

NCAA Cross Country Championships
Monday, November 22, 2004

1. Schedule(EST):
 - 8:00 a.m. Gates open for teams and spectators.
 - 10:35 a.m. Playing of the National Anthem.
 - 10:40 a.m. Women called to the start.
 - 11:00 a.m. Women's Championship 6,000 Meter Race.
 - 11:55 a.m. Men called to the start.
 - 12:15 p.m. Men's Championship 10,000 Meter Race.
 - 1:00 p.m. Presentation of Women's Awards on the awards stand west of the finish line building. Both awards ceremonies will also be shown on the video board.
 - 1:15 p.m. Presentation of Men's Awards.
2. Please park in designated areas. Officials will direct you to the correct area. Please do not park within 15 feet of the fence that borders the course. Team tents are allowed only behind the start line in the designated team area.
3. Please provide for the security of your own valuables. Gear will be bagged at the starting line and transported to the back of the chute exit for each race.
4. Race instructions will be given at the starting line. All runners report to the line 20 minutes before their race. The start will be in accordance with NCAA rules, a dropped flag at the firing of the pistol.
5. Please be sure your runners wear all of their numbers. They will be issued four numbers: front, back and two hip numbers. Make sure your runners have both chips secured in their shoe laces before the race begins. Make sure your runners run through the finish line (both pads) and then disperse. Injured athletes in the chute will be assisted by ISU trainers, and pulled to the side. Chips will be collected before the runners leave the chute. If you have an athlete drop out, please help us by getting those chips to one of our officials.
6. Results will be available soon after the completion of each race. Those results will be available in the Results Tent, just outside the end of the chute area. We will also post results in several other spots including near the pole barn and on the new concessions building. Complete results will also be posted on the Indiana State web site after each race.
7. There will be a lead vehicle for each race. Please have your fans stand outside the course and/or behind the fence. A trainer's cart will follow behind the runners.
8. The course is clearly marked, and all kilometers are denoted by signs. Course marshals will direct all coaches and spectators to stay behind the fencing on the straightaway at the start, when the runners come by, and at the finish. There is a coaches' box just in front of the finish line to the west side of the chute. Coaches, please feel free to use this at the finish for better viewing of your athletes. You will be asked to show the Coach's Pass with the red sticker affixed to it to get into the coaches' box. Only one coach per program, per race, will be allowed in the box.
9. Spectators will be charged \$5.00 per person to enter. This will be collected as cars enter the grounds. Please advise your parents and fans of this. Please also advise parents and fans of the correct route into the Wabash Family Sports Center. On the day of the race, fans will use a different route than teams and officials. These maps have been sent to you, and are enclosed again.
10. Portable toilets are located at the starting line and to the east of the finish line building.

11. Only officials and competing athletes are allowed inside the fence at the finish.
12. The observation deck on top of the press box is for official use only.
13. If you and your coaching staff are using walkie talkie/portable radios, please stay off channels 1, 3, 4, and 5. These are the channels being used by our race officials.