



OCTOBER 31, 2025

CHARLESTON, IL

HOST: EASTERN ILLINOIS

Dear Ohio Valley Conference Student-Athletes, Coaches and Staff,

Eastern Illinois University is proud to host the **2025 Ohio Valley Conference Cross Country Championships** here in Charleston, Illinois. We are excited to welcome all student-athletes, coaches, administrators, and fans to our campus for this special event.

The OVC Championships highlight not only the talent and dedication of these remarkable runners but also the sportsmanship and tradition that define the conference. We are pleased to share this experience with the Central Illinois community and all who have come to support the athletes.

Best of luck to every team and individual competing today.

Tom Michael
Director of Athletics



Table of Contents

Introduction

<u>Section 1:</u> Sponsoring Institutions	4
<u>Section 2:</u> Important NCAA Dates	4
<u>Section 3:</u> Championship Personnel	5
<u>Section 4:</u> Meet Administration	5
<u>Section 5:</u> Schedule of Events	6

Championship Information

<u>Section 6:</u> Awards	7
<u>Section 7:</u> Championship Administration	7
<u>Section 8:</u> Championship Format	8
<u>Section 9:</u> Championship Site	8
<u>Section 10:</u> Entry Procedures	8
<u>Section 11:</u> Inclement Weather Policies	9
<u>Section 12:</u> Locker Rooms/Shower	9
<u>Section 13:</u> Lodging	9
<u>Section 14:</u> Medical/Training Room Information	9
<u>Section 15:</u> Official Travel Party/Squad Limitation	9
<u>Section 16:</u> Participant Gift/Merchandise	10
<u>Section 17:</u> Post Championship Survey	10
<u>Section 18:</u> Responsibilities of Participating Teams	10
<u>Section 19:</u> Sports Information Procedures	10
<u>Section 20:</u> Photos	11
<u>Section 21:</u> Sportsmanship Statement	11
<u>Section 22:</u> Ticket Policies	11
<u>Section 23:</u> Transportation and Parking Procedures	11

Appendices

<u>Section A:</u> Men's and Women's Course Map	12-13
<u>Section B:</u> Address of Competition	14
<u>Section C:</u> Coaches Meeting Information	14
<u>Section D:</u> Hotels Nearby	14
<u>Section E:</u> Restaurant Information	15
<u>Section F:</u> OVC Travel Party Form	16
<u>Section G:</u> World Athletics Shoe Check Procedure	17-18

Section 1: Sponsoring Institutions

Ohio Valley Conference institutions that sponsor the sport of cross country include:

Eastern Illinois University	University of Southern Indiana
Lindenwood University	Tennessee State University
University of Arkansas at Little Rock	Tennessee Technological University
Morehead State University	University of Tennessee Martin
Southeast Missouri State University	Western Illinois University
Southern Illinois University Edwardsville	

Section 2: Important NCAA Dates

October 31, 2025	Ohio Valley Conference Championship Tom Woodall Panther Trail Cross Country Course, Charleston, IL Eastern Illinois University, Host
November 14, 2025	NCAA Cross Country Regional Championships Midwest: Oklahoma State South: North Alabama South Central: Arkansas
November 22, 2025	NCAA Cross Country Championship Gans Creek Cross Country Course Columbia, MO

For information regarding this handbook, please contact:

Amy McGinnis- Associate Commissioner for Finance, HR and Championships
Ohio Valley Conference
215 Centerview Drive, Suite 115
Brentwood, TN 37027
(615) 690-6692 – direct
amcginnis@ovc.org

Section 3: Championship Personnel

Ohio Valley Conference

215 Centerview Drive, Suite 115
Brentwood, Tennessee 37027
(615) 371-1698 – phone
(615) 371-1788 – fax
www.OVCSports.com



Beth DeBauche, Commissioner	615-371-1698	
Greg Walter, Associate Commissioner for Football, Basketball & Baseball....	615-371-1698	Ext. 6688
Kyle Schwartz, Associate Commissioner for Strategic Communications.....	615-371-1698	Ext. 6685
Stephanie Castera, Associate Commissioner/Institutional Services, SWA....	615-371-1698	Ext. 6684
Amy McGinnis, Associate Commissioner for Finance/HR/Championships.....	615-371-1698	Ext. 6692
Blake Bonnstetter, Assistant Commissioner for Championships.....	615-371-1698	Ext. 6682
Bryce Robinson, Assistant Commissioner for Digital Media.....	615-371-1698	Ext. 6691
Katie Risewick, Assistant Commissioner for Compliance and Championships.....	615-371-1698	Ext. 6683
Jose Garcia, Director of Media Relations.....	615-371-1698	Ext. 6687
Jahmil Taylor, Director of Creative Content.....	615-371-1698	Ext. 6694
Jon Kuka, General Manager, OVC IMG Sports Marketing.....	615-371-1698	Ext. 6686

