



2015 Ohio Valley Conference Cross Country Championship

Hosted By:



Miller Memorial Golf Course



Letter of Welcome

Dear OVC Cross Country Championship Participants –

On behalf of the entire Murray State University Department of Athletics, welcome to Murray, Kentucky, and Miller Memorial Golf Course for the 2015 OVC Cross Country Championship. Murray State University is honored to serve as your host for this OVC Championship. We look forward to seeing you here in a few days and hope you get a chance to experience the great hospitality of the Murray community.

This participant manual is to be utilized in conjunction with the Ohio Valley Conference Cross Country Championship Guidelines. Please contact the Tournament Director, Steve Harrell at 270-809-3430 or Scott Krapf at the Conference office at 615-690-6682 if you have any questions regarding this information.

In order to assist with your arrangements and facilitate your championship preparation, please refer to the information provided in this manual.

Congratulations on a successful regular season and best of luck throughout the championship.

Sincerely –

Allen Ward
Director of Athletics
Murray State University





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Section 1: Sponsoring Institutions

Ohio Valley Conference institutions that sponsor the sport of cross country include:

Austin Peay State University
Belmont University
Eastern Illinois University
Eastern Kentucky University
Jacksonville State University
Morehead State University

Murray State University
Southeast Missouri State University
Southern Illinois University at Edwardsville
Tennessee State University
Tennessee Technological University
University of Tennessee at Martin

Section 2: Important NCAA Dates

October 31, 2015

Ohio Valley Conference Championship

Miller Memorial Golf Course, Murray, KY
Murray State University, Host

November 13, 2015

NCAA Cross Country Regional Championships,

Midwest: Lawrence, KS
South: Tuscaloosa, AL
South Central: College Station, TX
Southeast: Charlottesville, VA

November 21, 2015

NCAA Cross Country Championship

Louisville, KY

For information regarding this handbook, please contact:

Scott Krapf, Assistant Commissioner
Ohio Valley Conference
215 Centerview Drive, Suite 115
Brentwood, TN 37027
(217) 474-3701 – cell
(615) 690-6682 – direct
skrapf@ovc.org

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Section 3: Championship Personnel

Ohio Valley Conference

215 Centerview Drive, Suite 115
Brentwood, Tennessee 37027
(615) 371-1698 – phone
(615) 371-1788 – fax
www.OVCSports.com



Beth DeBauche, Commissioner.....	615-371-1698	
Brad Walker, Associate Commissioner/Operations, COO.....	615-371-1698	Ext. 6688
Kyle Schwartz, Assistant Commissioner/Media Relations.....	615-371-1698	Ext. 6685
Brian Pulley, Assistant Commissioner/External Affairs.....	615-371-1698	Ext. 6683
Stephanie Castera, Assistant Commissioner/Institutional Services, SWA	615-371-1698	Ext. 6684
Scott Krapf, Assistant Commissioner/Championships.....	615-371-1698	Ext. 6682
Heather Brown, Director of Media Relations.....	615-371-1698	Ext. 6687
Bryce Robinson, Director of Compliance and Digital Media.....	615-371-1698	Ext. 6691
Lauren Berst, Director of Administration.....	615-371-1698	Ext. 6692
Jon Kuka, General Manager, OVC IMG Sports Marketing.....	615-371-1698	Ext. 6686
Justin Fenlon, Championships Assistant.....	615-690-1698	Ext. 6694

Section 4: Meet Administration

Murray State University

217 Stewart Stadium
Murray, KY 42071
www.GoRacers.com
270.809.6800



Steve Harrell, Meet Director	270-809-3430
	Cell: 270-293-2498
Jenny Swieton, Head Coach	270-809-3240
Adam Kiesler, Assistant Coach	270-809-5435
Rochelle Black, Assistant Coach	270-809-6941
Krysten Sebby, Assistant Coach	270-809-6941
Christina Anderson, Media Relations	270-809-7051
Nathan Krause, Athletic Trainer.....	270-809-6351



