationed throughout the course and swing gates will be employed in those locations where the course intersects.

## **Timing and Scoring**

All timing, scoring and results will be handled by Platt Systems of Manchester, Connecticut. Entered athletes will be issued bib numbers, hip numbers and two computer chips each. The chips are to be worn on each shoe and must be worn by the correct athlete. All chips must be returned to the administrative tent near the start/finish area no later than 1:30 pm. A \$30 fee will be assessed for each unreturned chip.

## **Results**

Unofficial results will be posted at the administrative tent near the start line as quickly as possible after each race. Official results will be posted on [www.ncaasports.com](http://www.ncaasports.com), [www.plattsys.com](http://www.plattsys.com) and [www.conncoll.edu/athletics](http://www.conncoll.edu/athletics) on Saturday afternoon. Hard copies will be distributed to head coaches at the awards ceremony. Protest procedures will be outlined in the team packets given out on Friday evening.

## **Medical**

Athletic trainers will be available on site. Limited supplies of water and ice will be provided. It is also advisable to bring a water jug and ice bucket for your own team's use. There are no modalities available at the park. Teams are asked to please bring their own taping materials. An ambulance will also be on call and Lawrence & Memorial Hospitals are on Ocean Avenue, approximately 2.5 miles from Harkness Park by following the directions below to Connecticut College. The Athletic Training Room in the Charles B. Luce Field House on campus will be open throughout the afternoon on Friday and again throughout the morning on Saturday. One athletic trainer will be available for taping at the course on Friday after 1:30 pm.

## **National Qualifying Procedures**

Effective for the 2007 championships the following at-large selection criteria and procedures will be followed for teams and individuals. (Please note: No changes from the 2006 criteria were approved for the 2007 year.)

Teams (32 per gender) will be selected in the following manner:

- 16 teams will automatically qualify (two per region);
- 16 at-large teams will be selected by the committee to be determined using the criteria listed below; and
- Only the top five teams in each regional will be considered.

The selection criteria below (not listed in preferential order) will be considered to select the at-large teams:

- Regional place;
- Late-season performance (last 2 regular season meets prior to regionals);
- Head-to-head competition with teams already in the championships field and other potential at-large teams using late-season performance comparisons;
- Gap times amongst runners within a team (one to five runners) at regionals;
- Regional meet results – point gap for places of a team's finish and total team score versus the team that placed ahead of them and behind them; and
- Late-season meet results - point gap for places of a team's finish versus the team that placed ahead of them and behind them.

Individuals (56 per gender) will be selected in the following manner:

- 56 Individuals will automatically qualify (7 per region)
- Remove the team championship qualifiers from regionals and renumber the remaining individuals (not with a qualifying team) to determine the individual national qualifiers.

## **Event Merchandise**

Event 1 is the official supplier of NCAA merchandise. Information on pre-event orders from Event 1 will be made available in late October via email from the NCAA to each head coach whose team will participate in the regional meet. Merchandise will also be available for sale at the athletes' tent near the starting line on Friday afternoon and Saturday.

## **Tents**

A 30' x 60' tent will be available for the athletes behind the starting line. A 20' x 20' meet administration tent will also be set up near the start/finish area to house the athletic trainers, the protest table, late packet pick-up, and the chip return table. The preliminary unofficial results will be posted here.

Team tents may be set up ONLY in the open area to the northwest of the starting line, toward the picnic tables and bathrooms. Team tents are NOT to be set up near the mansion under any circumstances.

## **Directions**

### **Directions to the course can be found at:**

[http://www.ct.gov/dep/cwp/view.asp?a=2716&q=325214&depNav\\_GID=1650#directions](http://www.ct.gov/dep/cwp/view.asp?a=2716&q=325214&depNav_GID=1650#directions)

### **From the course to the Connecticut College campus (6.5 miles):**

Upon leaving Harkness Park, turn right onto Great Neck Road (Rte 213).  
Go 0.25 miles and turn right at the stop sign, continuing on Rte 213.  
Go 0.35 miles and turn left at the stop sign onto East Neck Road (still Rte 213).  
Go 0.75 miles and turn right at the stop sign onto Niles Hill Road (still Rte 213).  
Go 0.40 miles and turn left at the stop light onto Ocean Avenue (still Rte 213).  
Go 1.90 miles and turn right at the stop light at the end onto Bank Street.  
Go 0.85 miles straight through downtown (through several lights and eventually onto one-way portion) and turn right at the stop light at the end of Bank Street onto Water Street.  
Bear left immediately in front of the train station, remaining on Water Street.  
Go 2.0 miles (Water Street will become Route 32 North) until you reach the stop light at the main gate to Connecticut College. Then see below.

