



Atlantic 10 Conference
Cross Country Meet
Saturday, October 29

Pole Green Park
Cross Country Course
Mechanicsville, Virginia

Date: Saturday, October 29

Race Site: Pole Green Park
Cross Country Course
8996 Pole Green Park Lane
MECHANICSVILLE, VA 23116
(See Directions Below)

Event Schedule: 10:00AM- Women's 5K
11:00AM- Men's 5 Mile

Course: Flat, Grass/Dirt surface

Course Preview: Go [HERE](#)

5K Course Map: Go [HERE](#)

8K Course Map: Go [HERE](#)

CHAMPIONSHIP PREVIEW MEET: The **Spider Alumni Open** will serve as an opportunity for teams to preview the race course under race conditions. This event will be held on Saturday, September 3 (Open 5K Race at 8:00AM/College Men's 5K at 9:00AM / College Women's 2 Mile at 9:45AM).

MEET ADMINISTRATION:

The Atlantic 10 Cross Country Championships are under the control, direction and supervision of the Atlantic 10 Conference and the administration of the host institution. The A-10 Conference will have the final authority regarding all Championship matters.

Some adjustments may be expected in the best interests of the Championships. The A-10 representative(s) must approve these adjustments with the input of the host institution administrator.

The 2016 NCAA Division I Men's and Women's Cross Country Championships Manual will serve as a general guide for the Atlantic 10 Championships.

The following awards will be presented at the conclusion of the Championships:

- 1st Place Team Trophy (M/W)
- Individual awards for the championship teams (M/W)
- 2nd Place Team Trophy (M/W)
- All-Conference Team (top 15 finishers) (M/W)
- Most Outstanding Performer (based on finish) (M/W)
- Most Outstanding Rookie Performer (based on finish) (M/W)
- Coach of the Year (voted on by coaches) (M/W)

COACHES MEETING-The A-10 Pre-championship and Cross Country Sport Committee meeting will be conducted on Friday, October 28 TBA location. An optional dinner for the head coach of each program will be provided at 7:00 p.m. The meeting will begin promptly at 7:30 p.m.

All head coaches are required to attend the meeting. A full-time assistant coach or administrator may substitute for the head coach with prior approval from the Conference office. Representation by each institution is required. Please return the attached Pre-Championship Meeting Form indicating your attendance at the dinner and meeting.

CREDENTIALS-TEAM- Credentials will be issued and distributed to each head coach, assistant coach and any athletic administrators traveling to the Championships at the coaches meeting. Administrators should be listed on the attached Travel Itinerary Form. Student-athletes will not receive credentials.

CREDENTIALS-MEDIA: Media requesting credentials should contact Tom Waterman in the A-10 Media Relations office at 757-706-3041 or twaterman@atlantic10.org.

ENTRY & TIMING PROCEDURES- **FR** Flash Results, Inc. will be the official timing company for the 2013 A-10 Championships. All entries for the Championships must be submitted through DirectAthletics:

<http://www.directathletics.com/meets/xc/5460.html>

Teams may enter up to 15 runners through DirectAthletics. Teams are permitted to compete a maximum of ten (10) runners. Final declarations of entries will be made at the coaches meeting the evening prior to the Championships. For entry purposes, a rookie is defined as an athlete in his or her first year of collegiate competition in the sport of cross country.

Timing chips for the races will be distributed to each head coach at the course on Saturday morning. Race bibs will be distributed at the coaches meeting on Friday evening.

MEDICAL / SPORTS MEDICINE: There will be a certified athletic trainer on site during Friday's practice session and a minimum of two (2) athletic trainers and one (1) ambulance on site for Saturday's races. Teams not traveling with an athletic trainer

should contact UR Sports Medicine Office in advance of the Championships with any specific requests or questions.

The Closest hospital to Pole Green Park is:
Memorial Regional Hospital
8260 Atlee Road
Mechanicsville, VA 23116
804-764-6000

NATIONAL ANTHEM: The National Anthem will be played prior to the men's race at 10:00 a.m.

