



## 2007 ECAC Division III Men's and Women's Cross Country Championships

### Championship Manual

Saturday, November 3, 2007  
at Mount Greylock Regional High School, Williamstown, Massachusetts  
*Hosted by Williams College*

#### Championship Timeline

**Sunday, October 28** - Team entry forms must be submitted online to the DirectAthletics website ([www.directathletics.com](http://www.directathletics.com)) by Sunday, October 28, at **11:59 pm**.

**Saturday, November 3** - Championship Races

**11:00 am** - 6000 meter Women's Championship

**12:00 pm** - 8000 meter Men's Championship

#### Contact Information

Peter Farwell and Erica Clausen  
Co-Meet Directors  
Williams College  
Chandler Gymnasium  
Williamstown, MA 01267  
(Ph) 413/597-3249 & 413/597-4654  
(Fax) 413/597-4440  
E-mail: [pfarwell@williams.edu](mailto:pfarwell@williams.edu)

[Gothard Lane](#)  
ECAC Championships  
1311 Craigville Beach Road  
Centerville, MA 02632  
(Ph) 508/771-5060  
(Fax) 508/771-9481  
[glane@ecac.org](mailto:glane@ecac.org)

#### Accommodations

The ECAC has secured a limited block of rooms block at the following location:

Holiday Inn

40 Main Street

North Adams, MA 01247

contact: Heidi Cornwell, 413-663-6500, mention ECAC Cross Country

ECAC Room Block held for Friday, November 2

Rate: \$72/night + tax (rollaway beds also available for \$10 fee; must be requested ahead of time)

Cutoff date for reservations: Friday, October 12

**For other options**, see [www.williams.edu/home/visitors\\_lodging.php](http://www.williams.edu/home/visitors_lodging.php).

#### Entries / Final Declarations

A maximum of **10 athletes** may be entered on the initial roster, any **7** of whom may compete in the championship. No further declaration of which **7** athletes will compete is necessary. This is the same procedure as that used for NCAA regional and national competition.

### Entries / Final Declarations (continued)

**DO NOT FAX OR E-MAIL ROSTERS TO THE ECAC OFFICE OR TO WILLIAMS COLLEGE. SEE BELOW FOR ENTRY PROCEDURES.**

All entries must be submitted online at [www.directathletics.com](http://www.directathletics.com) by **Sunday, October 28**, at 11:59 pm. If you already have a DirectAthletics account, you may enter using your existing username and password. If you do not have a DirectAthletics account, please go to [www.directathletics.com](http://www.directathletics.com) and click the "New User? Click HERE" link under the login boxes. You will be able to create an account and go directly to submitting entries. Follow all prompts and instructions on the DirectAthletics website.

Please note that on the DirectAthletics website there are 2 steps to entering:

- 1) Setting up your roster online.
- 2) Submitting your roster/entries to the 2007 ECAC Championships.

**You must submit your entries/roster by clicking the green Register button.**

**It is NOT sufficient to simply set up your roster.**

### Entry Fee

**Do not send entry fees to Williams College.**

Entry fees will be collected by the ECAC. Please mail a check to the ECAC at the address above. Be sure to note your school and the event that you are participating in on the check (DIII Cross Country). Also, please enclose a copy of your roster/entries submitted.

There will be a team entry fee of \$30.00, plus a \$5.00 charge per athlete.

The maximum total entry fee per team is \$80.00

### Late Entries

1) Any team entry received after Sunday, October 28 will be considered late.

2) Late rosters/entries will only be accepted after a \$50.00 penalty fee is paid to the ECAC.

Note: The penalty fee is a flat fee regardless of the number of entries on the team's entry form.

### Guidelines for Competing Institutions

The conduct of the meet will be governed by the rules of the 2007-2008 NCAA Track and Field/Cross Country Rulebook, except as amended by the ECAC Men's and Women's Cross Country Committee. Only those teams listed as varsity on the 2007-2008 ECAC Membership Declaration Form are eligible to compete in the ECAC Championship.

### Schedule of Events for Friday-Saturday, November 2-3

**Friday, November 3** – Mount Greylock Regional High School will be open until sunset.

The course should be marked by approximately 3:00 pm. Self-guided course tours only. Team packets will be available in the gym after 3:00 pm.

**Saturday, November 3** – Mount Greylock Regional High School will open at 8:00 am.

Self-guided course tours only. Team packets will be available in the MGRHS gym after 9:00 am.

**11:00 am** - 6000 meter Women's Championship Race

**12:00 pm** - 8000 meter Men's Championship Race

**1:00 pm** - Awards Ceremony in the MGRHS gym (or outside if weather permits)

### **Facilities**

Bathrooms are available in the gym locker rooms. Additional port-a-johns will also be available; however, no showers or changing facilities will be available. Athletes should come dressed to run.

### **Course Description**

Same as 2006. From starting line, course proceeds straight for approximately 550 meters until first turn, with slight narrowing at 150 meters and 320 meters. At 550 meters, course turns left, follows perimeter of baseball field, and loops back toward start. At 1200 meters, course turns left, goes uphill and enters woods loop. Remainder of course consists of wood-chip and dirt trails and grass fields, with rolling hill sections throughout. There are plenty of good places for spectators.

### **Directions**

Mount Greylock Regional High School is located 4 miles south of the center of Williamstown on Route 7: Going south on Route 7 from Williamstown: the high school will be on your right side about mile past the Sweetbrook nursing home.

Heading north on Route 7 from the south: after crossing intersection with Route 43, continue up the hill another mile and the high school will be on your left.

### **Parking**

**Team vans** and **cars** may park in the lot at MGRHS.

**Bus parking** is at the same lot.

### **Results**

Preliminary results will be posted near the finish line as quickly as possible. Results will be posted on [www.ecac.org](http://www.ecac.org) and <http://finishright.com> as well as <http://www.williams.edu/athletics> checking "breaking news" after the completion of both races.

### **Medical**

Athletic trainers will be available on site. Water and ice will be provided. There are no modalities available at the park. Teams are asked to please bring their own taping materials.

### **Timing and Scoring**

All timing, scoring and results services will be provided by Finish Right Timing.

### **Games Committee**

Fred Pavlich (Bard College), Jay Hartshorne (Bates College), Russ Jennings (The College of New Jersey), Tom Harbert (St. Vincent's College), Pete Farwell (Williams College), .

### **Awards**

The top 3 teams in each race will receive plaques. The top 15 individual finishers in each race will receive medals.

### **Event Merchandise**

Tee's Plus, an Official ECAC championship licensee will be on-site to provide championship t-shirts, ECAC Cross Country branded t-shirts, and ECAC apparel.