Section 4: Cross Country Meet Administration

Eastern Illinois University

600 Lincoln Ave
Charleston, IL 61920
www.EIUpantthers.com

Mark Bonnstetter, Meet Director	Cell: 217-276-5122
James Gildon, Director of Track and Field/Cross Country	Cell: 402-216-5621
Riley McInerney, Head Coach Cross Country.....	Cell: 217-508-9799
Rich Moser, Media Relations	Cell: 217-508-8317
Jim Nave, Asst. AD for Health, Safety & Performance.....	Cell: 217-251-2710

Section 5: Schedule of Events

Thursday, October 30, 2025

12:00 pm – 5:00 pm Course Inspection
4:00 pm Pre-Championship Meeting
Ike Kinnard Club Room, Groniger Arena

Friday, October 31, 2025

9:00 am	Men's 8K Race	EIU Tom Woodall Panther Trail
10:00 am	Women's 6K Race	EIU Tom Woodall Panther Trail
11:00 am	Awards Ceremony	EIU Tom Woodall Panther Trail

Section 6: Awards

Freshman of the Year. Freshman of the Year shall be determined by a coaches' vote prior to the start of the championship.

Athlete of the Year. Athlete of the Year shall be determined by a coaches' vote prior to the start of the championship.

Coach of the Year. Coach of the Year shall be determined by a coaches' vote at the conclusion of the championship.

Team Trophies. The men's and women's champions of the Cross Country Championship shall receive a team trophy. The championship team shall also receive commemorative t-shirts. Each member of the championship team will receive an individual championship medallion.

All-Conference Team. The men's and women's cross country all-conference teams shall each consist of the top 14 finishers in each championship race. The top 7 finishers will be designated as a First Team All-Conference members, while those that finish in places 8 through 14 shall be designated as Second Team All-Conference performers.

Athlete of the Championship. The top finishing male and female runner shall be named Athlete of the Championship.

Championship Awards Ceremony. A championship awards ceremony will take place approximately 15 minutes following the conclusion of the final race. Team and individual awards will be distributed at that time.

Josten's. Josten's is the official supplier of OVC championship memorabilia. One of their representatives will be contacting the winning coach post-championship to follow up on any championship rings or memorabilia orders the teams would like to place.

Section 7: Championship Administration

Administration. Administration and conduct of the Ohio Valley Conference Cross Country Championship shall be under the control and direction of the conference commissioner and is subject to the standards and requirements set forth by meet and Conference guidelines. The conference commissioner, or designated representative, has the authority to make procedural or protest decisions during the championship.

Games Committee.

Host Meet Director	Mark Bonnstetter
Meet Referee	Keith Jacobi
OVC Representative	Amy McGinnis

This committee will function in the event of protests and general procedures of the meeting. A majority vote is required for all action.

Section 8: Championship Format

Rules. The NCAA Cross Country Rules and Regulations shall govern men's and women's Conference competition.

Protest/Appeals. Protests relating to matters that develop during the conduct of the meet should be made at once and no later than 15 minutes after the last race of the meet has been posted. All implicated coaches must be notified of a tendered protest.

Protest Area. The protest area is located at the tent at the finish line.

Misconduct. The conference commissioner may reprimand publicly or privately and/or disqualify a student-athlete and/or a representative of an institution from further participation in the championship for reason of misconduct. "Misconduct" is defined as any act of dishonesty, or unsportsmanlike conduct in practice or in competition or breach of law that tends to discredit the championship, the Conference, and/or intercollegiate cross country.

Championship Determination. The Conference Champion will be determined by the results of the Conference race.