PARKING:

***Team Buses /
Vans***

Buses/vans should drop off teams at the road entrance to the gravel parking lot located near the restrooms/concessions stand behind the start/finish line area. This is the area where the team tents will be located. Buses/vans should then proceed to the waste treatment area to turn around and park along the road past the pine trees. After both races have concluded, buses/vans can pull forward along the road closer to the restrooms/concessions stand to allow easier access for teams departing the course.

***Spectator
Parking***

Spectator parking will be available in several parking lots along Pole Green Park Lane as you approach the course. The primary parking lot for spectators will be on the left side of the road between the sand volleyball courts and skateboard park, across from the softball fields. Should it be necessary, overflow parking will be available on the surface parking lots around the elementary school located at the park entrance.

***Meet Personnel /
Media***

Administrators, officials, meet personnel, and media will be directed to park in the field on the left across from the concession stand. This area is located in the back of the park near the start/finish line and is adjacent to the gravel lot where the team tents will be located. A parking permit is required to access this parking area. These permits will be issued by meet administrators and may be picked up at the pre-championship coaches meeting.

***Handicapped
Parking***

Handicapped parking will be available in the gravel parking lot near the start/finish line where the team tents will be located. This lot will be closed to general parking, but it will have spaces available for vehicles with a handicap plate or permit.

Parking personnel will be available at the park to assist with directing vehicles to appropriate parking areas. Parking maps for teams will be distributed separately from the championship manual. Please ensure your team's bus driver receives this information.

The physical address for Pole Green Park is 8996 Pole Green Park Lane, Mechanicsville, VA 23116. Pole Green Park Elementary School sits at the

entrance to the park and can be used as a directional landmark.

PARTICIPANT GIFTS: Each member of a team's official travel party will receive an Atlantic 10 gift to recognize their participation in the Championships. The participant gifts will be shipped to each institution's campus the week of the Championships.

PRACTICE: Pole Green Park will be available for practice on Friday, October 28 from 12:00-5:00 p.m. University of Richmond and A-10 staff will be on hand throughout the practice session. An athletic trainer will also be on site with essential modalities, water and ice.

RESULTS: Race results will be posted at a designated location for coaches, student-athletes and spectators shortly after the conclusion of each race. Complete result packets will be distributed to each head coach at the conclusion of the meet and posted on [FR Flash Results, Inc.](#) and on [RichmondSpiders.com](#)

SCORING: Each team may compete up to ten (10) runners. The first seven (7) runners of each team to finish the race shall enter into the scoring. Standard scoring of seven (7) displacing and five (5) scoring will be utilized. The team score shall be determined by totaling the points of the first five (5) runners of each team to finish, with the sixth (6th) and seventh (7th) runners of a team to serve to increase the team score of the opponents if their (Team A) placers finish better than those of any of the first five (5) of an opposing team. Any additional runners on a team shall be disregarded in the scoring. If fewer than five (5) runners finish the race, the places of all members of that team shall be disregarded. Ties in cross country team scoring will not be broken.

TENT RENTALS: The University of Richmond has made arrangements with Commonwealth Event Company to offer tent rentals for each team during the Championships. Teams interested in renting a tent should contact Phyllis Andrews at 804-264-6621 or Phyllis@commonwealththevent.com. Each school is responsible for ordering and paying for its tent rental. The deadline for schools to place a tent order is **Monday, October 24**. Orders placed after that deadline will not be guaranteed. All rented tents will be available upon arrival at Pole Green Park on Friday.

All team tents will be placed in the gravel parking lot located between the restrooms/concession stand and the start/finish line area of the course. Teams providing their own tent should confirm location upon arrival prior to placing tent in the designated tent area.

TRAVEL PARTY: Each team is permitted to compete a maximum of ten (10) student-athletes. The total travel party should consist of no more than twelve (12) individuals. Competitors must be designated before the race using the attached Roster Declaration Form.

UNIFORMS: Participants in the Championship shall wear exclusively the official uniform of their institution in competition and during related activities, including the awards ceremony. All uniforms must conform to NCAA guidelines.

