

2011 NCAA Division I Men's & Women's Cross Country West Regionals



Saturday, November 12
Men's 10K Race -- 10 a.m.
Women's 6K Race -- 11:15 a.m.

Hosted by Stanford University
Stanford Golf Course

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CHAMPIONSHIPS PERSONNEL

I. CHAMPIONSHIPS PERSONNEL

	OFFICE	CELL	FAX
Meet Director: Jenny Claypool Director of Championships, Stanford University smith88@stanford.edu	650/725-7244	650/465-4834	650/725-8642
Technical Director: Joe Wagstaffe josephw2@stanford.edu	650/723-2736	650/804-8796	650/725-0758
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NCAA COMMITTEE ROSTER

II. NCAA COMMITTEE ROSTER

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SCHEDULE OF EVENTS/PRACTICE/COACHES' MEETING

III. SCHEDULE OF EVENTS

Friday, November 11

3 - 5:30 p.m.	Practice/Course Inspection	Stanford Golf Course
6 p.m.	Coaches'/Technical Meeting	Sports Cafe, Arrillaga Family Sports Center
6:30 p.m.	Coaches' Dinner	Sports Cafe, Arrillaga Family Sports Center

Saturday, November 12

9:40 a.m.	Called to Start (men)	Tee #2, Stanford Golf Course
9:55 a.m.	Final Instructions	Tee #2, Stanford Golf Course
10 a.m.	Men's 10,000 Meter Race	Tee #2, Stanford Golf Course
10:55 a.m.	Called to Start (women)	Tee #2, Stanford Golf Course
11:10 a.m.	Final Instructions	Tee #2, Stanford Golf Course
11:15 a.m.	Women's 6,000 Meter Race	Tee #2, Stanford Golf Course

IV. PRACTICE/COURSE INSPECTION

The course will be open for course jog and inspection on Friday, November 11 from 3 to 5:30 p.m. **ONLY**. Please do **NOT** enter the course prior to this time. Please stay away from the stable and barn areas. Coaches please instruct your athletes to never run on the greens, across tees, or through sand traps. No frisbees, footballs, bikes, or pets will be allowed anywhere on the course.

V. COACHES'/TECHNICAL MEETING AND DINNER

A mandatory technical meeting for head coaches, or their representatives, of all competing teams and individuals will be conducted on Friday, November 11 at 6 p.m. at the Sports Cafe in the Arrillaga Family Sports Center. Important NCAA rules as well pertinent information regarding the championship competition will be discussed. **Packet pick-up will take place at this time as well.**

A dinner for coaches will be held on Friday, November 11 immediately following the technical meeting at the Sports Cafe in the Arrillaga Family Sports Center. Please RSVP to Joe Wagstaffe (josephw2@stanford.edu or 650/723-2736) by **5 p.m. PT on Monday, November 7** with the number of coaches who will be attending the dinner.

HOTEL INFORMATION

VI. HOTEL INFORMATION

Below is a list of hotels in the area. Each competing institution is responsible for making its own room reservations and arranging payment.

Courtyard by Marriott Palo Alto-Los Altos

4320 El Camino Real
Los Altos, CA 94022
650/941-9900
<http://www.paloaltocourtyard.com>
5 miles from course

Courtyard Newark-Silicon Valley

34905 Newark Boulevard
Newark, CA 94560
510/792-5200
<http://www.courtyardnewark.com>
15 miles from course

Creekside Inn

3400 El Camino Real
Palo Alto, CA 94306
650/493-2411
<http://www.creekside-inn.com>
4 miles from course

Crowne Plaza Cabaña Palo Alto

4290 El Camino Real
Palo Alto, CA 94306
650/857-0787
<http://www.cabanapaloalto.com>
5 miles from course

Residence Inn Palo Alto/Los Altos

4460 El Camino Real
Los Altos, CA 94022
650/559-7890
<http://www.losaltosresidenceinn.com>
5 miles from course

Sheraton Palo Alto

625 El Camino Real
Palo Alto, CA 94301
650/328-2800
<http://www.paloaltosheraton.com>
2 miles from course

Stanford Terrace Inn

531 Stanford Avenue
Palo Alto, CA 94306
650/857-0333
<http://www.stanfordterraceinn.com>
2 miles from course

Westin Palo Alto

675 El Camino Real
Palo Alto, CA 94301
650/321-4422
<http://www.starwoodhotels.com/westin/property/overview/index.html?propertyID=1198>
2 miles from course

