South Central Regional
November 14, 2009
Cottonwood Creek Golf Course
Waco, Texas
Hosted by Baylor University
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</tr>
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Schedule of Events

Thursday, November 5, 2009

5:00 p.m. NCAA Online Entry Form Deadline 5:00 p.m. Eastern

Friday, November 13, 2009

12:00 p.m. Deadline for Fax Declarations
3:00 p.m.-6:00 p.m. Race Course inspection and practice
6:00 p.m. -7:00 p.m. Packet Pick-up
7:00 p.m. Declarations Deadline
7:00 p.m.- 7:30 p.m. Regional Cross Country Coaches Meeting

Saturday, November 14, 2009

9:40 a.m. Men report to starting line for check-in
9:45 a.m. National Anthem
10:00 a.m. Men’s 10,000 meters
10:45 a.m. Women report to starting line for check-in
11:00 a.m. Women’s 6,000 meters
Meet results available in the golf course clubhouse

11:30 a.m. Men’s and Women’s Awards Ceremony
Official NCAA awards will not be presented, however, there will be a recognition ceremony. The USTFCCCA will present awards.
# Meet Information

## NCAA Cross Country Phone Numbers (254)

<table>
<thead>
<tr>
<th>Name</th>
<th>Office</th>
<th>Mobile</th>
<th>Home</th>
</tr>
</thead>
<tbody>
<tr>
<td>NCAA Site Representative Bubba Thornton</td>
<td>512-471-1372</td>
<td>email: <a href="mailto:bubba.thornton@athletics.utexas.edu">bubba.thornton@athletics.utexas.edu</a></td>
<td></td>
</tr>
<tr>
<td>Meet Director Associate AD Tom Hill</td>
<td>710-1915</td>
<td>749-4833</td>
<td>752-4220</td>
</tr>
<tr>
<td>Assistant Meet Director Doyle Shirley</td>
<td>710-2599</td>
<td>749-2302</td>
<td>754-2584</td>
</tr>
<tr>
<td>Assistant Meet Director Diane Jee</td>
<td>710-3284</td>
<td>652-9011</td>
<td></td>
</tr>
<tr>
<td>Assistant Meet Director Paula Young</td>
<td>710-1313</td>
<td>709-7151</td>
<td>709-7151</td>
</tr>
<tr>
<td>Athletic Department</td>
<td>710-1234</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cottonwood Creek Golf Course</td>
<td>745-6009</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletic Director Ian McCaw</td>
<td>710-1234</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Executive Associate AD Todd Patulski</td>
<td>710-3040</td>
<td>709-9660</td>
<td></td>
</tr>
<tr>
<td>Senior Associate AD Nick Joos</td>
<td>710-3043</td>
<td>709-9659</td>
<td>848-9318</td>
</tr>
<tr>
<td>NCAA Meet Media Relations Todd Zeidler</td>
<td>710-4049</td>
<td>644-3458</td>
<td></td>
</tr>
<tr>
<td>Head Athletic Trainer Mike Sims</td>
<td>710-1021</td>
<td>709-4604</td>
<td>857-9235</td>
</tr>
<tr>
<td>Athletic Trainer Kevin Robinson</td>
<td>710-8135</td>
<td>709-1952</td>
<td>399-9524</td>
</tr>
</tbody>
</table>
2009 Cross Country
South Central Regional
Baylor University
Cottonwood Creek Golf Course
November 14, 2009
Meet Information

Websites

NCAA Entry Forms  http://www.directathletics.com/ncaa/html

NCAA  http://www.ncaa.org

NCAA Results  http://www.ncaa.com

USTFCCCA  http://ustfccca.cstv.com

Indiana State  http://www.gosycamores.com/

Baylor University  http://www.baylor.edu

Baylor Athletics  http://www.baylorbears.com

City of Waco  http://www.waco-texas.com

Waco Visitor’s Bureau  http://www.wacocvb.com

Texas Tourism  http://www.traveltex.com

Travel Information  http://www.dot.state.tx.us
Course: The course is marked with solid white lines along the entire course. The course is relatively flat, with gradual inclines. The surface is grass and occasional packed dirt cart paths. Please stay off all tee boxes and greens. A map of the course is enclosed.

Entries: The entry form must be completed online no later than 5:00 p.m. Eastern time, Thursday, November 5, 2009. Coaches are advised to hand carry a copy of the entry form to the regional and national site. Institutions that submit late entry forms may still have their teams participate in the regional meet, but only after a fine is paid at the regional site. Only those student-athletes listed on the entry form may compete in the regional championships meet.