Section 5: Schedule of Events

Friday, October 30

2:00 – 5:00 pm	Course Inspection	Miller Memorial Golf Course
6:00 pm	Championship Banquet	Curriss Center Ball Room at Murray State University
7:15 pm	Pre-Championship Meeting	Curriss Center Ball Room

Saturday, October 31

9:00 am	Women's 5K Race	Miller Memorial Golf Course
10:00 am	Men's 8K Race	Miller Memorial Golf Course
11:00 am	Awards Ceremony	Miller Memorial Pavilion



Section 6: Awards

Freshman of the Year. Freshman of the Year shall be determined by a coaches' vote prior to the start of the championship.

Athlete of the Year. Athlete of the Year shall be determined by a coaches' vote prior to the start of the championship.

Coach of the Year. Coach of the Year shall be determined by a coaches' vote at the conclusion of the championship.

Team Trophies. The men's and women's champions of the Cross Country Championship shall receive a team trophy. The championship team shall also receive commemorative t-shirts. Each member of the championship team will receive an individual championship medallion.

All-Conference Team. The men's and women's cross country all-conference teams shall each consist of the top 14 finishers in each championship race. The top seven finishers will be designated as First Team All-Conference members, while those that finish in places eight through 14 shall be designated as Second Team All-Conference performers.

Athlete of the Championship. The top finishing male and female runner shall be named the Athlete of the Championship.

Championship Awards Ceremony. A championship awards ceremony will take place approximately 10 minutes following the conclusion of the final race. Team and individual awards will be distributed at that time.

Section 7: Championship Administration

Administration. Administration and conduct of the Ohio Valley Conference Cross Country Championship shall be under the control and direction of the conference commissioner, and is subject to the standards and requirements set forth by meet and Conference guidelines. The conference commissioner, or designated representative, has the authority to make procedural or protest decisions during the championship.

Games Committee.

Host Meet Director	Steve Harrell
Meet Referee	TBD
OVC Representative	Scott Krapf

This committee will function in the event of protests and general procedures of the meet. A majority vote is required for all action.



Section 8: Championship Format

Rules. The NCAA Cross Country Rules and Regulations shall govern men's and women's Conference competition.

Course Markings. Double white-hashed lines will mark the entire running course. Flag streamers at all major turns. Each mile will be marked.

Protest/Appeals. Protests relating to matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the last race of the meet has been posted. All implicated coaches must be notified of a tendered protest.

Protest Area. The protest area is in the Pavilion Area at Miller Memorial Golf Course.

Misconduct. The conference commissioner may reprimand publicly or privately and/or disqualify a student-athlete and/or a representative of an institution from further participation in the championship for reason of misconduct. "Misconduct" is defined as any act of dishonesty, or unsportsmanlike conduct in practice or in competition or breach of law that tends to discredit the championship, the Conference, and/or intercollegiate cross country.

Championship Determination. The Conference Champion will be determined by the results of the Conference race.

The course. The men's course is two loops. It starts on a slight downhill with a pretty significant uphill 300m into the race. The first mile is challenging with three significant hills, from the 1 - 2.5 mile markers it is rolling with only one significant hill. The course then repeats itself. It has a slight uphill finish. The women's course starts on a slight downhill with a pretty significant uphill 300m into the race. The first mile is challenging with three significant hills. From there it is rolling with a slight uphill finish.

Race Times. The women's 5K race will begin at 9:00 am CT. The men's 8K race will begin at 10:00 am CT.

Course Inspection. The course will be available for inspection between 2:00 pm and 5:00 pm on Friday, October 30.

Section 9: Championship Site

The 2015 Ohio Valley Conference Cross Country Championship will be conducted at Miller Memorial Golf Course located at 2814 Pottertown Road, Murray, KY 42071.



Section 10: Entry Procedures

Entry Procedures. Coaches will utilize Direct Athletics for all entries. Entries must be submitted by Monday, October 26 at 4:00 pm CT.