Sheraton Sunnyvale

1100 North Mathilda Avenue
Sunnyvale, CA 94089
408/745-6000
<http://www.sheraton.com/sunnyvale>
13 miles from course

Other hotels in the area can be found at: <http://gostanford.cstv.com/travel/hotel/stan-travel-hotel.html> OR <http://www.stanford.edu/dept/rde/chs/general/hotel.html>

DIRECTIONS/PARKING

VII. DIRECTIONS

Directions from San Jose International Airport to Stanford University:

Coming out of the airport, take Highway 101 North. You will be on 101 for about 18 miles. Take the Embarcadero West exit and follow Embarcadero west to El Camino Real (approximately 2 miles). Embarcadero changes its name to Galvez as it crosses El Camino Real. Stay on Galvez as it enters the campus. Turn right on Campus Drive (stop sign). Follow Campus Drive through campus for approximately 1 mile. Turn right on Stock Farm Road and follow the signs for team parking to Parking Structure 5 (PS-5).

Directions from San Francisco International Airport to Stanford University:

Coming out of the airport, take Highway 101 South. You will be on 101 for about 22 miles. Take the Embarcadero West exit and follow Embarcadero west to El Camino Real (approximately 2 miles). Embarcadero changes its name to Galvez as it crosses El Camino Real. Stay on Galvez as it enters the campus. Turn right on Campus Drive (stop sign). Follow Campus Drive through campus for approximately 1 mile. Turn right on Stock Farm Road and follow the signs for team parking to Parking Structure 5 (PS-5).

Directions from the El Camino Real/Galvez Street intersection to Stanford Golf Course:

Enter campus via Galvez Street off of El Camino Real. Turn right on Campus Drive (stop sign). Follow Campus Drive through campus for approximately 1.5 miles. Turn right on Stock Farm Road and follow the signs for team parking to Parking Structure 5 (PS-5).

VIII. PARKING

Team van parking is available in Parking Structure 5 (PS-5) at the corner of Stock Farm Road and Oak Road. Team bus parking is available on Oak Road between Stock Farm Road and Searsville Road. Free spectator parking will be available in PS-5 at the corner of Stock Farm Road and Oak Road.

TECHNICAL INFORMATION

IX. COURSE DESCRIPTION

The course is 99% grass with one 50m patch of dirt. Athletes will find the course to be relatively flat. It will be a series of loops on the front side of the Stanford golf course. The women's 6k will have one inner loop and two outer loops while the men's 10k will be 4 outer loops. Flags, a painted alley, and a lead vehicle will mark the course. Appendix C contains the course maps.

X. ENTRY PROCEDURES AND DECLARATIONS

Each coach is responsible for the online submission of their roster **no later than 5 p.m. Eastern on Thursday, November 3, 2011**. Access to the online form is available at www.directathletics.com/ncaa/.

In addition, each institution should bring one copy to the regional meet. **Institutions that submit late entry forms may still have their teams participate in the regional meet after a fine is paid at the regional site.** Only those student-athletes listed on the entry form may compete in the meet.

Final declarations will take place at the coaches' meeting on Friday, November 11 at 6 p.m.

XI. SCORING

NCAA rules for scoring will be followed. No more than seven (7) runners from each institution may participate. All rules and regulations included in the 2011 NCAA Division I Cross Country Pre-Championships Manual will be followed. The top two (2) teams from each race will automatically qualify for the championship meet on November 21.

UNIFORMS/LOCKER ROOMS

XII. UNIFORMS

In all events and award ceremonies, competitors must wear the proper uniform (warm-ups included) of the institution they represent in the championships. Uniforms for all cross country team members must meet the following criteria:

- school issued; if they are singlets, they must be identical;
- pants may be of any length, but must have identical color; and
- visible undergarments must be of an identical solid color.

Uniforms must be clean and of a material and design so as not to be objectionable.

Bare midriff tops are not acceptable. (Note: The uniform top must meet or hang below the waist band when the competitor is standing.) Uniforms must allow for competitors' numbers to be placed above the waist (front and back) and for hip numbers to be placed on the hip, not on the leg or thigh. Uniform tops must not obscure hip numbers.