Access to the online forms is available through the following websites:
NCAA: http://www.ncaa.org
USTFCCCA: http://ustfccca.cstv.com
Direct Athletics: http://www.directathletics.com
Indiana State: http://www.gosycamores.com/

Declarations for the 2009 Regional Cross Country Championship will be taken by fax or in person. Declarations by fax may be made by sending the enclosed Fax Declaration Form to: 254-710-1968 prior to 12:00 pm on Friday, November 13, 2009. In-person declarations may also be made at the coaches dinner immediately prior to the regional coaches meeting. Declarations are final and will close at 7:00 pm on Friday, November 13, 2009.

Coaches must declare during packet pickup up to eight of the 15 student-athletes submitted on their original entry form (seven competitors and one substitute). Runners declared for the national championships meets may be different than those that competed at the regional meet, but all must have appeared on the original entry form submitted by the November 5 deadline. If an institution declares eight student-athletes (i.e. takes an eighth set of chips and an eighth bib), those chips and bib must be returned to meet management no later than 15 minutes prior to the start of the race. Hosts will give specific instructions during the coaches meeting as to where to deliver the extra chip and bib.
# 2009 Cross Country South Central Regional
## Baylor University
### Cottonwood Creek Golf Course
#### November 14, 2009

## Meet Information

<table>
<thead>
<tr>
<th>Category</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Inspection:</strong></td>
<td>The course will be available for inspection and practice beginning at 3:00 p.m. on Friday, November 13, 2009. Please do not access the course prior to this time.</td>
</tr>
<tr>
<td><strong>Coaches Dinner:</strong></td>
<td>A coaches dinner will be held at the Simpson Building XTO Room located at 1500 South University Parks Drive from 6:00-7:00 p.m. on Friday, November 13, 2009. The South Central Regional coaches meeting will follow.</td>
</tr>
<tr>
<td><strong>Parking:</strong></td>
<td>Coaches and officials will park in the Cottonwood Creek Golf Course lot on race day.</td>
</tr>
<tr>
<td><strong>Merchandise/Programs:</strong></td>
<td>Official NCAA merchandise and programs will be available for purchase on site.</td>
</tr>
<tr>
<td><strong>Uniforms:</strong></td>
<td>2009 NCAA Uniform Regulations will be enforced.</td>
</tr>
<tr>
<td><strong>Numbers:</strong></td>
<td>Numbers must be worn on the front of all uniforms. Coaches, please instruct your athletes not to pin the bottom, tear away portion of the number.</td>
</tr>
<tr>
<td><strong>Dressing Facilities:</strong></td>
<td>No dressing or shower facilities will be available at the course.</td>
</tr>
<tr>
<td><strong>Restroom Facilities:</strong></td>
<td>Portable restroom facilities are located adjacent to the starting area. Limited facilities also exist on the golf course.</td>
</tr>
<tr>
<td><strong>Timing System:</strong></td>
<td>Chip Timing</td>
</tr>
<tr>
<td><strong>Results:</strong></td>
<td>Official results will be computed and posted at the clubhouse as soon as they become available. Results will also be available on the websites: <a href="http://www.baylorbears.com">www.baylorbears.com</a> or <a href="http://www.ncaa.com">www.ncaa.com</a></td>
</tr>
</tbody>
</table>
### Meet Information

**Meet Director:**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Home Phone</th>
<th>Office Phone</th>
<th>Cell Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Associate Athletic Director</td>
<td>Tom Hill</td>
<td>(254) 752-4220</td>
<td>710-1915</td>
<td>749-4833</td>
<td><a href="mailto:Thomas_Hill@baylor.edu">Thomas_Hill@baylor.edu</a></td>
</tr>
<tr>
<td>Assistant Meet Director</td>
<td>Paula Young</td>
<td>(254) 710-1313</td>
<td>709-7151</td>
<td></td>
<td><a href="mailto:Paula_Young@baylor.edu">Paula_Young@baylor.edu</a></td>
</tr>
<tr>
<td>Assistant Meet Director</td>
<td>Doyle Shirley</td>
<td>(254) 710-2599</td>
<td>749-2302</td>
<td></td>
<td><a href="mailto:Doyle_Shirley@baylor.edu">Doyle_Shirley@baylor.edu</a></td>
</tr>
<tr>
<td>Assistant Meet Director</td>
<td>Diane Jee</td>
<td>(254)-710-3284</td>
<td>652-9011</td>
<td></td>
<td><a href="mailto:Diane_Jee@baylor.edu">Diane_Jee@baylor.edu</a></td>
</tr>
</tbody>
</table>