Final Declarations. Final declarations and scratches will take place at the coaches' meeting. Each institution may declare a maximum of eight entrants. Any bibs prepared in advance of the meet for entrants who are not declared must be turned in at the coaches' meeting.

Section 11: Inclement Weather Policies

Inclement Weather Policies. When lightning is detected within a minimum of 30 miles of the championship site, we will inform those in attendance that inclement weather including lightning is within 30 miles and that patrons should be prepared to seek shelter. Additionally, we will notify the meet officials that inclement weather is moving into the area.

When lightning is detected within a minimum of 10 miles of the championship site, we will suspend competition. We will then resume competition after 30 minutes of no detected lightning strikes within a 10-mile radius. Adequate warm-up time will be provided before competition is resumed.

Section 12: Locker Rooms/Showers

Locker rooms and showers are not available at Miller Memorial Golf Course.

Section 13: Lodging

Team Lodging. The host institution has recommended housing for the meet at selected properties throughout the area. The visiting teams are NOT required to stay at those properties. Each team is responsible for making its own reservations, and is also responsible for all hotel costs. (Refer to Appendix Section C)

Section 14: Medical/Training Room Information

Athletic trainers will be on site during the course preview that starts at 2:00 pm and during race day starting at 7:00 am. Standard emergency medical equipment such as AEDs, splints, etc., will be on site for use in the event of an emergency. An EMS team will be on call in the event of an emergency.



Section 15: Official Travel Party/Squad Limitation

Travel Party List. All participating institutions must complete and submit the official travel party list (Appendix F) to the Conference office no later than **12:00 pm CST. Monday, October 26, 2015**. This list should include all eligible student-athletes, coaches, managers, trainers and support staff. Travel party forms are also available on the Members Only page of the OVC's website.

Squad Limitation. Each institution shall be limited to eight (8) entrants, who must be declared at the coaches' meeting on the evening prior to the start of the championship.

Section 16: Post Championship Survey

Championship participants (coaches, student-athletes, and administrators) are encouraged to complete the OVC Post Championship Survey following the event. Surveys will be available on the Members Only page of the OVC's website. Instructions for accessing the survey will be provided to each head coach no later than the pre-championship meeting on the evening prior to the start of the championship.

Section 17: Responsibilities of Participating Teams

Pre-championship Meeting. A mandatory pre-championship meeting will be held at the Curris Center Ball Room at 7:15 pm CT on Friday, October 30 following the Championship Banquet that begins at 6:00 pm CT. Each institution's head coach (or designated representative) is required to attend this meeting. Items of interest relating to the championship, including box assignments, will be reviewed and discussed.

Championship Banquet. There will be a championship banquet for all participating teams on Friday, October 30 at 6:00pm CT at the Curris Center Ball Room, located on the 3rd Floor of the Curris Center at Murray State University (off Chestnut Street, next to soccer field). Dress for the banquet is either team uniforms or business casual.

Contestant Uniforms/Numbers. All members of a cross country team must wear the proper and same uniform of the institution they represent. Each participant shall display a number on the front of his/her jersey. Contestant numbers will be provided by the host institution. Each team will be provided chips for each participant. Instructions regarding the chips will be shared at the pre-championship coaches' meeting. It will be the responsibility of each team to collect and account for issued chips and return them at the conclusion of the meet.



Section 18: Souvenir Program/Participant Gift

Participant Gift. Each participating student-athlete in an Ohio Valley Conference championship will receive a commemorative memento from the conference office.

Championship programs. Championship programs will be available online.

Championship Apparel. Limited amounts of championship merchandise can be purchased at the site of competition. For additional information, please contact Scott Krapf at skrapf@ovc.org.

Section 19: Sports Information Procedures

Results. Results will be printed at the course and posted on a board for spectators and coaches. Coaches will receive a packet of results on site as well. The OVC and institutions' SID offices will be sent the results and posts at www.OVCsports.com and www.GoRacers.com will be available.

Photos of winners and other relevant photos will be e-mailed to participating teams' media relations contacts and will be available on the OVC FTP site following the event. Teams may utilize photographers on site, but they must adhere to course markings and not interfere with the race.