XIII. LOCKER ROOMS

Locker rooms and changing rooms are not available at the course. Teams should make arrangements with their hotels.

ATHLETIC TRAINING/MEDICAL INFORMATION

XIV. ATHLETIC TRAINING ROOM AND FACILITIES

A certified athletic trainer will be on-site at the medical tent near the starting line for practice on Friday, November 11 and beginning two hours prior to the competition on Saturday, November 12. The team physician will be on call during practice and competition.

If more extensive training room access is necessary, please make arrangements to use the Arrillaga Family Sports Center athletic training facility by contacting the host athletic trainer.

Each visiting team should provide its own taping supplies. If an athletic trainer is not accompanying a team, therapeutic modalities will be administered to participating athletes only with a Stanford Sports Medicine Modality Application Authorization Form (found at <http://www.gostanford.com/sportsmedicine/VisitingTeamInformation.html>) from their staff athletic trainer or team physician.

Local Emergency Information

In case of emergency at the competition site or away from campus, the athlete will be transported to the Stanford University Hospital. Please have your insurance forms available, as your school will be responsible for any expenses.

XV. MEDICAL INFORMATION

LOCAL EMERGENCY MEDICAL NUMBERS

Training Room -- Main Center	650/723-1214
Training Room -- Cross Country Course	Cellular phone
Stanford Police	650/723-9633 (or 911 in emergency)
Urgent Care (off-campus)	650/321-4121
Stanford Hospital	650/723-4000 (information) 650/723-5111 (emergency)

MEDIA INFORMATION/MISCELLANEOUS

XVI. MEDIA INFORMATION

Meet results will be posted on **www.ncaa.com** as well as www.gostanford.com. Additionally, results will be forwarded to each school as soon after the conclusion of competition as possible. Please direct any inquiries to:

Ricky Brackett
Department of Athletics
Stanford, CA 94305-6150
650/736-7635 (phone)
650/725-2957 (fax)
brackett@stanford.edu

XVII. MISCELLANEOUS

- Admission to the competition is free.
- NCAA merchandise will be sold on-site on the day of competition.
- A searchable Stanford campus map can be found at: <http://campus-map.stanford.edu/>.

TEAM TRAVEL INFORMATION FORM

Institution: _____

Head Coach: _____

Cell Phone #: _____

CREDENTIAL LIST

- Runners will use their bib numbers for access to the starting area.
- Please list below coaches (up to three) and other staff (manager, administrator, trainer) in your official travel party.
- **PLEASE TYPE OR CLEARLY PRINT NAMES.**

HEAD COACH:	
ASST. COACH:	
ASST. COACH:	
MANAGER:	
ADMINISTRATOR:	
TRAINER:	

TRAVEL INFORMATION

Arrival Date: _____ Time: _____ Airline: _____ Flight #: _____

Hotel Name: _____

Number of rental cars/vans: _____ Bus? Yes or No

**** Please fax to Jenny Claypool (650/725-8642) by Friday, November 4 ****

DINING/ENTERTAINMENT/SHOPPING GUIDE Stanford University Area

Pizza

California Pizza Kitchen
650-323-7332

531 Cowper Street, Palo Alto. Pizza & salads.

Domino's Pizza
650-326-6552

Delivery only.

Howie's Artisan Pizza
650-32-PIZZA

855 El Camino Real (Town & Country Village). Pizza, salads, sandwiches.

The Oasis
650-326-8896

241 El Camino Real, Menlo Park. Pizza, great burgers, salads, etc.

Pizz'a Chicago
650-424-9400

4115 El Camino Real, Palo Alto. Gourmet deep dish Chicago style pizza, pasta, sandwiches, salads.

Stanford Athletics Preferred Partner: 25% team discount (Mention when ordering)

Pizza My Heart
650-327-9400

220 University Avenue, Palo Alto. Pizza and pasta.

Ramona's
650-322-2181

2313 Birch Street, Palo Alto. Pizza and pasta.

Round Table Pizza
650-322-2893

263 University Ave, Palo Alto. Eat in, take out or delivery.

Spot Pizza
650-324-3131

115 Hamilton Ave, Palo Alto. Pizza, sandwiches, and salad. Eat in or take out.

Stanford Athletics Preferred Partner: 20% team discount (Mention when ordering)

