

NEW YORK STATE COLLEGIATE TRACK CONFERENCE



CROSS COUNTRY CHAMPIONSHIP

HOSTED BY:



CENTER PARK, FAIRPORT, NY
OCTOBER 20, 2012

2012 NYSCTC

CROSS COUNTRY CHAMPIONSHIP

Nazareth College

Center Park Cross Country Course
Saturday, October 20th, 2012

Nazareth College is honored to be hosting the New York State Collegiate Track & Field Conference Cross Country Championship at Center Park in Fairport, NY. This course has been used for the USATF National Club Masters Championships in 2011 and also plays host to Fairport High School. We hope that you will find all of the following information helpful when you make your plans to visit Nazareth College and the NYSCTC Championship on Saturday, October 20th.

MEET DIRECTOR:

JAMES GOSS

Head Cross Country / Track Field Coach
Nazareth College of Rochester
4245 East Avenue
Rochester, NY 14618
Phone: (585) 389-2852
Fax: (585) 389-2950

INITIAL ENTRIES:

An initial entry roster of all potential competitors must be submitted at DirectAthletics through your team account by 11:59pm on Saturday, October 6, 2011. Any late roster additions after October 6, 2012 must be petitioned to the Executive Committee and if accepted will be subject to a \$50.00 fine.

USER FEE:

A "users" fee of \$5.00 per athlete entered on the initial entry roster should be paid prior to the start of the championship by sending to the NYSCTC Treasurer (Jim Nichols). Checks should be made payable to: NYSCTC and is due by the time of packet pick-up.

Jim Nichols

jnichols@ithaca.edu

Head Cross Country / Track & Field Coach
Ithaca College
201 Ceracche Athletic Center
Ithaca, NY 14850
Phone: (607) 274-3745
Fax: (607) 274-1667

FINAL DECLARATIONS:

Athletes must check-in with the starting line official at their assigned starting box 20 minutes prior to the start of their respective race. *A maximum of 15 athletes are eligible to compete per institution in each race.*

CHAMPIONSHIP SCHEDULE:

Men's Championship 8k	11:00 A.M.
Women's Championship 6k	12:00 Noon
Awards Ceremony	1:15 P.M.

COURSE DESCRIPTION:	<p>The men will run 8k and the women will run 6k on the Center Park Cross Country Course. The course consists of all grass in the start/finish areas (400m+) with both cinder and woodchip trails.</p> <p>The approximate breakdown of surfaces is as follows:</p> <table><tr><td></td><td>Women's 6k</td><td>Men's 8k</td></tr><tr><td>Grass</td><td>4300m</td><td>6000m</td></tr><tr><td>Cinder Trail</td><td>1200m</td><td>1200m</td></tr><tr><td>Woodchip Trail</td><td>500m</td><td>800m</td></tr></table>		Women's 6k	Men's 8k	Grass	4300m	6000m	Cinder Trail	1200m	1200m	Woodchip Trail	500m	800m
	Women's 6k	Men's 8k											
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Cinder Trail	1200m	1200m											
Woodchip Trail	500m	800m											
COURSE PREVIEW:	<p>The course will be marked and flagged for a preview on Saturday, October 20th starting at 9:00am.</p>												
PACKET PICK-UP:	<p>Coaches may pick up meet packets in the Pavilion (adjacent to the start / finish line) on Saturday before 10:30am.</p>												
TIMING & RESULTS:	<p>Yentiming services will be used at the championship. Results will be available on the 2012 NYSCTC Cross Country Championship Site and the Nazareth Athletics web sites immediately following the conclusion of the races.</p>												
RULES/SCORING:	<p>NCAA & NYSCTC Rules apply.</p>												
AWARDS:	<p>The awards ceremony will take place at the amphitheatre area if weather permits at 1:15 P.M or in the Recreation Center if we have to move inside. Medals and certificates will be awarded to the top 21 finishers in each race. This includes NYSCTC 1st Team (1-7), NYSCTC 2nd Team (8-14) and NYSCTC Honorable Mention Team (15-21). Championship trophies will be presented to the Team Champions as well as the Runner-Up, Runner of the Year, Rookie of the Year and Staff of the Year. Ballots for these awards will be in your meet packet and shall be returned by 1:00 to the finish line tent.</p>												
PROTESTS:	<p><i>NYSCTC Article VIII, Section 1.</i> All protests must be submitted in writing by the Head Coach or Authorized Representative to the referee.</p> <p><i>NYSCTC Article VIII, Section 2.</i> To be officially considered, all protests must be filed within one half hour following the posting of results of an event or ruling associated with the protest. <i>NYSCTC Article VIII, Section 3.</i> All protest of the seeding procedures or petitions for acceptance of late declarations will be heard by the Executive Committee of the Association.</p> <p><i>NYSCTC Article VIII, Section 4.</i> After the scheduled beginning of competition, the Referee shall be the sole and final arbiter of all protests. Also, protest forms will be available in your final meet information packet.</p>												

