

**Northern Sun Intercollegiate Conference
Cross Country Coaches Meeting**

Chair – Mason Rebarchek – Winona State

Liaisons – Allison Meadows – Concordia-St. Paul & Mike Powicki – Wayne State

Tuesday, June 16, 2026

10 a.m.

Zoom Conference

<https://us02web.zoom.us/j/85459262562>

1. Welcome (Nick Kornder)
2. NCAA Coaches Connection Update (Jonathan Breitbarth)
3. NSIC Championship Live Results
 - (a) Requirement of Live Stats for Championship
 - (b) Split Times
4. 2026 NSIC Championship Update (Scott Tanis)
5. Handbook Revisions. [Supplement No. 1]
6. Future NSIC Championship Site. [Action Anticipated]
 - (a) Wayne State [Supplement No. 2]
 - (b) Minot State [Supplement No. 3]
 - (c) University of Mary [Supplement No. 4]
7. Miscellaneous.
8. Recruitment Tampering Education (Allison Cordes & Jason Sobolik) [Supplement No. 5]

**NORTHERN SUN INTERCOLLEGIATE CONFERENCE
CROSS COUNTRY HANDBOOK
2025 EDITION**

(July 15, 2025)

Changes for 2025 Highlighted in Gray

1. The Chair will be elected to a two-year term. Duties will be assumed by the Track & Field chair until voted on to change. The Meet Director for the NSIC cross country meet will be assigned by the host school.
2. The NSIC Championship Meet procedures:
 - 2.1 The date of the meet will be two weeks prior to the NCAA Regional meet.
 - 2.2 The site for the 2025 Championships will be Wayne, Nebraska hosted by Wayne State. For 2025, the women's race will be at noon and the men's at 1:15 p.m. on Friday, October 24. The site for the 2026 Championships will be Yankton Trails in Sioux Falls, S.D.
For future championships, coaches will recommend the site of their championships to the athletic administrators for their approval. The recommendations will take place at the NSIC Summer Meeting one year in advance (*Adjusted 11/2023*).
 - 2.3 The starting times of the men's and women's races should mirror the NCAA Regional Meet, dependent on the availability of the course at the host institution.
 - 2.4 The NSIC office will request names of any student-athletes that plan to compete at the championship for the creation of personalized bibs. (*Adjusted 7/13/23*) Entry shall be due to Direct Athletics on a date requested by the NSIC Office. A final declaration of 12 runners will be made the day before the event.
 - 2.5 The length of the race shall be 6,000 meters for the women's division and 8,000 meters for the men's division.
 - 2.6 Splits for the championships shall be read at the one, two, three, and four-mile marks.
 - 2.7 The Jury of Appeals shall consist of three women's coaches and three men's coaches. *See Appendix II*
 - 2.8 A designated meet referee is required at NSIC Championships. (*Adopted 7/13/23*)
 - 2.9 The host school shall send out meet information three weeks prior to the meet to all coaches and athletic directors. (*Adopted 2020*)
 - 2.10 The coaches' meeting shall be held the week of the Conference meet at a time and place designated by the host school.
 - 2.11 Starting box numbers shall be drawn randomly by the host school prior to the practice day. Starting boxes will be marked on the course and printed with the material for the pre-meet coaches meeting. They will also be emailed to coaches 48 hours prior to championship.
 - 2.12 Numbers are required and shall be worn on the front of the jersey. Corresponding numbers shall be printed in the Conference meet program (programs provided by the NSIC Office). Non-declared numbers will be returned to the host school at the final declarations meeting.
 - 2.13 Athletic trainer(s) needs to be present at the course 90 minutes prior to the start of the first race and shall remain for 30 minutes after the last competitor of the last race finishes.
 - 2.13 Inspection times for the course shall be 3-6 p.m. the day prior to the meet. Maps shall be available. Mile increments will be marked.
 - 2.14 The host of the championships must submit, in advance, a budget to the NSIC Office for approval. The approved budget costs not covered by the NSIC Office will be covered by the host school. The host

institution is asked to charge admission, if possible, at its facility. All gate receipts will be submitted to the conference office to help offset the budgeted expenses. The NSIC will pay \$3,600 to the school hosting the championship.