LIVE VIDEO STREAM- Richmond's Spider_TV will stream the races live through the A-10's website, www.Atlantic10.com. Details on will be posted the week of the championships. Spider_TV also streamed the race live in 2013 & 2015.

SPECTATOR INFORMATION: The course is mostly open fields and largely spectator friendly. It is recommended spectators bring binoculars to enhance viewing and a personal lawn chair.

Directions to the Pole Green Park Cross Country Course:

http://www.co.hanover.va.us/parksrec/parkinfor_files/pgp_directions.pdf

Race Course Address: 8996 POLE GREEN PARK LANE
MECHANICSVILLE, VA 23116

From I-295:

Take Exit 38 A to Pole Green Road exit (Route 627). Continue East on Pole Green Road for 3.5 miles. Turn left onto Pole Green Park Lane. Continue on Pole Green Park Lane for about 1/2 mile to park entrance.

From I-95 South:

Follow I-95 North to I-64 East (Exit 75) toward Norfolk/RIC Airport. Continue on I-64 East for 1.4 miles until you reach US 360 East (Exit 192). Follow 360 East (Mechanicsville Turnpike) for 8.4 miles. Turn left onto Walnut Grove Road. Follow Walnut Grove for 0.8 miles. Turn left onto Pole Green Road. Follow Pole Green Road for 0.4 miles. Turn right onto Pole Green Park Lane. Follow Pole Green Park Lane for 1/2 mile to park entrance

From I-95 North:

Follow I-95 South to I-295 South (Exit 84A) on the left toward Rocky Mount, NC. Follow I-295 South for 5.5 miles until you reach Exit 38A (continue with directions listed above “from I-295”).

From Hampton Roads/Williamsburg Area (I-64 West):

Follow I-64 West to I-295 North (Exit 200) toward Washington. Follow I-295 North for 10.3 miles until you reach Exit 38A (continue with directions listed above “from I-295”).

From Charlottesville Area (I-64 East):

Follow I-64 East to I-295 South (Exit 177) toward Washington/Norfolk. Follow I-295 South for 14.7 miles until you reach Exit 38A (continue with directions listed above “from I-295”).

Hotels:

HOTELS NEAR THE POLE GREEN PARK	ADDRESS	CITY	ST	ZIP	Miles to Pole Green Park	Approximate Time
Hampton Inn Mechanicsville (IHOP next door)	7433 Bell Creek Road	Mechanicsville	VA	23111	3.3 miles	7 Minutes
Holiday Inn Express Mechanicsville (IHOP next door)	7441 Bell Creek Road	Mechanicsville	VA	23111	3.3 miles	7 Minutes
Courtyard Marriott- North/Glen Allen	10077 Brook Road	Glen Allen	VA	23059	6.5 miles	11 minutes
Springhill Suites	9701 Brook Road	Glen Allen	VA	23059	6.5 miles	11 minutes
Wyndam Virginia Crossings Hotel & Conference Center	1000 Virginia Center Parkway	Glen Allen	VA	23059	7 miles	14 minutes

ADDITIONAL Hanover County Hotels	Address	City	St	Zip	Miles to Pole Green Park	Approximate Drive time
Comfort Suites at Kings Dominion	16280 International Street	Doswell	VA	23047	20.8 miles	24 Minutes
Country Inn & Suites by Carlson (Next to Bass Pro Shops)	11600 Lakeridge Parkway	Ashland	VA	23005	12.1 miles	17 Minutes
Country Inn & Suites by Carlson	16250 International Street	Doswell	VA	23047	20.8 miles	24 Minutes
Days Inn at Kings Dominion	16220 International Street	Doswell	VA	23047	20.8 miles	24 Minutes
Apple Garden Inn Ashland	99 South Carter Road	Ashland	VA	23005	15.2 miles	22 Minutes
Days Inn Ashland	806 England Street	Ashland	VA	23005	15.0 miles	19 Minutes
Econo Lodge Ashland	103 North Carter Road	Ashland	VA	23005	15.1 miles	19 Minutes
Hampton Inn Ashland	705 England Street	Ashland	VA	23005	15.2 miles	20 Minutes
Holiday Inn Express Ashland	107 South Carter Road	Ashland	VA	23005	15.1 miles	19 Minutes
Howard Johnson Inn & Suites Ashland	107 North Carter Road	Ashland	VA	23005	15.1 miles	19 Minutes
Motel 6	101 North Cottage Green Drive	Ashland	VA	23005	15.1 miles	19 Minutes
Quality Inn and Suites Ashland	810 England Street	Ashland	VA	23005	14.9 miles	19 Minutes
Sleep Inn & Suites Ashland	80 Cottage Green Drive	Ashland	VA	23005	15.4 miles	20 Minutes

