

# 2009 Gulf Coast Athletic Conference Cross Country Championships

- **When:** Saturday, November 7
- **Where:** Choctaw Trails Cross Country Course, Clinton, Mississippi
- **Host Institution:** Xavier University of Louisiana
- **Women's Race:** 5,000 meters, starting at 8 a.m. CST
- **Men's Race:** 8,000 meters, starting at 8:30 a.m. CST
- **Course Inspection:** Friday, November 6
- **Meet Registration:** Available online through [www.directathletics.com](http://www.directathletics.com). **Registration will end Wednesday, October 28 at 11:59 p.m.** You may add, delete, and change any time until entries are closed. There is no limit to the numbers of runners you may enter. Only the top seven runners on each team will be counted in team scoring.
- **Course Description:** Choctaw Trails has rolling hills and is 95 percent grass, with a few wooded trails. There are numerous places for spectators to view the race. There will be mile markers and mile splits at every mile, as well as a large clock at the finish. Hy-Tek Meet Manager will be used for results.
- **Entry Fee:** None
- **Results:** Butch Ard, cross country coach of Mississippi College, will provide timing and scoring. Printed copies will be distributed to each coach after the race. Results also will be e-mailed to all SIDs and cross country coaches after the race. They also will be posted on the Xavier University Web site:  
women's results at [www.xula.edu/athletics/wcc/results/20091107.html](http://www.xula.edu/athletics/wcc/results/20091107.html)  
men's results at [www.xula.edu/athletics/mcc/results/20091107.html](http://www.xula.edu/athletics/mcc/results/20091107.html)
- **Awards and Honors (from GCAC Web site):**

The GCAC will recognize the following performances with the appropriate award:

  - GCAC Conference Championship Team (Men and Women) - Plaques - awarded to the winning men's and women's team.
  - GCAC All-Conference Performers (Top 12 Men and Top 12 Women) - Plaques awarded to the top 10 GCAC finishers in both men's and women's races **(November 4, 2009, update from Commissioner Thomas Howell — Top 10 Men and Top 10 Women are GCAC All-Conference)**
  - GCAC Coach of the Year (Men and Women) - Plaques - awarded based on majority vote of GCAC coaches following completion of races
  - GCAC Championship Runner-Up Team (Men's & Women's) - Plaques
- **Rules (from GCAC Web site):** Cross Country rules as specified in the NCAA Men's and Women's Cross Country Track and Field Rule Book shall be followed, allowing for NAIA and GCAC exceptions.
- **Sportsmanship (from GCAC Web site):** GCAC Cross Country will follow all GCAC rules of sportsmanship and the GCAC Commissioner shall have the authority to reprimand any coach or athlete who acts in an unsportsmanlike way.
- **Xavier Contacts:**

Joseph Moses, cross country coach . . . (504) 520-5007 office, (225) 229-6346 cell  
Ed Cassiere, SID . . . (504) 520-5707 office, (504) 256-5380 cell, [ecassiere@yahoo.com](mailto:ecassiere@yahoo.com)