3. Awards:

- 3.1 A first-place trophy shall be awarded to the conference team champion. In the event of a tie for first place in the team standings, NCAA tie-breaking procedures will be used.
- 3.2 Certificates shall be awarded to all members of the championship team, one coach and one manager. These will be mailed out following the championship meet.
- 3.3 The first 10 finishers shall be designated First Team All-Conference and will receive a plaque, the next ten finishers (11-20) will be designated Second Team All-Conference and will receive a certificate. These will be mailed out following the championship meet.
- 3.4 The individual champion shall be named the Athlete of the Meet.
- 3.5 The NSIC Newcomer of the Year shall be awarded to the highest placing student-athlete competing in their first season of competition at their institution in their sport. No student-athlete can win the award twice in the same sport. *(Revised 7/10/25)*
- 3.6 The Coach of the Year shall be voted upon by all coaches at the conclusion of the meet. Each school in attendance is allowed one vote. *Coaches shall not vote for themselves.*
- 3.7 The awards ceremony shall be at 1 p.m. or earlier if arranged by the host school. The awards ceremony shall be set at the coaches' meeting prior to the meet. The results, All-Conference team, Coach of the Year, Newcomer of the Year, Athlete of the Meet, NSIC Outstanding Senior of the Year and NSIC Elite 18 Award will be announced. All athletes are expected to attend.
- 3.8 The athlete of the week will be submitted by 10:00am on Monday to the NSIC office, starting the first week of September. The Preseason Coaches' Poll will be released the one week prior to the first release of the season.

Athlete of the Week Selection Criteria:

1. Quality of opponents at meet, based on national/regional rankings.
 2. Milestones/school records achieved (course records/personal records).
 3. Time run by athlete/place (finish among DII athletes).
 4. Length of course/course conditions.
- 3.9 NSIC Outstanding Senior of the Year Award.
- 3.9.1 The recipient shall be a four-year student-athlete at their institution, be a full-time* regularly enrolled graduating senior competing in the NSIC and can only win the award once in their career.
 - 3.9.2 They shall be an academically sound student that has made a positive contribution to their team and institution.
 - 3.9.3 Each year an institution may nominate one qualifying senior to be voted on by league coaches. Coaches are asked to submit student-athletes roster information and GPA along with a supporting paragraph of the nominee's season, career accolades, and positive contributions to their institution. Coaches are NOT allowed to vote for their own players.
 - 3.9.4 A plaque shall be given to the winner of the award.
 - 3.9.5 The winner will also be recognized during the NSIC Championship Awards Ceremony.
**Special consideration will be made for student-athletes that are not full-time, this must be explained in the nomination – all other criteria must be met. (Adopted 8/19/21)*

4. The Course:

- 4.1 The finish area shall be relatively close to the starting area. It shall be on fairly level ground and have a starting and finishing area of at least 200 meters.
- 4.2 It is suggested that the course have good visibility for coaches, trainers and spectators.
- 4.3 It is suggested that Section 1.4 NCAA Rule Book-Cross Country for the construction of the NSIC racecourse be followed. Notification of exceptions will be in the meet information sent three weeks prior.