### **To the Coaches Meeting on Friday evening:**

Turn left at the stop light and proceed through the main gate up the hill to campus.  
Turn left at the gatehouse at the top of the hill.  
Cummings Arts Center will be the final building on your right before the road bears right.  
Some road-side parking is available here on the left.  
Additional parking is available in the large lot by taking your first left after the road bears to the right beyond Cummings Arts Center.  
Follow the signs to the Coaches Meeting. Packet pickup is in the Evans Hall lobby.

### **To the Awards Ceremony on Saturday afternoon:**

Continue straight on Route 32 North past the stop light by the main gate to campus.  
Continue to the next stop light and turn right.  
Bear left down the hill to the Athletic Complex.  
The Charles B. Luce Field House is the building on your right at the bottom of the hill.  
Ample parking is available everywhere around the complex.  
Follow the signs to the Awards Ceremony in the field house.

### **To reach the Connecticut College campus from other locations:**

Take I-95 South to Exit 84N for Route 32 North. See above.  
Take I-95 North to Exit 83. Turn left onto Williams Street. Turn right at the next light onto Route 32 North. See above.  
Take I-395 South to Exit 78 for Route 32 South. Follow for 2.5 miles to campus.

## **Connecticut College Campus Map**

[http://www.conncoll.edu/about/Campus\\_Map.htm](http://www.conncoll.edu/about/Campus_Map.htm)

## Parking at Harkness Park

**\*\*Team vans** may park in the right-hand paved lot at Harkness Park. The grass lot will only be utilized for team parking if dry conditions prevail and the paved lot becomes full. Parking passes must be displayed and will be distributed with the team packets. The left-hand paved lot is reserved for park users not connected with the cross country meet.

**\*\*Team buses** must park at the Eugene O'Neill Theater Center less than one mile from Harkness Park. ***Buses MUST drop teams off at the park entrance*** (1/4-mile walk into the park), then continue to the stop sign at the end of Great Neck Road. Turn right and proceed to the next stop sign. Turn right into Eugene O'Neill. Do not turn into the park entrance with your bus.

**\*\*Spectators** may park at Camp Harkness less than 1/2-mile from Harkness Park. Continue to the next stop sign on Great Neck Road. Turn right and proceed to the Camp Harkness entrance. Turn right into Camp Harkness. Spectators may then walk cross-lots back to Harkness Park. Parking attendants will direct spectators appropriately. PLEASE COMMUNICATE THIS INFORMATION TO YOUR TEAM PARENTS IN ADVANCE.

## Starting Box Draw

The Games Committee will oversee the random box draw. Box assignments will be announced at the mandatory coaches meeting on Friday evening.

## Championship Day Time Schedule (all times listed are Eastern Standard Time)

8:00 am	Course opens
10:30 am	First gun, women's race
10:40 am	Second gun, women's race - teams report to boxes, begin clerking
10:50 am	Third gun, women's race, complete clerking
10:55 am	Announcer takes over, announces countdown each minute
10:59 am	Starter takes over, may start race any time in next minute
<b>11:00 am</b>	<b>WOMEN'S 6K CHAMPIONSHIP</b>
11:30 am	First gun, men's race
11:40 am	Second gun, men's race - teams report to boxes, begin clerking
11:50 am	Third gun, men's race, complete clerking
11:55 am	Announcer takes over, announces countdown each minute
11:59 am	Starter takes over, may start race any time in next minute
<b>12:00 noon</b>	<b>MEN'S 8K CHAMPIONSHIP</b>
2:00 pm	Awards ceremony at Connecticut College