Section 20: Sportsmanship Statement

Administrator Responsibilities. It is expected that institutional administrators create an environment of hospitality for visiting teams. OVC administrators must develop the attitude that the treatment of a visiting team and its fans will be in a fair and equitable manner.

Section 21: Ticket Policies

Ticket Prices. Admission to the Ohio Valley Conference Cross Country Championship is free for all spectators.

Spectator Areas. Spectators may occupy any and all areas outside of the double white lined running course.

Section 22: Transportation and Parking Procedures

Spectator & Team Parking. Parking at the golf course is just off of Pottertown Road near the Pavillion. Teams and spectators will park in the same area. All parking will be first come, first served.



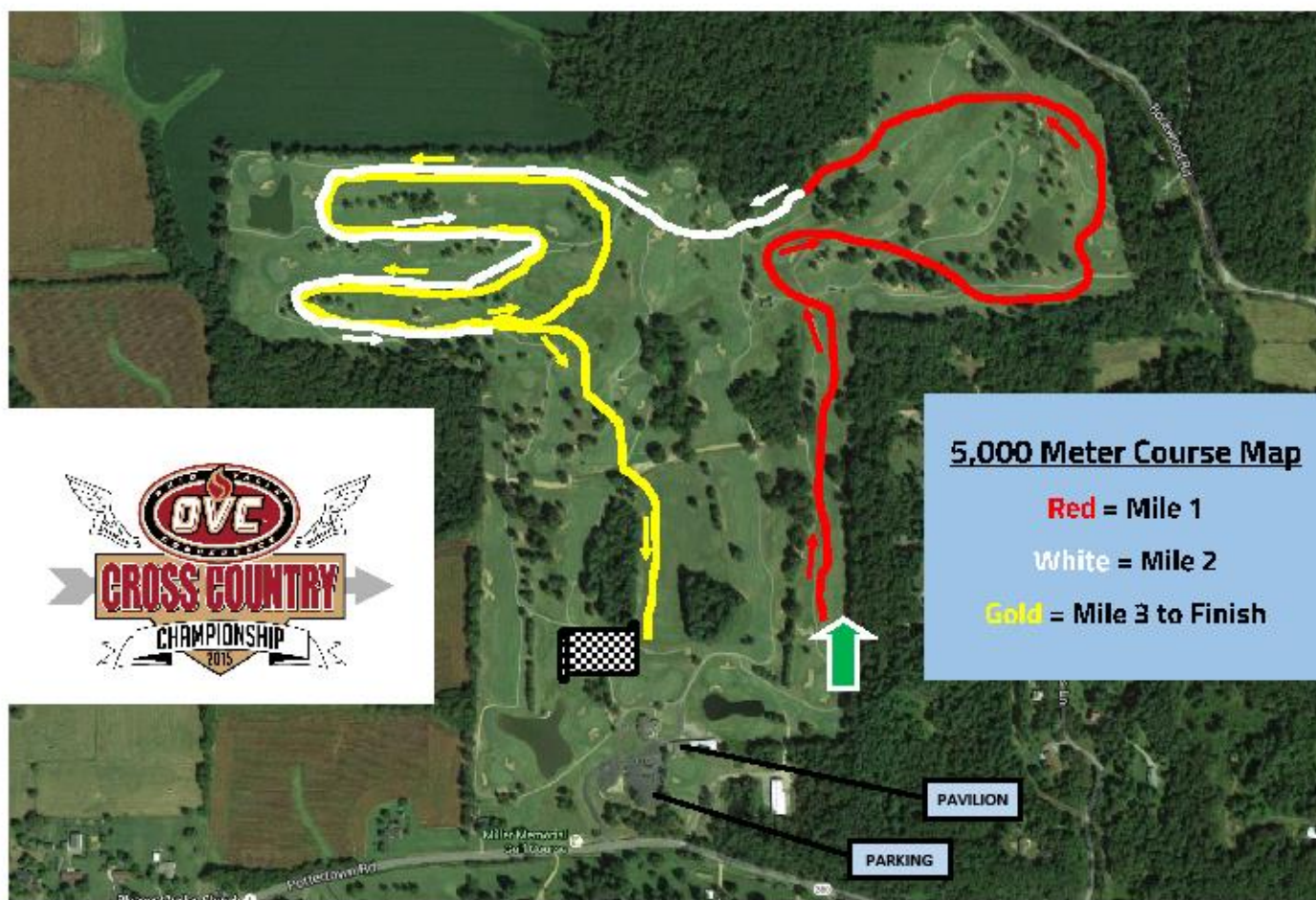
Section 23: Video

Web Content. Championship coverage will be available at OVCDigitalNetwork.com. This may include athlete/coach interviews and all awards presentations.

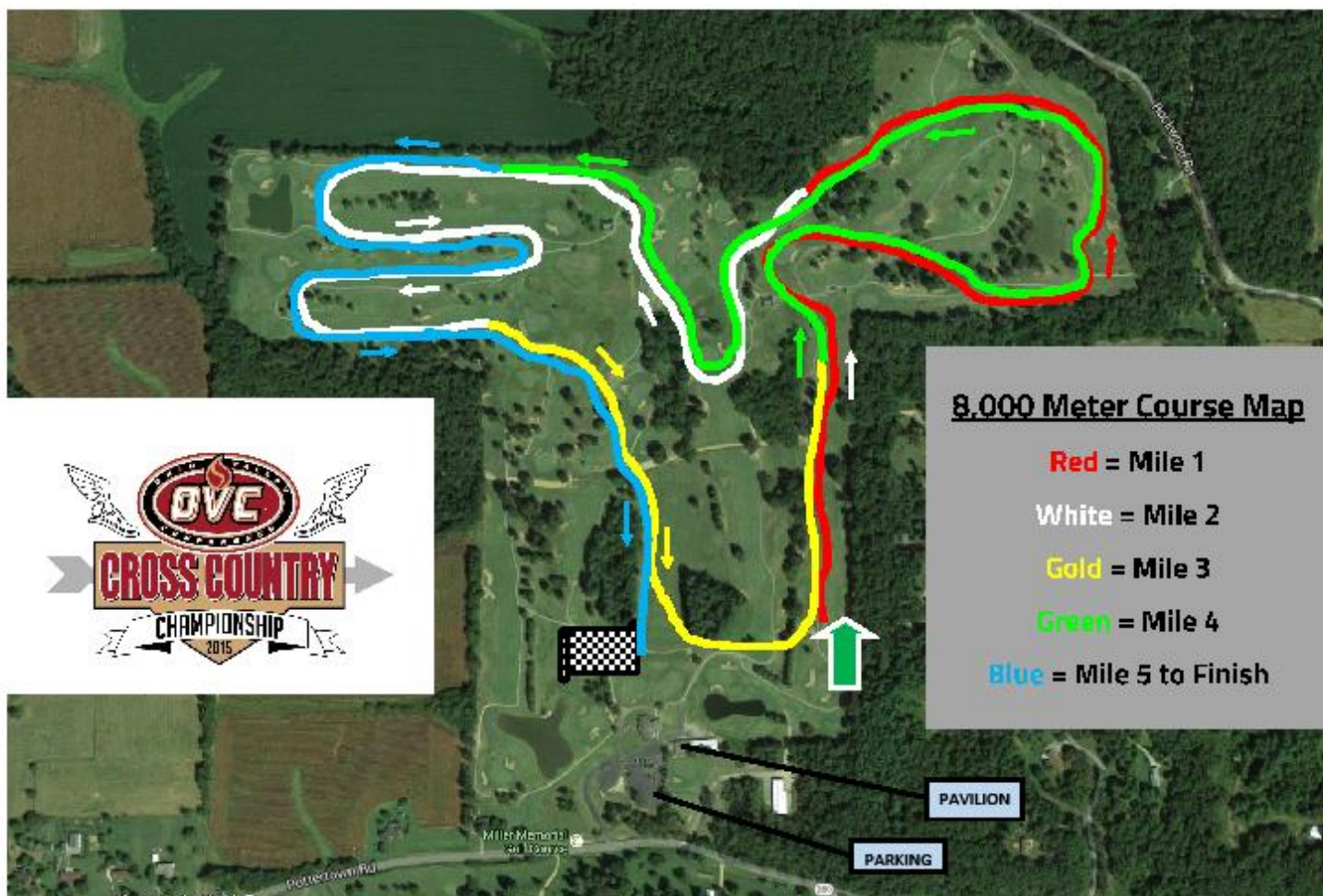
The Conference office will not be responsible for providing copies of any digital footage of the championship events after they have concluded.



