

**2009 NCAA Division II
Men's & Women's Cross Country Championships
East Regional**

- Date:** Sunday November 8, 2009
- Time:** 1:30 Women's 6K Championship
2:30 Men's 10K Championship
- Awards:** Following the results becoming Official at the trailer
- Site:** Franklin Park
Boston, Massachusetts
- Course Preview:** Saturday, November 7, 2009 After 2:00pm
Sunday, November 8, 2009 Prior to race
- Course Description:** Maps can be found on the following websites...spikes can be used
Here are the links
10km- http://www.usatfne.org/cross/i/franklin_pk10.gif
6km- http://www.usatfne.org/cross/i/franklin_pk5.gif
- Entry Information:** The entry rosters are due by October 20th at 8:00pm or a fine will result. They must be done at <http://www.directathletics.com>
- Participation Forms:** Only those teams advancing to the NCAA Championships need to Fax the forms. They should be sent to Adam Siepiola at (516) 877-4237 please do not send them to UMass Lowell.
- Declarations:** You have two options for Declarations. If you use either option you are still required to attend the coaches meeting at 8:00pm on Saturday November 6th at the Crowne Plaza Newton. We prefer option One if possible to have the chips ready to hand out promptly at the coaches meeting.
- Option 1: e-mail to gary.gardner@uml.edu on Friday November 6, 2009 from 9:00am-5:00pm.
- Option 2: Declare before the coaches meeting at the Crowne Plaza Newton between 6:00pm and 8:00pm.
- If you fail to declare at either time a fine will result

Starting Boxes: Starting box positions will be in the packet.

Coaches Meeting: 8:00pm - after declaration period. This is a Mandatory meeting a fine will be assessed by the NCAA for failure to attend this meeting. The Coaches meeting will take place at the Crowne Plaza.

National Qualifying: Top two teams and top two individuals in each race or if you an individual finishes in the top five overall

Results: Will be posted on the finish line trailer and at www.plattsys.com
We will be using double Chip Timing again this year so be prepared.

T-Shirts: T-shirts will be on sale at the park on Sunday.

Problems or Information: Gary Gardner Office: (978) 934-2342
Cell: (978) 873-1454
Gary_gardner@uml.edu

NCAA Questions: Adam Siepiola (516) 877-4237
Siepiola@adelphi.edu

NCAA Championship Handbook: www.ncaa.org

Trainers: The trainers will be located in the dugout area opposite the finish Chute. There will be EMTs on site with the ambulance.

Hotel Information: The meet headquarters are at Crowne Plaza Newton. The Declaration and coaches meeting will take place at the Crowne Plaza. They have more than enough rooms to host the entire meet. The hotel is located about 15 minutes from the Park.

Contact: Crowne Plaza at (617) 630-2934 the rate is \$119 a room

Restaurant and Area Information:
<http://www.ichotelsgroup.com/h/d/pc/1/en/hotel/BOSAA/whats-nearby?start=1&rpb=hotel&crUrl=/h/d/pc/1/en/hotelsearchresults>

Directions to Franklin Park

From Greater Boston North: U.S. Route 1 South to Route 203 (Gallivan Blvd then becomes Morton Street). Follow 203 for one mile to rotary, then go $\frac{3}{4}$ -mile and follow signs to Franklin Park. The course is $\frac{3}{4}$ -mile on the left.

From Greater Boston West: U.S. Route 1 North to Route 203. Follow 203 for one mile to rotary, then go $\frac{3}{4}$ -mile and follow signs to Franklin Park. The course is $\frac{3}{4}$ -mile on the left.

From North: Route 93 South to Exit 15 - Columbia Road towards Dorchester. Road bears left at 1st major intersection. Follow three miles to Franklin Park on the right.

From South: Route 93 North to Exit 11B (Route 203), then bear right and follow Route 203 for four miles to rotary. Follow signs to Franklin Park/Franklin Park Zoo. Or, take U.S. Route 1 North to Route 203 (Rt 203 is Gallivan Blvd then becomes Morton Street)

From West: Take the Massachusetts Turnpike to Route 93 South. Then, at Exit 15, follow directions "From North" (above).

By Subway: Take the MBTA's Orange Line to Forest Hills, then walk one mile or MBTA Bus (route 16) goes through Franklin Park.

PARKING

Limited parking is available at two lots along Circuit Drive, leading to The Playstead, and on Circuit Drive itself. Please cooperate with park rangers giving directions, and please do not park in spaces dedicated to the golf club or zoo. Park legally!

Notes on Franklin Park:

- **Our bathrooms are located on the fields.**
- **Public Urination is again being stressed as strictly forbidden so please talk to your teams.**
- **A licensed food vendor will be at the Park.**
- **Parking will again be by permit into the upper parking lot by the course. We should have passes for second vans if not we may have to drop people off and park along the drive or one of the parking lots. I have no control over this policy and is in place for every meet at the park. I believe all teams got all vehicles in the upper section last year.**
- **Buses will be parked at the Valley Gate Parking lot after dropping off the team.**
- **Tents are only allowed between the two softball fields on Playstead Road**