LODGING:

Nazareth has a partnership with the [Woodcliff Hotel & Spa](#). The hotel is located only 3 miles from the course, 6 miles to Nazareth College and close to all restaurants and the Eastview Mall. To receive our Nazareth special rate of \$99.00 per night contact Kailey Jackson directly @ (585) 248-4884 or e-mail: kjackson@woodcliffhotelspa.com. A listing is also available on the meet website.

DIRECTIONS:

From points east/west/south: Take I-90 to exit 45 (I-490 W). After toll booths take first exit #29 (Route 96 N.) toward Eastview Mall. Continue on 96 until the intersection of 96 and Turk Hill Rd. Turn right on to Turk Hill Rd. and follow until the intersection of Truk Hill Rd. and Ayrault Rd. Turn right on to Ayrault Rd. Center Park will be immediately on your left.

From points north: Take I-490 E to exit #26 (Route 31 / Pittsford Palmyra Rd.). Turn right on to Route 31 East and continue to the first light. Turn left at the light onto Ayrault Rd. Center Park will be immediately up on your left after the intersection of Ayrault Rd. and Turk Hill Rd.

To Nazareth College: directions are available on the meet website.

PARKING:

Parking for team vehicles and spectators will be available at the West Lot off of Ayrault Rd. and at the Recreation Center off Turk Hill Rd. Bus and overflow parking is available at the East Lot off of Ayrault Rd. Buses may also park on the campus of Nazareth College in the Stadium Lot (P).

LOCKER ROOMS:

Locker rooms will be available on the campus of Nazareth College and are located in the Shultz Center as well as the Stadium Complex. Towels and Locks are the responsibility of the visiting teams.

TRAINING ROOM:

The Athletic Training Staff will have a tent on site and will be located behind the start / finish area. The Athletic Training Room tent will be open by 9:00 A.M. on Saturday, October 20th. Please bring your own tape and supplies. If other arrangements are necessary, you should have your athletic trainer contact Adrienne Jester at (585) 389-2838. Ice and water will be available at the finish line.

INSURANCE:

Insurance coverage shall be the responsibility of each participating institution.

EMERGENCY NUMBERS:

NAZ Security	585-389-2850
Rochester General Hospital	585-922-2000
Strong Memorial Hospital	585-275-4551
Fairport Rescue Squad/Village Police	911

SPORTS INFORMATION:

Joe Seil, Sports Information Director, phone: (585) 389-2452

MEET WEB SITE:

<http://athletics.naz.edu/index.aspx?tab=crosscountry&path=mcross>

NYSCTC WEB SITE: <http://www.nysctc.org>

Past years results

Championship History

COACHES CHECKLIST:

- Saturday, October 6 - Initial Roster due to DirectAthletics
- Process paperwork for "user fee" (must pay prior to start of championship)



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ATHLETIC TRAINING INFORMATION

On behalf of the Nazareth College Athletic Training Staff I would like to extend a warm welcome to each of the participating teams in this year's NYSCTC Championships. We are proud to be hosting this event at Nazareth College / Center Park and welcome the opportunity to assist you with your Athletic Training needs while you are at the Championships.

The Athletic Training Staff will have a tent on site and will be located behind the start / finish area. For this year's Championships, we will be providing the following services:

1. The Athletic Training Tent will be open 2 hours prior to competition on Saturday, October 20th.
2. A Certified Athletic Trainer will be on sight throughout the duration of the Championship. Water and ice will also be available on sight.
3. Please bring any needed tape with you and our staff will assist you with taping, wrapping and treatments.

Please take note that this venue is at an off campus location and we will not be able to provide any form of therapeutic treatments, i.e. ultrasound, whirlpool, etc... Questions regarding the specifics of this should be directed to a member of our Athletic Training Staff prior to the championships.

Important Numbers:

Adrienne Jester, Head Athletic Trainer
Golden Flyer Stadium Complex
Nazareth College
4245 East Avenue
Rochester, NY 14618
(585) 389-2838
(585) 389-2895 (fax)

If you have any further questions, please do not hesitate to contact me.