**Media Relations:**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Home Phone</th>
<th>Office Phone</th>
<th>Mobile Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Senior Associate AD</td>
<td>Nick Joos</td>
<td>(254) 848-9318</td>
<td>710-3043</td>
<td>709-9659</td>
<td><a href="mailto:Nicholas_Joos@baylor.edu">Nicholas_Joos@baylor.edu</a></td>
</tr>
<tr>
<td>Cross Country Contact</td>
<td>Todd Zeidler</td>
<td>(254) 710-4049</td>
<td>644-3458</td>
<td></td>
<td><a href="mailto:Todd_Zeidler@baylor.edu">Todd_Zeidler@baylor.edu</a></td>
</tr>
</tbody>
</table>

**Credentials:**

Media and Media Relations Directors must request credentials by contacting Todd Zeidler in the Baylor Media Relations Office.
Baylor Athletic Media Relations, 1500 South University Parks Drive
Waco, Texas 76706
2009 Cross Country
South Central Regional
Baylor University
Cottonwood Creek Golf Course
November 14, 2009
Meet Information

Athletic Trainers:
Assistant Athletic Director for Athletic Training
Mike Sims
Home: (254) 857-9235
Office: 710-1021
Mobile: 709-4604
Fax: 710-4307
Mike_Sims@baylor.edu

Cross Country Athletic Trainer
Kevin Robinson
Home: (254) 399-9524
Office: 710-8135
Mobile: 709-1952
Fax: 710-4307
Kevin_Robinson@baylor.edu

Baylor University Athletic Department
1500 South University Parks Drive
Waco, Texas 76706

Athletic Training Facilities at the Meet

The athletic trainer’s tent will be adjacent to the finish line. The area
will be staffed with Baylor University Licensed Athletic Trainers.
Medical doctors will be on call.

Athletic Training Room: 254-710-1021
Mobile Kevin Robinson: 254-709-1952

Hillcrest Hospital 100 Hillcrest Medical Blvd.
254-756-8011 Emergency 911

Providence Hospital 6901 Medical Parkway
254-751-4000 Emergency 911
NCAA Cross Country Medical Information
Saturday, November 14, 2009

Cross Country Athletic Trainer: Kevin Robinson
Mobile 254-709-1952

The athletic trainer’s tent will be open at 9:00 a.m. on race day. The tent is located at the start finish line area.

Providence Hospital: (5-10 minutes) 6901 Medical Parkway 254-751-4000 or 4180

From the course: Exit the parking lot and turn right on Bagby. Turn right onto Highway 6. Exit Sanger Avenue. Travel underneath the overpass and turn right at the first street. It will take you to the top of the overpass. Turn right onto Sanger Avenue and proceed to the first light. Turn left on Londonderry. Providence Hospital emergency is on the left.

Hillcrest Hospital: (5-10 minutes) 100 Hillcrest Medical Blvd. 254-756-8011

From the course: Exit the parking lot and turn right on Bagby and across loop 340. Turn left onto the access road. Follow to Hillcrest Medical Blvd. and turn right.
Meet Information

Kenny Duron
Cottonwood Creek Golf Course
Head Golf Professional
Office: 254-745-6012
Course: 745-6009

Josh Damron
Assistant Golf Pro Cottonwood Creek
Office: 254-745-6013

Dawn Blenden
Cottonwood Creek Golf Course Administration
Office: 254-745-6010
dawnb@ci.waco.tx.us

J.D. Franz
Cottonwood Creek Golf Course Superintendent
Office: 254-662-5205

Rusty Black
Director of Parks and Recreation
Office: 254-750-8081

NCAA®
2009 NCAA Cross Country
Protest Form

Event ___________________________________________ Date/Time ____________

Date/Time of Protest ______________________________________________________

Name of Individual Filing Protest _________________________________________

Name of Institution of Person Filing Protest _________________________________

Reason for Protest: (Rule Violation)

________________________________________
Signature of Protest Person

Action by Referee:

Protests must be filed within 30 minutes after results have been announced. Appeal
process to the Jury of Appeals for reconsideration of action by the referee will
require a $50.00 deposit.
I-35 to Waco:
Exit New Road and travel west. Turn left (South) on Bagby. Cottonwood Creek Golf Course is located approximately one-half mile on the right. The Simpson Building XTO room is located at 1500 South University Parks Drive.
These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2009, Tele Atlas
2009 NCAA South Central Regional Cross Country Championships