Race Times. The **Men's** 8K race will begin at 9:00 am CT. The **Women's** 6K race will begin at 10:00 am CT.

Course Inspection. The course will be available for inspection between 12:00 pm and 5:00 pm CT on Thursday, October 30.

Section 9: Championship Site

The 2025 Ohio Valley Conference Cross Country Championship will be conducted at the Tom Woodall Panther Trail on the campus of Eastern Illinois University, 600 Lincoln Ave, Charleston, IL 61920.

Section 10: Entry Procedures

Entry Procedures. Coaches will utilize Direct Athletics for all entries. Entries must be submitted by **Monday, October 27 at 4:00 pm CT.**

Final Declarations. Final declarations and scratches will take place at the coaches' meeting. Each institution may declare a maximum of ten entrants. Any bibs prepared in advance of the meet for entrants who are not declared must be turned in at the coaches' meeting.

Section 11: Inclement Weather Policies

Inclement Weather Policies. When lightning is detected within a minimum of 30 miles of the championship site, we will inform those in attendance that inclement weather including lightning is within 30 miles and that patrons should be prepared to seek shelter. Additionally, we will notify the meet officials that inclement weather is moving into the area.

When lightning is detected within a minimum of 10 miles of the championship site, we will suspend competition. We will then resume competition after 30 minutes of no detected lightning strikes within a 10-mile radius. Adequate warm-up time will be provided before competition is resumed.

Section 12: Locker Rooms/Showers

Locker rooms and showers are available in Groniger arena.

Section 13: Lodging

Team Lodging. The host institution has recommended housing for the meet at selected properties throughout the area. Each team is responsible for making its own reservations and is also responsible for all hotel costs. [Refer to Appendix Section D].

Section 14: Medical/Training Room Information

Members of the athletic training staff will be on site. On Friday, October 31, the training staff will be available starting at 8:00 am.

The medical tent is located by the chute and will have treatment tables, taping tables, and ice. Emergency equipment, AED, and crutches also will be located in the medical tent. We will also have an AED on the chase vehicle. EMS will be on site for both races.

Section 15: Official Travel Party/Squad Limitation

Travel Party List. All participating institutions must complete and submit the official travel party list (Section F) to the Conference office no later than **Monday, October 27, 2025 at 4 pm CT**. This list should include all eligible student-athletes, coaches, managers, trainers and support staff. Travel party forms are also available on the Members Only page of the OVC's website.

Squad Limitation. Each institution shall be limited to ten (10) entrants, who must be declared at the coaches' meeting on the evening prior to the start of the championship.

Section 16: Participant Gift/Merchandise

Participant Gift. Each participating student-athlete in an Ohio Valley Conference championship will receive a commemorative memento from the conference office.

Championship Apparel. Limited amounts of championship merchandise can be purchased at the site of competition.

Section 17: Post Championship Survey

Championship participants (coaches, student-athletes, and administrators) are encouraged to complete the OVC Post Championship Survey following the event. Links to the survey will be emailed to coaches and administrators. The Conference office requests that coaches forward the link to student-athletes in order to get feedback on the event.

Section 18: Responsibilities of Participating Teams

Pre-championship Meeting. A mandatory pre-championship meeting will be held in-person at approximately 4:00 pm CT on Thursday, October 30. Each institution's head coach (or designated representative) is required to attend this meeting. Items of interest relating to the championship, including box assignments, will be reviewed and discussed. The pre-championship meeting will take place in the Ike Kinnard Club Room, Groniger Arena.

Contestant Uniforms/Numbers. All members of a cross country team must wear the proper and same uniform of the institution they represent. Each participant shall display a number on the front of his/her jersey. Contestant numbers will be provided by the host institution. Each team will be provided chips for each participant. Instructions regarding the chips will be shared at the pre-championship coaches' meeting. It will be the responsibility of each team to collect and account for issued chips and return them at the conclusion of the meet.

Section 19: Sports Information Procedures

Results. Results will be online at <https://milesplit.live/meets/710791>, first as unofficial, and then, after the protest period, official results. The OVC will then post results online

Section 20: Photos

Photos. Photographs of the race along with award winners will be placed on the OVC site and Eastern Illinois webpage at eiupanthers.com. EIU will provide a staff photographer for this event.