5. USTFCCCA. National affiliation: Representative: Kirk Naumann, Southwest Minnesota State

APPENDIX II
Games Committee and Jury of Appeals Rotation

Schools		Cross Country Championship - Women									
AUG		2019	2020	2021	2022	2023	2024	2025	2026	2027	2028
BSU	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
CSP	2	AU	CSP	UMC	MSU	MISU	USF	SCSU	WSU	BSU	UJ
UJ	3	BSU	MARY	UMD	MSUM	NSU	SMSU	WSC	AU	CSP	MARY
MARY	Alt. 1	(SCSU)	(WSC)	(AU)	(CSP)	(UMC)	(MSU)	(MISU)	(USF)	(SCSU)	(WSU)
UMC	Alt. 2		(WSU)	(BSU)	(MARY)	(UMD)	(MSUM)	(NSU)	(SMSU)	(WSC)	(AU)
UMD											
MSU											
MSUM		Cross Country Championship - Women									
MISU		2029	2030	2031	2032	2033	2034	2035	2036	2037	2038
NSU	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
USF	2	UMC	MSU	MISU	USF	SCSU	WSU	BSU	UJ	UMC	MSU
SMSU	3	UMD	MSUM	NSU	SMSU	WSC	AU	CSP	MARY	UMD	MSUM
SCSU	Alt. 1	(BSU)	(UJ)	(UMC)	(MSU)	(MISU)	(USF)	(SCSU)	(WSU)	(BSU)	(UJ)
WSC	Alt. 2	(CSP)	(MARY)	(UMD)	(MSUM)	(NSU)	(SMSU)	(WSC)	(AU)	(CSP)	(MARY)
WSU											

APPENDIX II
Games Committee and Jury of Appeals Rotation

Schools		Cross Country Championship - Men									
AU		2019	2020	2021	2022	2023	2024	2025	2026	2027	2028
CSP	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
UJ	2	AU	MARY	UMD	MSUM	NSU	SMSU	WSU	CSP	MARY	UMD
MARY	3	CSP	UMC	MSU	MISU	USF	WSC	AU	UJ	UMC	MSU
UMC	Alt. 1	(SMSU)	(WSC)	(AU)	(MARY)	(UMD)	(MSUM)	(NSU)	(SMSU)	(WSU)	(CSP)
UMD	Alt. 2		(WSU)	(CSP)	(UMC)	(MSU)	(MISU)	(USF)	(WSC)	(AU)	(UJ)
MSU											
MSUM		Cross Country Championship - Men									
MISU		2029	2030	2031	2032	2033	2034	2035	2036	2037	2038
NSU	1	Host	Host	Host	Host	Host	Host	Host	Host	Host	Host
USF	2	MSUM	NSU	SMSU	WSU	CSP	MARY	UMD	MSUM	NSU	SMSU
SMSU	3	MISU	USF	WSC	AU	UJ	UMC	MSU	MISU	USF	WSC
WSC	Alt. 1	(MARY)	(UMD)	(MSUM)	(NSU)	(SMSU)	(USF)	(WSC)	(AU)	(UJ)	(UMC)
WSU	Alt. 2	(UMC)	(MSU)	(MISU)	(USF)	(NSU)	(SMSU)	(WSU)	(CSP)	(MARY)	(UMD)

The jury of appeals fulfills the duties of the games committee, outlined in the NCAA rule book and NSIC handbook. Further, that the schools rotate these duties for each competition year alphabetically with the host school providing one head coach

and each school providing one head coach. In situations where the host school coincides with their scheduled rotation or where a conflict of interest arises with one of the three schools in the rotation, the Alt. 1 and/or Alt. 2 will step in and fulfill the duties. If multiple conflicts of interest are present, the following year's rotation would be asked to step in to fulfill the duties.

Appendix III

Starting Line Procedure – NSIC Championship Meet

Time Until Race

00:20	Report to the starting line for check-in by clerks • Outer uniforms identical • Garments under uniforms same color • Numbers on the front
00:10	10 minutes to go announced / National Anthem will be played / NSIC Pledge Read
00:05	5 minutes to go / Instructions will be made by Referee (P.A. equipment is suggested)
00:03	3 minutes to go announced
00:01	1 minute to go announced – take position on starting line looking at the starter.
00:00:30	Starter will begin starting sequence when everyone is ready. • Arms out – arms up – gun fires, flag drops.
00:00:00	Start of race • Cart will lead the race. • Recall start if someone falls due to contact within the first 100 meter mark.

AWARDS CEREMONY

Awards (All-Conference, Outstanding Senior, Elite 18, Team Awards, Coach of Year) can begin approximately 10 minutes prior to the second race appeal window closing.
Second race awards cannot begin until appeals window has closed.

NSIC CROSS COUNTRY CHAMPIONSHIP WEEK

July 1 prior to NSIC Championship

- Host school shall submit a budget to NSIC office for approval.

6 Weeks Prior to NSIC Championship Meet

- The NSIC office will request names of any student-athletes that plan to compete at the championship for the creation of personalized bibs, submitted on Direct Athletics.