Fast Food & Delicatessens

Boston Market
650-843-0288

3375 El Camino Real. Rotisserie/American food.

LuLu's
327-8226

855 El Camino Real (Town & Country Village). Fresh, authentic Mexican food. 650-To go only.

Kirk's Steamburgers
650-326-6159

75 Town & Country Village, Palo Alto.

Quizno's Classic Subs
650-321-8300

180 University Ave/Emerson, Palo Alto. Sandwiches, soups, salads. Deliveries available.

Stanford Athletics Preferred Partner: 20% team discount (Mention when ordering)

Village Cheese House
650-326-9251

157 Town & Country Village. Great sandwiches, gourmet foods, salads.

APPENDIX B

Wahoo's Fish Taco 650-330-1144	2305 El Camino Real, Palo Alto. Eclectic Mexican/Brazilian/Asian menu with a Hawaiian north-shore vibe.
Ice Cream/Frozen Yogurt/Smoothies	
Cold Stone Creamery 650-323-2102	9 Town & Country Village. Ice cream, yogurt and Italian sorbet made on-site fresh daily and custom blended mix-ins.
Haagen-Dazs 650-326-1638	230 Stanford Shopping Center (next to Macy's). Ice cream & frozen yogurt.
Jamba Juice 650-325-2582	69 Town and Country Village. Smoothies, fresh juices, healthy snacks.
Red Mango 650-324-1811	429 University Ave, Palo Alto. Nonfat frozen yogurt.
Yogurtland 650-326-3264	494 University Ave, Palo Alto. Self-service frozen yogurt.
Family Dining	
Buca di Bepo 650-329-0665	643 Emerson St, Palo Alto. Family-style Italian. Pasta, pizza, and entrees.
Celia's 650-843-0643	3740 El Camino Real, Palo Alto. Mexican. Team space available. Stanford Athletics Preferred Partner: Team discount available. Inquire within.
Cheesecake Factory 650-473-9622	375 University Avenue, Palo Alto. Upscale casual dining with over 200 menu selections and over 50 delicious cheesecakes and desserts.
Chevy's 650-691-9955	2116 W. El Camino Real, Mountain View. Fresh-mex.
Dutch Goose 650-854-3245	3567 Alameda de las Pulgas, Menlo Park. Burgers and sandwiches. Stanford Athletics Preferred Partner.
Fish Market 650-493-9188	3150 El Camino Real, Palo Alto. Fresh seafood.
Gordon Biersch 650-323-7723	640 Emerson Street, Palo Alto. Brewery, burgers, sandwiches, salads. Stanford Athletics Preferred Partner: Team discount available. Inquire within.
Hobee's 650-327-4111	67 Town & Country Village. Great breakfasts & lunches. Soup & salad bar. Will take reservations for large groups.
Olive Garden 650-326-5673	2515 El Camino Real, Palo Alto. Italian.
P.F. Chang's 650-330-1782	900 Stanford Shopping Center. China bistro.

APPENDIX B

Thaiphoon 650-323-7700	543 Emerson Street, Palo Alto. Thai specialties. Stanford Athletics Preferred Partner
Fine Dining California Cafe 650-325-2233	700 Welch Road, Stanford Barn. Mesquite grilled seafood, beef, pasta.
Fleming's Steakhouse 650-329-8457	180 El Camino Real, Palo Alto. Prime steakhouse and wine bar. Stanford Athletics Preferred Partner: Team discount available. Inquire within.
MacArthur Park 650-321-9990	27 University Ave., Palo Alto. Ribs, fresh fish, mud pie, etc. Stanford Athletics Preferred Partner: Team discount available. Inquire within.
Max's Opera Cafe 650-323-6297	711 Stanford Shopping Center. Chicken, beef, seafood, pasta, sandwiches, great desserts.
Scott's Seafood 650-323-1555	#1 Town & Country Village. Fresh seafood, pasta, chicken dishes & steaks. Stanford Athletics Preferred Partner: Team discount available. Inquire within.
Sundance Steak House 650-321-6798	1921 El Camino Real, Palo Alto. Steaks, prime rib, seafood.