Section 21: Sportsmanship Statement

Administrator Responsibilities. It is expected that institutional administrators create an environment of hospitality for visiting teams. OVC administrators must develop the attitude that the treatment of a visiting team and its fans will be in a fair and equitable manner.

Section 22: Ticket Policies

Ticket Prices. Admission to the Ohio Valley Conference Cross Country Championship is free for all spectators.

Spectator Areas. Spectators may occupy all areas outside of the white lined running course.

Section 23: Transportation and Parking Procedures

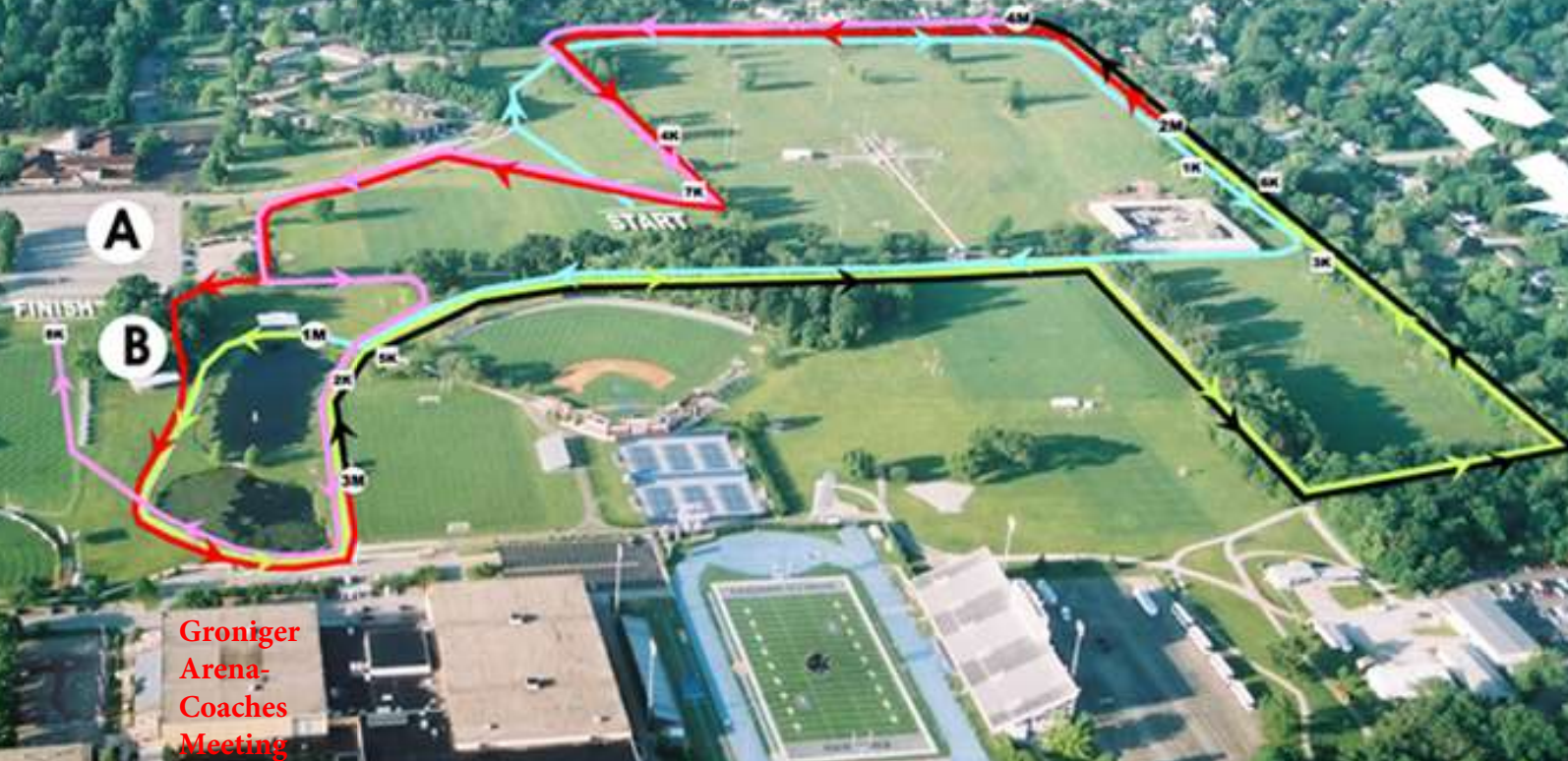
Spectator & Team Parking: Refer to team parking map on page 12.