3 Weeks Prior to NSIC Championship Meet

- Host school sends meet information to all coaches and athletic directors.

Week of Championship

- Coaches Meeting via ZOOM or in person at time to be determined by host school.

Wednesday 2025 - Thursday 10:00 AM –

- Starting box assignments shall be drawn and emailed to coaches 48 hours prior to the championship.

Thursday 2025 - Friday

- The recommended course inspection time shall be from 3-6 p.m. but final times will be determined by host.
- Packet pick-up and final declaration of 12 runners.
- Scratches shall be made during course inspection time or at coaches meeting (if in person).
- Any final scratches are made. **After that final entry lists are emailed to coaches including those scratches by 7:00 pm.**

Friday 2025 - Saturday

- This meet is held two weeks prior to the NCAA Regional Championships.
- Starting times should mirror the NCAA Regional Meet.
- Awards ceremony shall be held at 1pm or earlier (Race award must allow for appeals window to close)

2027 NSIC Cross Country Championship Proposal

University Submitting?	Wayne State College
Date to Host	Oct. 23, 2027
Course Description	
Please describe the course.	Grass course - located primarily on the Wayne Country Club golf course. Course is gradually rolling hills - not flat, but not super hilly either. Good footing, good spectator course loop course
Where is Course Located	Wayne, NE - (Wayne Country Club)
What type of surfaces are present?	Grass - 99% - couple cart path crossings.
Is the course flat, rolling, etc.?	Rolling course - longer straightaways, some turns, but not sharp turns.
What is the size of the starting area?	50 meters wide
What is the distance from the start to the first turn?	Approximately 200 meters to the first big turn.
Facility	
Please describe the facilities present at the course, or the nearest location if they are absent.	WSC Recreation Center is near the start area of the course. Showers are available for the athletes in the locker rooms after the races.
Are there on site locker rooms?	Yes, in the WSC Rec Center – near the course.
What is available for team camps?	Large grassy fields near the starting line and 300m indoor track with field turf infield for team camps if weather is bad.
What areas are available for warm-up?	Entire course and intramural fields next to the course. Also an asphalt walking trail adjacent to the course and 300m indoor track with field turf infield for team camps if weather is bad.
Are bathrooms available for athletes and fans?	Yes, 12-14 porta-pots outside and restrooms in the Rec Center.
Is parking available for fans and buses?	Yes, parking for buses and fans within 300 meters of the start line in the WSC Rec Center Parking Lot.
Weather	
What is the plan in case of inclement weather?	If the weather is cold, rain, snow, etc. we can have the warm-up area in the Wildcat Dome Indoor Track approximately 200 meters from the start line. We have a 6 lane 300 meter Mondo track there. The training room is also connected to the facility as well.
Comments	
Has this course hosted any other meets?	Yes, we have hosted the NCAA Regional Meet in 2003, 2006, 2009, 2010, and 2014. We have also hosted the NSIC Championships in 2004, 2010, 2014, 2019, 2021, 2022, and 2025 as well. We also have an annual cross country meet the last weekend of September each year.
Please note any other comments.	WSC Cafeteria is near the cross country course and Athletic Complex. We are approximately 45 minutes from Sioux City, Iowa and 30 minutes from Norfolk, NE which have additional hotels if you are not able to secure lodging in Wayne.



University Submitting? Minot State University

Year to Host 2027

Course Description

Please describe the course. The 6k and 8k courses start on a long grass straight. They will take a left onto the large loop. It spans the entire golf course, and has two areas where it doubles back, but will not overlap itself. This loop is roughly 4k in length. The men's 8k course will do that full loop twice before exiting near to where they originally entered the loop toward the finish in the driving range area. The women's 6k course will have a cutoff during the second loop to make it roughly 2k in length.

