

2011 NCAA Division II
Women's and Men's West Region Cross Country Championships
Great Northwest Athletic Conference & Spokane Regional Sports Commission
Saturday, November 5, 2011

- Meet Website:** www.gnacsports.com/NCAAXCRegionals.htm
- Meet Director:** Tricia Haddock, GNAC Assistant Commissioner
Phone: 509-535-5291 Cell: 208-880-7719
thaddock@gnacsports.com Fax 509-535-5293
- NCAA Site Rep:** Chris Asher, Cal State LA, Head Cross Country Coach
Phone: 323-343-6413; casher@exchange.calstatela.edu
- Date/Time/Race Distance:** Saturday, November 5, 2011
10:30 am – Women's 6k
11:30 am – Men's 10k
- Site:** Plantes Ferry Sports Complex
12308 E Upriver Drive, Spokane Valley, WA 99206
Directions to Plantes Ferry may be found on the meet website.
- Course Description/
Course Map:** See meet website.
- Timing:** Timing and results will be done by www.millisecond.com
- Parking:** Plenty of parking on site. Specific parking is marked on course maps and will be reviewed at coaches meeting.
- Course preview:** Friday Noon – 5:00 pm
- Restrooms:** Several portable toilets and permanent facilities on site.
- Packet Pick up
and Declarations:** Friday November 4th 4:00 pm – 5:30 pm; Mirabeau Park Hotel
- Mandatory
Coaches Meeting:** Friday November 4th 6:00 pm – 7:00 pm; Mirabeau Park Hotel
- Headquarters Hotel:** Mirabeau Park Hotel
North 1100 Sullivan Road
Spokane Valley, WA 99037
<http://www.mirabeauparkhotel.com/>
- Entries:** Entry rosters must be submitted online with Direct Athletics by Wednesday, October 19th at 11:59 pm EST (<http://www.directathletics.com>). Enter only your probable top 10 runners. Changes to your Top 10 may be made at or prior to your final declaration of seven on Nov. 4.

Sports Medicine: Rockwood Clinic Sports Medicine will cover medical needs at the course.

Friday Noon – 5:00 pm

Saturday 8:00 am – 2:00 pm

Contact Heidi Peterson – hpeterson@rockwoodclinic.com;
509-869-7996; www.rockwoodclinic.com

Other Contacts: Technical Director: Marla Emde – marlae@spokanesports.org;
509-953-9924

Sports Information: Bob Guptill – bguptill@gnacsports.com;
509-535-5291 wk; 509-714-4094

NCAA Merchandise: Official NCAA Merchandise will be available for purchase:
Friday Noon – 5:00 pm at the course
Saturday 8:00 am – 2:00 pm at the course

Awards/Results: Results will be provided to the coaches following the races, as well as be available on www.gnacsports.com and www.ncaa.com. No awards will be presented, but those individuals and teams that qualify for Nationals will be recognized following the final race. USTFCCCA All-Region awards will be presented following the conclusion of the championship.

Schedule of Events:

TH:	Noon – 5:00	Course open for Preview (course marked, but not flagged).
FRI:	Noon – 5:00	Course open for Preview
	4 – 5:30 pm	Packet pick up and Declarations
	6 – 7:00 pm	Mandatory coaches meeting
SAT:	10:15 am	Women’s Uniform inspection
	10:30 am	Women’s 6k Race
	11:15 am	Men’s Uniform inspection
	11:30 am	Men’s 10k Race
	1:00 pm	National Recognition/USTFCCCA Awards