9:40 AM - Men Report to Starting Line
9:45 AM - National Anthem
10:00 AM - Men's 10k Race Starts
10:45 AM - Women Report to Starting Line
11:00 AM - Women's 6k Race Starts

Men's 10k Race
- First 5k Loop
- Second 5k Loop minus 1k
- Last 1k is around Lake

Women's 6k Race
- One 5k Loop
- Last 1k is around Lake

Cottonwood Creek Golf Course
Waco, TX
2009-10 Baylor Preferred Restaurants

***All phone numbers listed begin with (254) prefix and located in Waco unless noted otherwise

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aramark</td>
<td>2100 River St, Ste 101</td>
<td>Brett Perlowski</td>
<td>710-7380</td>
</tr>
<tr>
<td>Big Daddy's</td>
<td>Inside the Clarion Hotel</td>
<td>Joe Blanek</td>
<td>753-5444</td>
</tr>
<tr>
<td>Chipotle</td>
<td>1611 N. Valley Mills Dr. #A</td>
<td>Katie Reed</td>
<td>741-9400</td>
</tr>
<tr>
<td>Domino’s (Multiple Locations)</td>
<td>1201 Speight Ave.</td>
<td>Bob Mock</td>
<td>753-0131</td>
</tr>
<tr>
<td>Elite Circle Grill</td>
<td>2132 S Valley Mills Drive</td>
<td>Skylar Bell</td>
<td>754-4941</td>
</tr>
<tr>
<td>Fazoli’s (Multiple Locations)</td>
<td>919 S. 6th</td>
<td>Scott Rimlinger</td>
<td>752-2929</td>
</tr>
<tr>
<td>Festive Occasions</td>
<td>107 E. Ward Dr.</td>
<td>Margaret Ferguson</td>
<td>662-5658</td>
</tr>
<tr>
<td>Food for Thought</td>
<td>1121 Speight</td>
<td>Terry Otto</td>
<td>753-3998</td>
</tr>
<tr>
<td>Fuddruckers</td>
<td>1141 N Valley Mills Dr #A</td>
<td>Daniel Statton</td>
<td>776-0961</td>
</tr>
<tr>
<td>George’s Restaurant</td>
<td>1925 Speight Avenue</td>
<td>Sammy Citrano</td>
<td>753-1421</td>
</tr>
<tr>
<td>La Fiesta</td>
<td>3815 Franklin Ave.</td>
<td>Mary Whitalew</td>
<td>756-4701</td>
</tr>
<tr>
<td>McDonald’s (Multiple Locations)</td>
<td>1225 N Valley Mills Dr</td>
<td>John Morin</td>
<td>772-2082</td>
</tr>
<tr>
<td>One Thirty Five Prime</td>
<td>1201 Hewitt Drive</td>
<td>Gabriel Rodriguez</td>
<td>666-3100</td>
</tr>
<tr>
<td>Outback Steakhouse</td>
<td>4500 Franklin</td>
<td>Tony Abdulla</td>
<td>772-5449</td>
</tr>
<tr>
<td>Pizza Hut (Multiple Locations)</td>
<td>1111 S. 8th</td>
<td>Wayne Voytko</td>
<td>466-6406</td>
</tr>
<tr>
<td>Rosa’s Café</td>
<td>5800 Franklin Ave</td>
<td>William Rivera</td>
<td>741-9283</td>
</tr>
<tr>
<td>Rudy’s Bar-B-Que</td>
<td>2510 Circle Drive</td>
<td>Ryan Veale</td>
<td>750-9995</td>
</tr>
<tr>
<td>Schlotzsky’s (Multiple Locations)</td>
<td>900 N. Valley Mills Dr.</td>
<td>Mike Pool</td>
<td>741-9288</td>
</tr>
<tr>
<td>Taco Bell (Multiple Locations)</td>
<td>824 S 6th Street</td>
<td>Caleb Stirling</td>
<td>752-1131</td>
</tr>
<tr>
<td>Uncle Dan’s Bar-B-Que</td>
<td>1001 Lake Air Dr.</td>
<td>Dan Henderson</td>
<td>772-3532</td>
</tr>
<tr>
<td>Vitek’s BBQ</td>
<td>1600 Speight</td>
<td>Julie Keith</td>
<td>752-7591</td>
</tr>
<tr>
<td>Wendy’s (Multiple Locations)</td>
<td>811 S 5th St</td>
<td>James Hayes</td>
<td>752-8850</td>
</tr>
</tbody>
</table>
Gloria Norris
Best Western-Old Main Lodge
IH-35 & 4th St.
Waco, TX 76706
(254) 753-0316