EASTERN ILLINOIS UNIVERSITY

Panther Trail • Cross Country Course

Men's 8K Course

4th Street



Legend

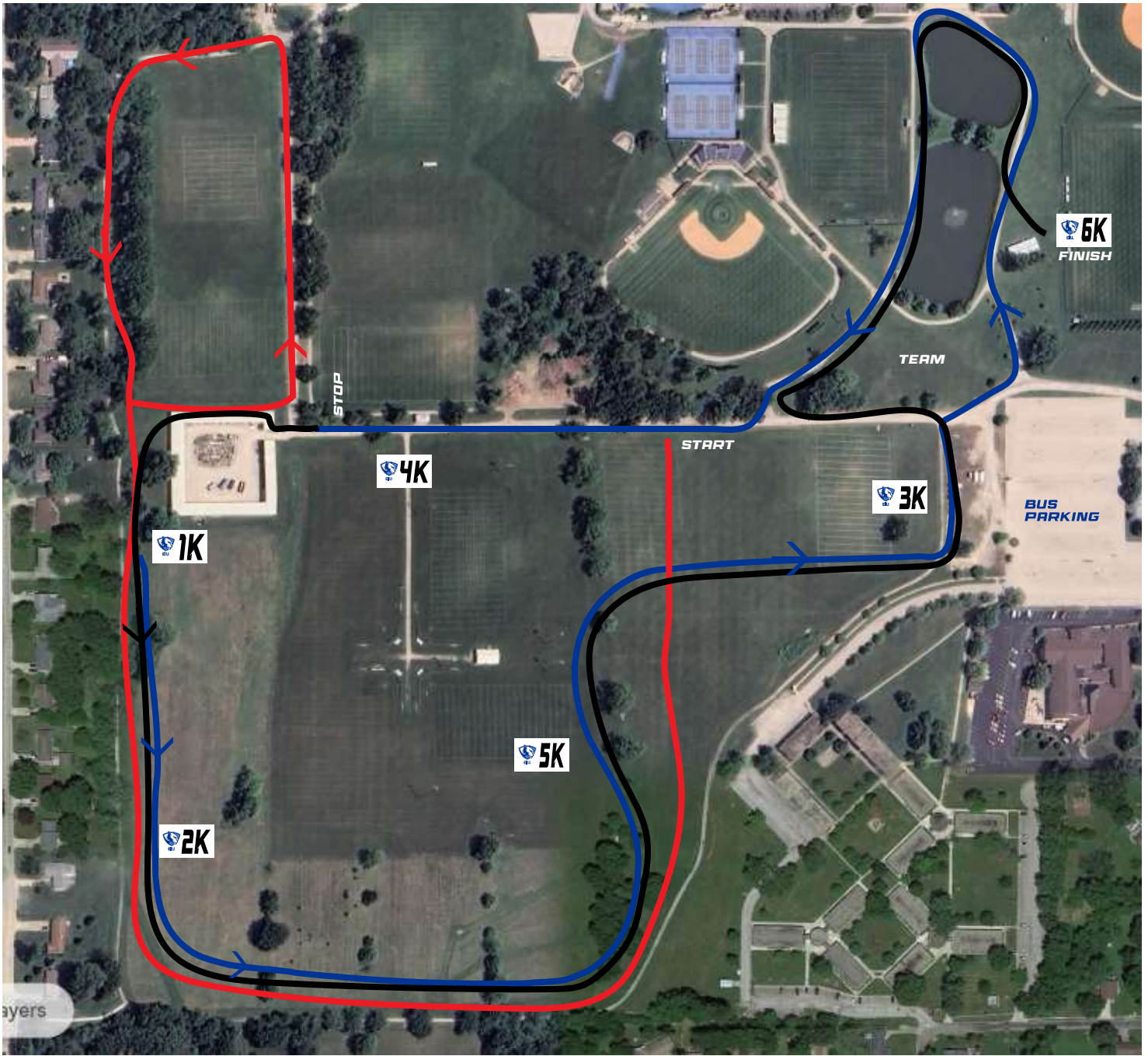
Mile 1: Blue Mile 2: Green Mile 3: Red Mile 4: Black Mile 5: Pink