Restaurants:

Restaurants in Mechanicsville, VA				804 Area Code
Anna's Pizza	7009 Mechanicsville Turnpike	Mechanicsville		730-7203
Applebee's Neighborhood Grill	7396 Bell Creek Road	Mechanicsville		559-9223
Arby's	7110 Mechanicsville Turnpike	Mechanicsville		730-2345
Aroma's	8260 Atlee Road	Mechanicsville		
Awful Arthur's Seafood	6078 Mechanicsville Turnpike	Mechanicsville		559-4370
Bell Café	8319 Bell Creek Road, #B	Mechanicsville		
Bobalicious	6493 Mechanicsville Turnpike	Mechanicsville		803-1211
Brunetti's Express	8036 Mechanicsville Turnpike			
Brusters/Nathan's Hot Dogs	8309 Bell Creek Road	Mechanicsville		
Buffalo Wild Wings	7230 Bell Creek Road	Mechanicsville		746-5025
Burger King	7065 Mechanicsville Turnpike	Mechanicsville		746-9057
Calabash Seafood	7514 Lee Davis Road	Mechanicsville		746-8630
Carolyn's Fountain	7510 Mechanicsville Turnpike	Mechanicsville		
Carter's Pig Pen Bar-B-Que	8011 Cold Harbor Road	Mechanicsville		730-3616
Chen's Chinese Restaurant	7610 Left Flank Road, Suite 600	Mechanicsville		730-6899
Chicken Holiday	6104 E Brashier Blvd.	Mechanicsville		
Chick-Fil-A	7285 Battle Hill Road	Mechanicsville		730-2638
China House	6102 Brashier Blvd.	Mechanicsville		730-5333