Dipak Patel
Country Inn & Suites
1502 N. I-35
Waco, TX 76705
(254) 799-1766
http://www.countryinns.com/wacots

Jennifer Wright
Courtyard by Marriott
101 Washington Ave
Waco, TX 76706
(254) 752-8686

Shuneda Sterrett
Fairfield Inn-North
4257 N. I-35
Waco, TX 76705
(254) 412-2535
http://www.fairfieldwaco.com/

Shuneda Sterrett
Hampton Inn
4259 N. I-35
Waco, TX 76705
(254) 412-1999
http://www.hamptonwaco.com/

Jenifer Wyard
by Marriott
1801 Development Blvd.
Waco, TX 76705
799-9997
www.holidayinn.com/waconorthwest

Eric Hobbs
Holiday Inn & Suites
1320 S. Jack Kultgen Expwy
Waco, TX 76706
(254) 751-9966
http://www.super8.com/super8/control/Booking/property_49073

Shuneda Sterrett
Waco Hilton
113 S. University Parks Dr.
Waco, TX 76701
(254) 754-8484
http://www.waconhilton.com/

Kary Lalani
Homewood Suites
Legends Crossing Waco
940-867-2254
Coming September 2009

Justin Edwards
Hampton South
2501 Marketplace Dr.
Waco, TX 76711
662-9500
www.hamptonwacosouth.com

Manish Demla
Super 8 Motel of Waco
1320 S. Jack Kultgen Expwy
Waco, TX 76706
(254) 751-9966
http://www.super8.com/super8/control/Booking/property_49073
Waco Transportation
Waco Area Code (254)

Emergency Travel Numbers
Texas Highway Patrol 806-747-4491
Road Conditions 800-452-9292
Time and Temperature 254-756-5555

Waco Regional Airport Information
Recorded Information 750-8655
Airport Terminal 754-4999
www.weatherbug.com accuweather.com srh.noaa.gov
American Eagle (American Airlines) 800-433-7300
Continental Express (Continental Airlines) 800-525-0280
Texas Aero Airline 752-9731

Car Rentals
Advantage Rent-A-Car 716 Lake Air Drive 776-5777
Advantage Rent-A-Car Waco Regional Airport 714-0363
Enterprise Rent-A-Car 639 N. Valley Mills Drive 776-2050
Enterprise Rent-A-Car 800-736-8222

Van Shuttle Service
From Airports to Waco
Waco Streak 800-460-0430 772-0430
www.wacostreak.com

Charter Bus Service
Central Texas Trails 800-531-5332 753-4534
Dan Dipert Coaches 817-654-3622
Coach America/Gray Line 800-256-4723
Local Waco Transit www.waco-texas.com/bus/bus.htm 753-0113

Taxicabs
Yellow Cab 408 S. 9th 756-1861
Heart of Texas Shuttle & Cab 866-539-5999 752-2545

Train Service
Amtrak www.amtrak.com 800-872-7245
McGregor (15 miles west of Waco)
Local Tent Rental

103 Panther Way
Hewitt, TX 76643
Danny Garvin  Office: 666-9105  Fax: 666-5782  Cell: 749-7741

Coin Operated Laundry Services

Beat ‘Um On A Rock
1723 S. Valley Mills Drive
757-0077

Super Clean
1501 Hogan Lane
799-1706

Ma Suds Coin Laundry
1412 North Valley Mills Drive
772-4404

West Waco Drive Laundromat
2424 W. Waco Drive
754-7038

Waco Wonder Wash
1724 S. 12th
753-9595

Movie Theaters

Encore 6
1105 Wooded Acres
772-4355
776-5288

Hollywood Theaters
Jewell 7200 Woodway Drive
399-9500

Starplex Cinema
333 S. Valley Mills Dr.
772-5333
772-9117

Value Cinema
Valley Mills Dr.

Grocery Stores Near Baylor

HEB
1102 Speight  752-0374
1301 Wooded Acres  776-1601
801 North 1-35  799-0253

Wal-Mart
1521 N I-35  867-8084
4320 Franklin  751-0464