LOCAL MOVIE THEATERS

Century Cinema 16	1500 North Shoreline Blvd., Mountain View. 650-960-0970.
Century 20 Downtown	825 Middlefield Road, Redwood City. 800-326-3264.
Palo Alto Square	3000 El Camino Real, Palo Alto. 650-493-1160

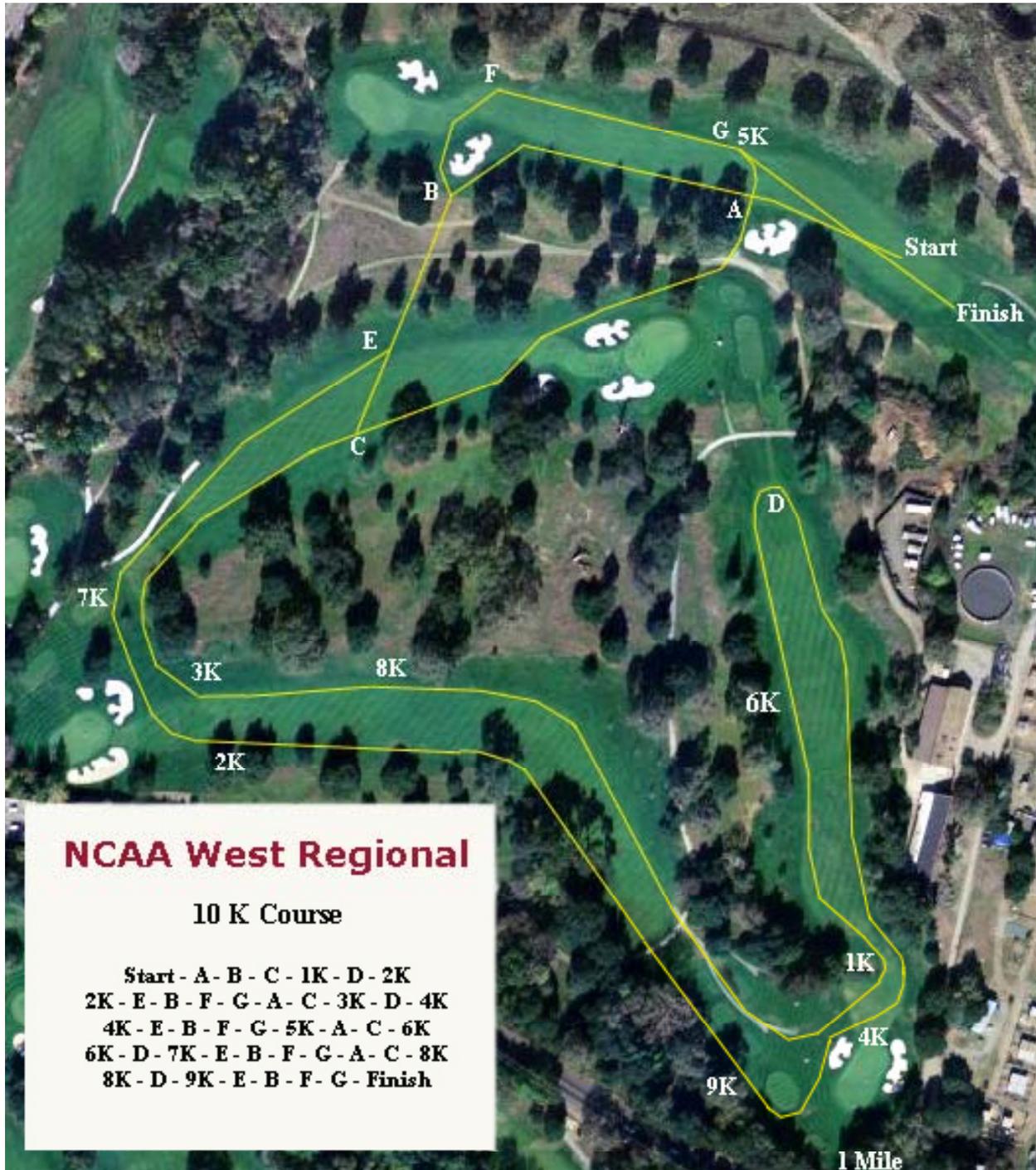
SHOPPING

Stanford Shopping Center	El Camino Real, Palo Alto.
Town and Country Village	Corner of El Camino Real and Embarcadero, Palo Alto.

WOMEN'S 6K MAP



MEN'S 10K MAP



FACILITY DIAGRAM