Section A: Men's & Women's Course Map



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Section B: Directions to the Site of Competition with Map

From the Northeast via Bluegrass Parkway

Take Bluegrass Parkway to Western Kentucky Parkway. Continue west to I-24. Exit 25A on I-24 to the Purchase Parkway. Proceed south approximately 15 miles then exit onto Hwy 641 (sign marked "Murray State University Exit 41"). Drive south to Murray on Hwy 641. Turn left on Hwy 94 East (Main Street). Continue 3.3 miles to Hwy 280 and turn right. Proceed 2.7 miles on Hwy 280 to the entrance of Miller Memorial Golf Course on the left.

From the East or West via Hwy 68/80

From I-24 take Exit 65 to Cadiz/Hopkinsville and proceed west approximately 15 miles. After crossing Barkley and Kentucky Lakes, proceed approximately 7-8 miles and turn left onto Hwy 94, Exit 94C. Follow Hwy 94 approximately 3-4 miles to Hwy 280. Turn left on Hwy 280 and continue 2.7 miles to the entrance of Miller Memorial Golf Course on the left.

From the East or West via I-24

Take the Purchase Parkway at Exit 25A and proceed south approximately 8 miles. Exit onto HWY 641 (sign marked "Murray State University Exit 41") and drive south to Murray. Turn left onto Hwy 94 East (Main Street). Continue 3.3 miles to Hwy 280 and turn right. Proceed 2.7 miles on Hwy 280 to the entrance of Miller Memorial Golf Course on the left.

From the East or West via I-40

Take I-40 to Hwy 641 and proceed north to Murray. Turn right onto Hwy 94 East (Main Street). Continue 3.3 miles to Hwy 280 and turn right. Proceed 2.7 miles on Hwy 280 to the entrance of Miller Memorial Golf Course on the left.

From Southeast Missouri via I-57

Take the Charleston/Wyatt exit and proceed east on Hwy 60/62. In Wickliffe, KY, take Hwy 121 which will take you through Mayfield, KY and on to Murray. Continue to the end of Hwy 121. Turn right onto Hwy 641 then left onto Hwy 94 East (Main Street). Continue 3.3 miles to Hwy 280 and turn right. Proceed 2.7 miles on Hwy 280 to the entrance of Miller Memorial Golf Course on the left.



Section C: Hotel Accommodations

The following is a list of lodging facilities in Murray, KY:

Hampton Inn & Suites
1415 Lowes Drive
Murray, KY 42071
(270) 767-2226

Best Western University Inn
1503 North 12th Street
Murray, KY 42071
(270) 753-5353

Holiday Inn Express
1504 North 12th Street
Murray, KY 42071
(270) 759-4449

Kenlake State Resort Park
542 Kenlake Road
Hardin, KY 42048
(270) 474-2211



Section D: Restaurant Information

Select Restaurants in Murray, KY include:

