

# 2018

## Orange Empire Conference Cross Country Championships

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**HOST:** Riverside City College

**DATE:** Friday, October 26, 2018

**TIME:** 9:00am - Women - 3.1 miles (5K)  
9:45am - Men - 4 miles

**LOCATION:** Riverside City College

**COURSE:** The course will be all dirt with a couple small hills  
The course will be well marked with workers along the course to help guide.

**ENTRY FEE:** **The Entry fee is due September 12. The Entry fee is \$442 per team/\$222 per gender. Norco College is the only program with just a women's team and they will need to pay \$222. If entry fee not received by October 26 your team is subject to non-participation at the meet.**  
Make checks payable to "RCC Track Trust"  
Riverside City College  
4800 Magnolia Ave.  
Riverside, CA 92506  
Attn. Kal Stewart-Athletics

**ENTRY DEADLINE:** Entries should be submitted on Direct Athletics no later than  
**6:00pm on Tuesday, October 23rd.**

**SCORING:** The first 5 finishers per school will score. The 6<sup>th</sup> and 7<sup>th</sup> runners on each team can displace. All additional runners and individuals without complete teams will not be factored into the scoring.

**AWARDS:** Awards will be presented at 10:30am near the finish line area Team trophies will be presented to the Team Champion and Team Runner-up. Individual awards will be presented to the Top-14 finishers in each race with the winner receiving a Champion's plaque.

**ATHLETIC TRAINER:** There will be an athletic trainer (with ice and basic first aid) stationed near the finish area. However, athletes **need to bring their own sports tape & pre-wrap** if they want to get taped before their races.

## **Important Information:**

### **Team Size:**

Unlimited entry of all eligible student-athletes will be allowed in all Orange Empire Conference competition. Unattached, club, or ineligible athletes will **not** be allowed to enter any OEC competitions.

### **Uniform rule:**

The Uniform rule will be enforced. Athletes will be asked to leave the starting line if they do not meet the current guidelines. No midriff must be showing while standing straight and the uniform must have college identifying name and /or logo visible on the front of the uniform.

### **No spike rule:**

Spikes will not be allowed at the Orange Empire Conference Championships for safety reasons. Any athlete wearing spikes will be disqualified.

### **Chip Timing:**

Finished Results will use Chip Timing and all chips will need to be returned in order, or a \$10 fee for each chip missing will be charged. Please return Chips to the representative of Finished Results immediately following the race.

### **INDICATORS:**

There will be cones set up around the course that will indicate the distance run. The course will be marked with flags and chalk to show direct of the course. Course maps will be mailed to each team's coach. Maps will also be available at the packet pick-up, before the meet. It is the responsibility of the each athlete to know the course. If an athlete fails to run the entire course or cuts the course he/she will be automatically disqualified by the meet management.

### **PARKING INFO:**

Team vans will park in the dirt lot and spectators will have to pay \$5 for parking. Please pick up team parking pas when you arrive.

**Restrooms:** Restrooms will be available on site.

### **Decorum:**

This sport is governed by the NCAA, CCCAA and the conference sport supplements. If the game conduct rules are more severe than the conference decorum policy, then they will prevail. These rules apply for any physical or verbal abuse by any student-athlete, coach, school official, or spectator towards another athlete, official, or school official.

### **Contact Info:**

Damien Smith (951) 222-8272 -Office  
(702) 204-9540 - Cell

**or**

Jim McCarron (951) 222-8233 - Office  
(951) 231-3739 - Cell

**Thank you for your assistance in helping this meet run smoothly.  
Good Luck to you and your teams!**