

**2013 Northern Sun Intercollegiate Conference
Men's and Women's Cross Country Championships
Hosted by Augustana College**

Date: Saturday, October 26, 2013

Time/Race Distance: 10:30 a.m. - Women's 6K
11:30 a.m. - Men's 8K

Site: Yankton Trails Park, Sioux Falls, S.D.

Course Description: Website: www.GoAugie.com/nsicxc
Click on "Course Maps"

Directions to Course Yankton Trail Park can be accessed by traveling on I-229 and exiting off I-229 on either Western Ave. or Minnesota Ave.

Team Parking: Teams may park in the central parking lot that can be accessed from either the Minnesota Ave. or the 57th St. entrances.

Directions to Augustana College

From Interstate 29:

Exit east on 41st Street, take 41st Street to Kiwanis Ave. (1 mile), turn left on Kiwanis and drive north to 33rd Street (.5 mile), Turn right on 33rd and drive east to Summit Avenue (1.2 miles). Turn left on Summit. The visitor lot will be two blocks on the right.

From Interstate 229:

Exit north on Minnesota Avenue, take Minnesota Avenue to 33rd Street (1 mile), Turn left on 33rd and drive west (four blocks) to Summit Avenue, turn right on Summit. The visitor lot will be two blocks on the right.

Entry: <http://www.aspimeetz.com/18691>
Entries will be due Monday, Oct. 21 at 5 p.m.

Declaration: Top 12 declarations must be made in person on Friday, Oct. 25 between 3:30 and 5:00 p.m. at the 3-in-1 Room in the Morrison Commons on the campus of Augustana College. Declaration packets will include race numbers, pins, and final instruction sheet.

Coaches Technical Meeting:
MANDATORY

Meeting will be held on Friday, Oct. 25 at 5:00 p.m. at the 3-in-1 Room at the Morrison Commons on the campus of Augustana College.

Preview Course:

The course may be previewed Friday, Oct. 25 from 12 p.m. - 6 p.m. and on Saturday, Oct. 26 from 7 a.m. - 9 a.m.

Athletic Trainers:

Athletic trainers will be available starting from Friday, Oct. 25 at 10 a.m. until 5 p.m. at the Elmen Center and on Saturday, Oct. 26 from 8 a.m. until the end of the races.

Athletic training room access is located in the Elmen Center located on the Southwest corner of 33rd St. and Grange Ave. The athletic training room can be found by entering the main entrance and turning left down the main hallway - the room is halfway down the hallway. This will be open to athletes and coaches Thursday and Friday 9 am to 5 pm and 8 am as long as need Saturday. There will be EMT's and a physical on site during race day. Other medical attention and hospitals are available at anytime.

Contact: Brian Gerry Head Athletic Trainer
Cell: 605-366-7665
Email: brian.gerry@augie.edu
Jason Rinne Asst Trainer
Cell 402-910-8205
Email: jason.rinne@augie.edu

Accommodations:

A list of hotels can be found at
www.GoAugie.com/hospitality

Restaurants:

A list of Augustana restaurant partners can be found at www.GoAugie.com/hospitality

Schedule of Events
(All Times Are Central Standard Time)

Friday, October 25

- 12 p.m. – 6 p.m. **Course available for practice.**
- 3:30 p.m. – 5 p.m. **Packet pickup.**
Location: Augustana College: 3-in-1 room (Morrison Commons)
- 5 p.m. **Mandatory coaches meeting**
Location: Augustana College: 3-in-1 room (Morrison Commons)

Saturday, October 26

- 7 a.m. **Course opens to competitors.**

Women's 6,000-Meter Championship Race

- 10:10 a.m. Women's competitors called to the start line
(approximately 20 minutes to start)
- 10:15 a.m. Begin clerking procedure
- 10:20 a.m. Second call to the start line (10 minutes to start)
- 10:25 a.m. Start line is cleared of all non-competitors (5 minutes to start)
- 10:27 a.m. Runners at the start line for instructions
- 10:30 a.m. Start of Women's 6,000 meter race

Men's 8,000-Meter Championship Race

- 11:10 a.m. Men's competitors called to the start line (approximately 20 minutes to start)
- 11:15 a.m. Begin clerking procedure
- 11:20 a.m. Second call to the start line (10 minutes to start)
- 11:25 a.m. Start line is cleared of all non-competitors (5 minutes to start)
- 11:27 a.m. Runners at the start line for instructions
- 11:30 a.m. Start of Men's 8,000 meter race

Immediately following second race, recognition of top runners and teams.