Dunkin' Donuts

300 N 12th St.
Murray, KY 42071
(270) 761-3865

Sirloin Stockade

926 S. 12th St.
Murray, KY 42071
(270) 753-0440

Zaxby's

1209 N 12th St.
Murray, KY 42071
(270) 761-3333

Big Apple Café

1005 Arcadia Cir
Murray, KY 42071
(270) 759-8866

Murray State Dining Services

1-866-894-5209
Msu.dining@murraystate.edu

Applebee's

816 North 12th St.
Murray, KY 42071
(270) 759-5551

Subway

622 North 12th St.
Murray, KY 42071
(270) 753-7827

Tom's Grille

1501 North 12th St.
Murray, KY 42071
(270) 753-4521

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Murray, Kentucky



**2015 Ohio Valley Conference Men's Cross Country Championship
Official Travel Party and Eligibility List**

Using this form, please list the members of your official travel party (coaches, players, trainers and/or managers), and return to Scott Krapf, OVC Office, prior to the start of the championship. Each participating team may be provided passes limited to each member of the official travel party (Section 2.6, OVC Hosting Guidelines). These passes are not transferable.

Student-Athlete Eligibility Reminder: All student-athletes listed below must be certified eligible to represent your institution in intercollegiate competition per applicable NCAA, OVC, and institutional rules. OVC institutions are obligated to withhold ineligible student-athletes from competition including this OVC championship. Participation by an ineligible student-athlete in competition may subject the student-athlete and/or his or her institution to applicable NCAA and/or OVC penalties (e.g., loss of future eligibility; monetary fines; contest forfeiture.) Only student-athletes eligible to participate in an OVC conference championship event may receive an OVC conference championship award.

NOTE: TEAM CHAMPION – Only members of the official travel party listed below will be announced and presented with an individual championship award (10 provided) during the awards ceremony.

Student-Athletes (8):

_____	_____
_____	_____
_____	_____
_____	_____

Support Staff (managers/student trainers):

Assistant Coaches:

_____	_____
_____	_____

Head Coach: _____

Athletic Director: _____

Institution: _____

Hotel: _____

Head Coaches' Cell Phone Number: _____

Affirmation of Eligibility: By signing below, I acknowledge the above student-athletes' eligibility for participation in this OVC championship have been certified per applicable NCAA, OVC, and institutional rules.

(Name & Signature) Faculty Athletics

Representative or Senior Compliance Officer

(Date)

**Please return to Scott Krapf, OVC Office, by 12:00pm CT, Monday, October 26, 2015.
E-Mail: skrapf@ovc.org.**

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**2015 Ohio Valley Conference Women's Cross Country Championship
Official Travel Party and Eligibility List**

Using this form, please list the members of your official travel party (coaches, players, trainers and/or managers), and return to Scott Krapf, OVC Office, prior to the start of the championship. Each participating team may be provided passes limited to each member of the official travel party (Section 2.6, OVC Hosting Guidelines). These passes are not transferable.

Student-Athlete Eligibility Reminder: All student-athletes listed below must be certified eligible to represent your institution in intercollegiate competition per applicable NCAA, OVC, and institutional rules. OVC institutions are obligated to withhold ineligible student-athletes from competition including this OVC championship. Participation by an ineligible student-athlete in competition may subject the student-athlete and/or his or her institution to applicable NCAA and/or OVC penalties (e.g., loss of future eligibility; monetary fines; contest forfeiture.) Only student-athletes eligible to participate in an OVC conference championship event may receive an OVC conference championship award.

NOTE: TEAM CHAMPION – Only members of the official travel party listed below will be announced and presented with an individual championship award (10 provided) during the awards ceremony.

Student-Athletes (8):

_____	_____
_____	_____
_____	_____
_____	_____

Support Staff (managers/student trainers):

Assistant Coaches:

_____	_____
_____	_____

Head Coach: _____

Athletic Director: _____

Institution: _____

Hotel: _____

Head Coaches' Cell Phone Number: _____

Affirmation of Eligibility: By signing below, I acknowledge the above student-athletes' eligibility for participation in this OVC championship have been certified per applicable NCAA, OVC, and institutional rules.

(Name & Signature) Faculty Athletics
Representative or Senior Compliance Officer

(Date)

**Please return to Scott Krapf, OVC Office, by 12:00pm CT, Monday, October 26, 2015.
E-Mail: skrapf@ovc.org**