Mile Markers: White Circles

Kilometer Markers: White Squares

A: XC Parking

B: XC Registration



- FIRST LOOP
- SECOND LOOP
- THIRD LOOP

Section B: Address of Site of Competition

Directions to the Tom Woodall Panther Trail at EIU:

2206 4th St, Charleston, IL 61920 (will take you within 200 ft. of W lot and Tom Woodall Panther Trail)

Section C: Coaches Meeting

The coaches meeting will be held in the Ike Kinnard Club Room, Groniger Arena at approximately 4:00PM C.T. on Thursday, October 30.

Section D: Hotel Accommodations

The following is a list of lodging facilities in Charleston and Mattoon, IL area:

Baymont Inn & Suites 206 McFall Road Mattoon, IL 61938 (217) 234-2420	baymontinns.com
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Comfort Suites 1408 East Broadway Mattoon, IL 61938 (217) 235-6745	comfordsuites.com
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Days Inn 810 W Lincoln Ave, Charleston, IL 61920 (217) 345-7689	daysinn.com
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Holiday Inn 1301 Avenue of Mid America Effingham, IL 62401 (217) 540-7777	holidayinn.com
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Unique Suites Hotel 920 West Lincoln Ave. Charleston, IL 61920 (217) 348-8161	uniquesuiteshotel.com
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Hilton Garden Inn – Mattoon
100 Coles Centre Parkway
Mattoon, IL 61938
217-961-0001

Section E: Restaurants Nearby

Arby's.....	310 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 348-5144
Brickhouse Bar & Grill.....	920 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 512-2174
Buffalo Wild Wings.....	124 Dettro Drive.....	Mattoon, IL 61938.....	(217) 258-9464
Chick-Fil-A.....	1320 Fort Worth Way.....	Mattoon, IL 61938.....	(217) 790-6938
Chipotle.....	1400 Fort Worth Way.....	Mattoon, IL 61938.....	(217) 599-3173
Cracker Barrel.....	1101 Charleston Ave. East....	Mattoon, IL 61938.....	(217) 234-9091
Dirty's Bar & Grill.....	706 Lincoln Ave.....	Charleston, IL 61920.....	(217) 512-2050
Domino's.....	1001 Charleston Ave.....	Mattoon, IL 61938.....	(217) 235-7104
Freddys Frozen Custard & Steakburgers....	917 Charleston Ave. East...Mattoon, IL 61938..	(217) 235-3820	
Fugiyama.....	1320 Broadway Ave E.....	Mattoon, IL 61938.....	(217) 234-7738
Jersey Mike's.....	1021 Charleston Ave E.....	Mattoon, IL 61938.....	(217) 508-4680
Jimmy John's.....	315 Lincoln Ave.....	Charleston, IL 61920.....	(217) 345-1075
Luigi's.....	1610 Broadway Ave.....	Mattoon, IL 61938.....	(217) 234-2268
McDonald's.....	12 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 348-0215
Panda Express.....	1412 Fort Worth Way.....	Mattoon, IL 61938.....	(217) 606-7798
Papa John's Pizza.....	426 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 348-8282
Roc's Blackfront Tavern....	410 6 th St.....	Charleston, IL 61920.....	(217) 348-8018
Smoky's House BBQ.....	300 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 345-2227
Stadium Grill.....	102 Dettro Drive.....	Mattoon, IL 61938	(217) 235-0499
Steak 'n Shake.....	1400 Broadway Ave. East....	Mattoon, IL 61938.....	(217) 235-1318
Subway.....	819 West Lincoln Ave.....	Charleston, IL 61920.....	(217) 348-6252
WB's Pub-N-Grub.....	409 7 th St.....	Charleston, IL 61920.....	(217) 348-5147
What's Cookin'	409 7th Street.....	Charleston, IL 61920.....	(217) 345-7427



**OHIO VALLEY CONFERENCE
CROSS COUNTRY CHAMPIONSHIP
OFFICIAL TRAVEL PARTY AND ELIGIBILITY LIST**

INSTITUTION:**MEN:** ☐**WOMEN:** ☐

Each participating team may be provided passes limited to each member of the official travel party. These passes are not transferable.