Where is Course Located Souris Valley Golf Course, Minot, ND

What type of surfaces are present? grass, dirt, one paved golf cart crossing that will be covered

Is the course flat, rolling, etc.? mostly flat, slight incline on the north east end

What is the size of the starting area? 300 ft

What is the distance from the start to the first turn? 250m

Facility

Please describe the facilities present at the course, or the nearest location if they are absent. Standard golf course clubhouse

Are there on site locker rooms? no, locker rooms in the MSU Dome will be made available to teams to shower after by request

What is available for team camps? There is ample space available near the start and finish areas

What areas are available for warm-up? The entire golf course outside the putting greens and tee boxes, surrounding roads as well

Are bathrooms available for athletes and fans? yes

Is parking available for fans and buses? yes

Weather

What is the plan in case of inclement weather? Keep the buses present and load back onto the busses if it is a short term issue. If we had to get teams off the course or need to take shelter for an extended period of time, we would relocate the teams to the Maysa Arena across the street.

Comments

Has this course hosted any other meets? NDHSAA State, WDA 2024 NSIC

Please note any other comments. Will look very similar to 2024, slight changes may be made to avoid a couple sharp turns we had last time.



University Submitting? University of Mary

Year to Host 2027

Course Description

Please describe the course. 2000m loops on mostly flat ground and between double tree lines. Start is wide enough for all teams as well as a long 200m finish. 200m from start to first slight turn, over 800m until first full turn.

Where is Course Located McDowell Dam, Bismarck

What type of surfaces are present? Grass/Dirt

Is the course flat, rolling, etc.? Mostly Flat

What is the size of the starting area? 40m

What is the distance from the start to the first turn? 200m+

Facility

Please describe the facilities present at the course, or the nearest location if they are absent. There are a few shelters on sight and a few bathrooms but there will be plenty of porta potties on site

Are there on site locker rooms? Not at the facility but ones on campus 15min away are accessible

What is available for team camps? Massive grass spaces on both sides of the course as well as across the road

What areas are available for warm-up? Entire park and dirt roads for plenty of warm up

Are bathrooms available for athletes and fans? yes

Is parking available for fans and buses? yes

Weather

What is the plan in case of inclement weather? Teams would shelter on buses or head to campus

Comments

Has this course hosted any other meets? Yes, we host at least 2-3 meets before and hosted NSIC Championships in 2023.

Please note any other comments. Hosted in 2023 and went great!

Recruitment & Communication

Four-Year College Prospective Student-Athletes (PSAs)

NCAA Division II Legislation on Recruitment & Communication with Four-Year PSAs

13.1.1.3 Four-Year College Prospective Student-Athletes. An athletics staff member or other booster shall not communicate or make contact with the student-athlete of an NCAA Division II institution, or any individual associated with the student-athlete (e.g., family member, scholastic or nonscholastic coach, advisor), directly or indirectly, without first obtaining authorization through the notification of transfer process. Before making contact, directly or indirectly, with a student-athlete of an NCAA Division I institution or Division III institution, an athletics staff member or booster shall comply with the rule of the applicable division for making contact with a student-athlete.

- **13.1.1.3.2 Student-Athlete Withdrawn From Four-Year College.** A member institution may contact a student-athlete who has withdrawn officially from a four-year collegiate institution without obtaining authorization through the notification of transfer process only if at least one academic year has elapsed since the withdrawal.

Recruitment Tampering Examples

- A coach contacts a student-athlete who is enrolled at another NCAA institution and is not in the NCAA transfer portal.
- A coach directs a current student-athlete on their team to contact a student-athlete who is enrolled at another NCAA institution and is not in the NCAA transfer portal.
- A coach contacts the parent(s) of a student-athlete who is enrolled at another NCAA institution and is not in the NCAA transfer portal.
- A coach contacts the high school/club coach of a student-athlete who is enrolled at another NCAA institution and is not in the NCAA transfer portal.
- A coach directs a booster to contact a student-athlete who is enrolled at another NCAA institution and is not in the NCAA transfer portal.

Common Situations that Result in a Violation

- A coach contacts a four-year prospective student-athlete who posted on social media that they have entered the transfer portal; however, the student-athlete is not in the transfer portal.
- A four-year prospective student-athlete reaches out to a coach stating they are interested in transferring and that they have entered the transfer portal. The coach responds to the PSA with a recruitment correspondence before verifying the student-athlete is in the transfer portal.