China Wok	7087 Mechanicsville Turnpike	Mechanicsville	559-8888
Cici's Pizza	7500 Jackson Arch Drive #A	Mechanicsville	
Cold Harbor Restuarunat	8153 Mechanicsville Turnpike	Mechanicsville	746-4333
Cracker Barrel Old Country Store	7367 Bell Creek Road	Mechanicsville	559-2261
Cullen's Cove	6233 Mechanicsville Turnpike	Mechanicsville	
Domino's Pizza	7076 Mechanicsville Turnpike	Mechanicsville	730-9277
El Chupacabra	7500 Jackson Arch Drive	Mechanicsville	
Firehouse Subs	6300 Mechanicsville Turnpike #D	Mechanicsville	
Five Guys Famous Burger & Fries	6493 Mechanicsville Turnpike	Mechanicsville	559-7722
Flipside	7071 Mechanicsville Turnpike	Mechanicsville	
Fuji Asian Cuisine	7330 Bell Creek Road	Mechanicsville	
Ginger Red	7500 Jackson Arch Drive #K	Mechanicsville	
Gus' Italian Café	7358 Bell Creek Road	Mechanicsville	730-9620
IHOP Restaurant	7401 Sandy Lane	Mechanicsville	730-5764
Italian Kitchen	7522 Lee Davis Road	Mechanicsville	746-4324
Jersey Mike's Subs	7262 Mechanicsville Turnpike	Mechanicsville	
KFC	7091 Mechanicsville Turnpike	Mechanicsville	730-4967
Little Caesar's Pizza	6493 Mechanicsville Turnpike	Mechanicsville	
McDonald's	7059 Mechanicville Turnpike	Mechanicsville	746-1747
Mechanicsville Drug Store	8077 Mechanicsville Turnpike	Mechanicsville	
Mexico Restaurant	7162 Mechanicsville Turnpike	Mechanicsville	559-8126
Mimmo's	8319K Bell Creek Road	Mechanicsville	569-3990
Moe's Southwest Grill	7225 Bell Creek Road	Mechanicsville	
Noodles & Company	7291 Battle Hill Drive	Mechanicsville	
Outback Restaurant	7420 Bell Creek Road	Mechanicsville	746-5277
Pad Thai Restaurant	8460 Meadowbridge Road	Mechanicsville	559-0062
Padow's Hams and Deli	8161 Atlee Road	Mechanicsville	569-1610
Panera Bread	7225 Bell Creek Road	Mechanicsville	569-7723
Papa John's Pizza	7037 Bell Creek Road	Mechanicsville	730-7272
Pasta House	8196 Atlee Road	Mechanicsville	730-2929
Peking Restaurant	7100 Mechanicsville Turnpike	Mechanicsville	730-9898
Pizza Hut	7114 Mechanicsville Turnpike	Mechanicsville	730-0330
Primo Pizza	6102 E Brashier Blvd. #I	Mechanicsville	
Quizmo's	6102 E Brashier Blvd. #F	Mechanicsville	
Riverbound Café	8005 Crighton Parkway #F	Mechanicsville	559-3663
Ruby Tuesday	7425 Bell Creek Road	Mechanicsville	559-3050
Sapori Italian & Latin Cuisine	7154 Mechanicsville Turnpike	Mechanicsville	723-8163
Shoney's	7137 Mechanicsville Turnpike	Mechanicsville	730-2572
Sonic Drive-In	6555 Mechanicsville Turnpike	Mechanicsville	

Sports Page Bar & Grill	8319 Bell Creek Road	Mechanicsville	
Starbuck's	7291 Battle Hill Drive	Mechanicsville	
Subway	7083 Mechanicsville Turnpike	Mechanicsville	
Subway	8319 Bell Creek Road	Mechanicsville	
Subway	7999 Creighton Road	Mechanicsville	
Taco Bell	7415 Bell Creek Road	Mechanicsville	730-5921
Take A Break Snack Bar			
	8700 Bell Creek Road	Mechanicsville	513-4177
TGI Friday's	8100 Creighton Parkway	Mechanicsville	
The Parkway Restaurant			
	7211 Stonewall Parkway	Mechanicsville	
The Patron Restaurant	7610 Left Flank Road #100	Mechanicsville	
The Wiener Shack	8005 Creighton Parkway	Mechanicsville	
The Ville	7526 Mechanicsville Turnpike	Mechanicsville	730-8888
Tiger Garden	8319 Bell Creek Road F	Mechanicsville	
Top's China	6078 Mechanicsville Turnpike	Mechanicsville	
Tropical Smoothie Café	7152 Mechanicsville Turnpike	Mechanicsville	
Waffle House	7100 Sandy Lane	Mechanicsville	
Wendy's	7101 Mechanicsville Turnpike	Mechanicsville	730-0288

EMERGENCY CARE:

Memorial Regional Medical Center	8260 Atlee Road	Mechanicsville	VA	23116	3.7 Miles
Patient First	7238 Mechanicsville Turnpike	Mechanicsville	VA	23111	2.9 Miles
Hours 8 a.m. to 10 p.m.					

CATERING:

Roma Restaurant	804-328-6699	Sal Mannino	http://www.romaitalian.com/
Yummy's Catering	804 334-1022	Teresa Loew	http://www.yummyscatering.com/
Homemades by Suzanne	804-798-8331	Anyone	http://www.homemadesbysuzanne.com/





Site of the 2014, 2015 & 2016
USATF-VA
Cross Country Championships



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Cross Country Only
National Invitational



[Flash Results, Inc.](http://FlashResults.com)