## **Officials & Meet Personnel**

Meet Directors	Ned Bishop, Jim Butler
Timing/Scoring/Results	Ken Platt, Platt Systems
Referee	Dan Rose
Starters	Brian Butler, Jeff Morin
Announcer	Brian Butler
Games Committee	Ned Bishop (NCAA Committee/Connecticut College) John Evans (Brandeis University) Frank Poulin (Eastern Connecticut State University) Terry Aldrich (Middlebury College) Ellen O'Neil (Smith College)
Clerks, Judges	Chadwick Brown, Kevin Grant, Stephen Herrera, Mitch Herz
Lead Vehicle	Adam Fitzgerald
Course Umpires	Connecticut College Cross Country Alumni
Course Marshals/Splits	Connecticut College & CGA Cross Country Teams
Finish Corral	Connecticut College & CGA Track & Field Teams
Team Packets/Merchandise	Connecticut College Cross Country Teams
Event Management	Tessa Donoghue
Athletic Director	Fran Shields
Sports Information	Will Tomasian
Head Athletic Trainer	Cathy Horne

## Accommodations

### **New England Division III Cross Country Championship Rates Package November 9-10, 2007**

**Please contact Laura Stefanski for all five hotels at (860)-701-9697 or (860)-235-6315**

All special rates are limited in quantity, and are on a first-come, first-served basis.

#### **Holiday Inn New London - \$89.00**

269 N. Frontage Road, New London, CT 06320 – 2 miles from Conn, 6 miles from Harkness Park  
Full Service Hotel offering indoor pool, fitness center, free high speed internet. Special breakfast pricing available.

#### **Springhill Suites Waterford - \$149.00**

401 N. Frontage Road, Waterford, CT 06385 – 2 miles from Conn, 6 miles from Harkness Park  
All-suites hotel with indoor pool. Free Seasons breakfast buffet. Fitness center.

#### **Comfort Inn Mystic - \$79.00**

48 Whitehall Avenue, Mystic, CT 06355 – 10 miles from Conn, 15 miles from Harkness Park  
Newly renovated Hotel conveniently located right off I-95. Breakfast included daily.

#### **Residence Inn Mystic - \$169.00**

40 Whitehall Avenue, Mystic, CT 06355 – 10 miles from Conn, 15 miles from Harkness Park  
All-suites hotel located conveniently off I-95. Breakfast included daily. Indoor pool.

#### **Mystic Marriott Hotel and Spa - \$179.00**

625 North Road, Groton, CT 06320 – 5 miles from Conn, 10 miles from Harkness Park  
Full service hotel and spa located conveniently off I-95. Indoor pool

See below for additional local hotels. This list is by no means exhaustive. There are dozens of hotels in the greater New London, Mystic, East Lyme and Norwich area.

**Holiday Inn**, 10 Laura Blvd, Norwich 06360 **860-889-5201**  
I-395 North to Exit #80 West, turn right at the end of the exit  
10 miles from Connecticut College, rate of **\$139.95** for this event

**Econo Lodge**, 425 Bridge Street, Groton 06340 **860-445-6550**  
3 miles from Connecticut College **1-800-424-6423**

**Best Western**, 3600 Rte 12, Groton 06340 **860-445-8000**  
4 miles from Connecticut College

**Hampton Inn**, 300 Long Hill Road, Groton **860-405-1585**  
4 miles from Connecticut College **1-888-771-7171**

**Microtel Inn**, 1954 Norwich New London Turnpike (Route 32) **860-367-0880**  
Uncasville 06382, 10 miles from Connecticut College **1-888-771-7171**

**Days Inn**, Rte. 27, 55 Whitehall Avenue, Mystic 06355 **860-572-0574**  
10 miles from Connecticut College

**Days Inn**, 239 Flanders Road, East Lyme 06333  
I-95 South to Exit #74, turn right at the end of exit  
12 miles from Connecticut College

**860-739-3951**

**Best Western Hilltop Inn**, 239 Flanders RD., E. Lyme  
I-95 South to Exit #74, turn right at the end of the exit, 2<sup>nd</sup> signal light turn left  
12 miles from Connecticut College

**860-739-3951**

**Courtyard by Marriott**, 181 W. Town Street, Norwich  
I-395 North to Exit #82, turn left at the end of the exit  
12 miles from Connecticut College

**860-886-2600**