

**2008 NCAA Division II**

**South Central Region**

**Hosted by the University of the Incarnate Word**

**Men's and Women's Cross Country Championships**

**Live Oak City Park**

**Saturday, November 8, 2008**

<b>Time/Race Distance</b>	9:30 AM – Women’s 6K 10:30 AM – Men’s 10K
<b>Site</b>	Live Oak City Park Cross Country Course. Located on the far northeast side of San Antonio in Live Oak, TX.
<b>Spectator Admission</b>	\$5 – General Admission
<b>Course Description</b>	Website: <a href="http://iaapweb.com/brainpower.com">iaapweb.com/brainpower.com</a>
<b>Hotel/Car Rental</b>	<b>Meet Headquarters –</b> Hampton Inn and Suites, Schertz, TX 17702 IH 35 N. 210-566-6110
<b>Car Rental</b>	<b>Contact Dustin Riedel</b> 210-884-3848 with <b>Enterprise</b> to receive UIW South/Central Regional discount  There are other accommodations within 5 miles of the meet headquarters. All accommodations are within 5 miles of the course. Access the following websites for hotel and car rental information:  <a href="http://www.sanantonio.com/hotels">http://www.sanantonio.com/hotels</a> <a href="http://www.alamocity.com">www.alamocity.com</a> Go to “Accommodations”. Select “Other SA Hotels” Select “Refine Your Search”. Direction: <b>Northeast</b> . Choose hotel from listing.
<b>Restaurants</b>	Unlimited variety within 5 mile of hotels. Visit <a href="http://www.sanantoniocvb.com">www.sanantoniocvb.com</a> Go to “Fun Things To Do”. Click on restaurants for selection listings.
<b>Directions to Competition Site</b>	Located at I-35 and 1604 on the far northeast side of San Antonio in Live Oak, TX. Visit <a href="http://www.ci.live-oak.tx.us">http://www.ci.live-oak.tx.us</a>

**Entry** Entries will be submitted via Direct Athletics.  
A direct link to Direct Athletics will be posted on [www.uiw.edu/athletics](http://www.uiw.edu/athletics)  
Contact Coach Derek Riedel at 210-805-3566 or at [riedel@uiwtx.edu](mailto:riedel@uiwtx.edu) if you have any questions.

**Declaration** Final Declarations and Official Packet Pick-up

**MANDATORY** Friday, November 7 3:30 PM – 5:00 PM

Hampton Inn and Suites, Schertz, TX  
17702 IH 35 N.  
210-566-6110

Packets will include team parking permit, race numbers, chip timing, and final instruction sheet.

**Coaches Technical Meeting** Friday, November 7 @ 7:00 PM

**MANDATORY** Hampton Inn and Suites, Schertz, TX  
17702 IH 35 N.  
210-566-6110

Hor D'oeuvres will be served.

**Preview Course** Thursday and Friday 8:00 AM – 4:00 PM

Saturday 7:00 AM – 9:00 AM

**NO** warm up or cool down will be allowed on the course after 10:00 AM on Saturday. Please advise your runners.

**Restroom Facilities** Restroom facilities and water will be available to athletes and coaches in the starting area.  
Port-O-Potties will be available at the pavilion.

**Sports Medicine Services** Trainers will be available at the course.

Saturday - 9:00 AM until race completion.

Any athlete needing treatment, other than an ice

pack or heat pack, must have a note from their Certified Athletic Trainer stating what treatment is to be performed. Notes may be faxed, emailed, or hand delivered.

**Contact**

B.J. Lough  
Head Athletic Trainer  
210-829-3834

**Starting Line and Finish Line Information**

Athlete's personal belongings will not be collected at the starting line and delivered to the collection area near the finish. Athletes will be responsible for their own items.

**Awards/Regional Advancement**

Regional awards will be presented at the Park Pavilion at noon following the last race. If weather is bad, the ceremony will be moved to UIW Convocation Center – located on the Incarnate Word University campus. Maps will be provided.