PARTICIPANT GIFTS/AWARDS: 14 participant gifts will be provided to the entire championship travel party. Only members of the official travel party listed below will be announced and presented with an individual championship award (14 medallions) during the awards ceremony.

IN ALPHABETICAL ORDER, PLEASE LIST THE 10 STUDENT-ATHLETES

NAME (First & Last)

1.	
2.	
3.	
4.	
5.	

6.	
7.	
8.	
9.	
10.	

NAME (First & Last)

AFFILIATION (e.g. Coach, Manager)

11.		
12.		
13.		
14.		

Affirmation of Eligibility: By signing below, I acknowledge the above student-athletes' eligibility for participation in this OVC championship have been certified per applicable NCAA, OVC, and institutional rules. (Compliance officer or FAR, signature required)

Head Coach's Cell Number:**Date form was completed:****FAR or Senior Compliance Officer:**

Section G: World Athletic Shoe Control

NCAA Men's and Women's Cross Country Shoe Control Rule and Guidelines**Cross Country Shoe Control Rule****Rule 22-3.5 states the following:**

Competitors may compete in bare feet or with shoes on one or both feet. The purpose of shoes for competition is to protect and stabilize the feet and provide a firm grip on the ground. Such shoes must be constructed to give a competitor no unfair additional advantage. Incorporating any technology and/or device in the shoe's construction that artificially enhances a competitor's performance is not permitted. A shoe strap or covering over the instep is permitted. Any type of shoe must be reasonably available and listed on the W.A. approved list.

The number of spike positions per shoe shall not exceed six. Features on, and part of, the sole and/or heel (grooves, ridges, indentations or protuberances) are permissible if constructed of the same or similar material as the sole. The length of the spike must not exceed 25 millimeters. Spikes shall have a maximum diameter of 4 millimeters for the one-half of their total length closest to the tip.

The maximum thickness of the sole of the competitor's spiked shoes shall be no greater than 20mm. For non-spiked shoes the maximum thickness of the sole shall be no greater than 40mm.

A competitor may appeal. If the shoe worn by an athlete does not comply the referee shall immediately disqualify the competitor.

Cross Country Shoe Control Guidelines for W.A. Compliance

1. The Shoe Control Official is assigned by Meet Management, prior to the competition.
2. Meet Management and/or the Shoe Control Official shall determine the number of athletes that shall be selected for shoe inspection. This number shall be a minimum of 5 athletes and for larger competitions that are greater than 100 athletes per gender the number of selected shall be 5% or greater of the competition field.
3. The selection of the athletes to be inspected are at the discretion of the Shoe Control Official and shall be randomly selected prior to the beginning of the race based on race planning.
4. The Shoe Control Official inspection area should be located at a suitable place in the post-event area and immediately after the recovery area, with easy access to the athletes.
5. Items necessary for the Shoe Control Official area:
 - A covered area to protect them from the elements
 - Proper signage that identifies the Shoe Control Area
 - A table of 3-4 chairs
 - A laptop or tablet with internet connectivity
 -

- Stable internet connection to access live results and the Shoe Check Application for the approved Athletic Shoes on <https://certcheck.worldathletics.org>
- A copy of the start list
- Copies of the NCAA Shoe Check Form
- A camera (a mobile phone is sufficient)

Shoe Control Process

1. An athlete subject to Shoe Control is permitted to take off their Athletic Shoes after competing but must always keep them in their possession until having completed Shoe Control.
2. The Shoe Control Official shall fill out and document the shoes on the NCAA Shoe Check Form.
3. Then based on the brand, model name and/or model number of the shoe, check whether the shoe is on the List of Approved Athletic Shoes <https://certcheck.worldathletics.org>
4. If the shoe is displayed as "Approved" for Cross Country on the W.A. Approved Shoe List, no further action is required, and the Shoe Control is completed.
5. If the shoe is displayed as "Not Approved" for Cross Country or is not currently listed on the W.A. Approved Shoe List, the Referee shall notify that athlete and coach that their performance is disqualified. The official results and scoring shall be amended.
6. Post competition all Shoe Control documentation, along with official results and competition data, either hard copy or electronic shall be kept through December 1 of the current season. The data can be either hard copy or electronic.