



Northern Sun Intercollegiate Conference 2008 Cross Country Championships

Saturday, October 25th
Lee Park Golf Course, Aberdeen, SD

MEET INFORMATION

• LOCATION

- Lee Park Golf Course ---516 8th Ave. NW Aberdeen, SD 57401 (Just off of HW 281)

• RACE TIMES

- 11:00am Men's 8000 meters (Looped Course – 3k, 2k, 3k)
- 12:00 pm Women's 6000 meters (Looped course – 3k, 3k)

• COACHES MEETING

- 5:00pm Lee Park Golf Course Clubhouse
- Final 12 declarations will be made. Team packets with race chips and lane assignments will be distributed.
- **Important:** Race chips are to be collected by coaches and turned in together ASAP after the conclusion of the Women's race. We will announce where. We don't want to have to charge for missing chips!
- Head official Lyle Clausen will be in attendance, along with Steve Kurtenbach from All Sport Central. Come with any questions regarding chip timing or the course.
- Indoor and Outdoor schedules will be finalized. Have your track coaches' suggestions if you only coach XC.

• COURSE INSPECTION

- 2:00-6:00pm Friday, October 24th Course will be marked with a solid white line and flags. Any tree or pole that the line travels around, the runner must also go around.

• COURSE DESCRIPTION

- Flat course with largely gradual turns. Mostly on fairways or light rough, with a few gravel bridge crossings
- ½ inch spike maximum. 3/8 recommended unless very wet.
- Women will perform 2 identical 3k loops. Men will start with the same 3k loop, then a 2k followed by another 3k. Chip splits will be recorded at 3k for women and 3k/5k for men.

• ATHLETIC TRAINING

- Athletic trainers will be on site to provide basic care/ice starting at 10:00am until 1:00pm.
- 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.
- Contact: Amber Bryant- NSU Head Athletic Trainer- 605.626.7733 – amber.bryant@northern.edu

• ENTRIES

- **Entry Deadline: Monday, October 20th at 5:00pm**
- Entries must be done online at <http://www.allsportcentral.com/EventInfo.cfm?EventID=19972>

- 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.

- **RESULTS**

- Copies of results will be available at the conclusion of the race. They will also be posted on the All Sport Central trailer near the finish line. Online results will be available at www.allsportcentral.com

- **AWARDS**

- Awards will take place near the finish line ASAP after the conclusion of the women's race (bad weather awards will be moved to NSU Barnett Center).
- Top 20 finishers in each race will be awarded medals. Top 10 finishers in each race will be mailed 1st Team All NSIC Plaques, while finishers 11-20 will be awarded 2nd 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 – Porta-johns will be located west of the start/finish, clubhouse restrooms will also be available
- Team Camps – Camp anywhere but fairways and greens please
- Parking - Parking available anywhere in the clubhouse parking lot
- Showers - No shower facilities at the course, the Barnett Center on NSU campus is available if needed

- **T-SHIRTS**

- Attached is a T-shirt order form. Checks can be made to NSU Cross Country. Preferably one check per team if possible. Checks will be collected and shirts distributed at the coaches meeting. The white, long sleeved shirts are \$15. Get your orders in by **Tuesday, October 14th**. We will have some extras made for sale at the meet, but be sure to pre-order for your athletes/parents to guarantee them a shirt. Order forms can be emailed back to kevin.bjerke@northern.edu.

- **CONTACT**

- Meet Director
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- Meet Managers
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