



G-MAC Cross Country Championships

Hosted by Central State University
held at Cedarville University – Saturday, October 26, 2013



Race times: 10:30 am Men's Championship 8K
 11:30 am Women's Championship 6K (Even years women run first)

Course: The course is located on the north side of the campus, just east of SR 72. This exclusive cross country course is all grass, with slightly rolling hills. It is very spectator friendly.
<http://yellowjackets.cedarville.edu>



- Entry Fee:** No fee.
- Address:** Cedarville University Cross Country
251 N. Main, Cedarville, OH 45314
- Entries:** All entries must be entered through Direct Athletics. THE ENTRY DEADLINE IS MONDAY OCTOBER 21 st AT 6:00 PM. <http://www.directathletics.com/>
Please be sure to list all possible runners for your team. We will assign numbers and chips to everyone entered, with 7 runners figuring in the scoring.
- Coach's Meeting:** 7:00 pm. Friday, October 25, 2013 (Hampton Inn)
- Concessions:** There will be concessions located on the course. Authentic meet T-shirts will also be for sale on site through the conference office.
- Hospitality:** There will be a hospitality area for coaches and meet officials near the finish line.
- Scoring:** As per NCAA Rules. We will use "Chip" timing and scoring through FINISHTIMING.COM
- Results:** Results will be posted on the results board near the finish line as soon as possible. Copies distributed ASAP after meet. They will also be available on <http://yellowjackets.cedarville.edu>
- Awards:** At approximately 12:30 pm Awards will be presented at the awards stage near the finish line.
Team Championship awards
All- Conference - top 10 runners
Coach of the Year - coaches select
Freshman of the Year - top freshman finisher
Runner of the Year - overall winner
- Showers:** Showers will be available after the meet in the Callan Athletic Center.
- Restrooms:** There will be port-o-potties near the start line, and in several other spots on the course.
Restrooms are also available in the Callan Athletic Center, on campus.
- Parking:** There will be designated bus parking for teams, and van parking for teams, at no charge. All non-team vehicles will be charged \$6.00 for parking at the cross country course and designated meet parking. As you approach the course, parking assistants will direct you to team parking.
- Packet Pick-up:** At the coaches meeting on Friday night.

Visitors' Guide: For special hotel rates, restaurants, direction, and other info; link onto our Visitors Guide on our main athletics web page in the left hand column.

Joyce King Team Camp: This is a designated area to the west of the starting line for team camps. We ask that you utilize those areas in order to allow for better spectator traffic, and to stay clear of the running course. Teams will only be permitted to set up tents in the Joyce King Camp Area.

Athletic Training: For specific information, LaSaunta Jones, Central State - ljones@centralstate.edu | 937-376-6617

Meet Administrators: Chris Reese, Associate Athletic Director- 937-766-2211, Paul Orchard-Men's CC coach 937-681-0978, Jeff Bolender - Women's CC coach 937-766-4136

Sports Information: Kevin Alcox, G-MAC - gmac.communication@gmail.com | 317-759-1753 or 440-554-2488