

SEC Cross Country Championships

**Saturday, October 28, 2006
Hosted by LSU**

**Highland Road Park
Baton Rouge, La.**

**Entry Deadline: 12:00 Noon (Central Time)
Friday, October 20, 2006**

Entry Information and Instructions

Step 1. Send in Your Official Travel Party Information Form

1. Deadline is 12:00 Noon (Central Time) Friday, October 20, 2006 for receipt of your SEC Championships Official Travel Party form.
2. This form can be found at the end of this meet information booklet.
3. Complete the form, providing head coach contact information and identifying coaches, administrators, sports information, and sports medicine personnel. This party should not exceed 10 persons for combined programs, and five persons for single gender programs.
4. Fax the form to the LSU Track and Field Office at 225-578-8600.

Step 2. Set up an Account with Direct Athletics

1. You must have a Direct Athletics team account to enter your team. An existing account will suffice if you have one.
2. If you have an account but forgot your username and password, go to www.directathletics.com and click on "Forgot Username or Password?"
3. If you do not already have a Direct Athletics account for your team, you must create a Direct Athletics team account. To set up your account, go to www.directathletics.com and click on "New User? Click Here." Follow the onscreen instructions to create an account and submit entries.

Step 3. Enter Your Athletes Electronically on the Internet

1. Go to www.directathletics.com. A link to this site can also be found by accessing www.LSUsports.net, clicking on Track and Field, then on 2006 Meet Info.
2. Use the directions, password, and username acquired above to make your entries at this site. You will also be able to create a password for yourself so that you can make changes later.
3. There is no scratch/add procedure. You may go in and make changes as often as you wish up to the entry deadline, but after this time all entries are final.
4. You may enter as many runners as you wish, but each team is limited to 10 competitors per gender.
5. Entry deadline is 12:00 Noon Friday, October 20, 2006. Entries may be made as early as Sunday, October 15. You may make changes as often as you wish until the entry deadline.
6. You must declare the runners (up to 10) who will compete at the technical meeting. This meeting will be held Friday, October 27, following the championships dinner in Tiger Stadium.
7. No faxed or phoned entries will be accepted.

SEC Cross Country Championships
October 28, 2006
Highland Road Park - Baton Rouge, Louisiana

Contact Directory

Skip Bertman	Director of Athletics, LSU 225-578-3300
Brendan Fouracre	Meet Director 225-578-8424 bdfour@lsu.edu
Boo Schexnayder	Officials Coordinator 225-578-8609 athirv@lsu.edu
Dennis Shaver	Head Track and Field Coach, LSU 225-578-8627 shaver@lsu.edu
Mark Elliott	Head Cross Country Coach, LSU 225-578-1291 melliott@lsu.edu
Keith Thompson	LSU Sports Medicine 225-578-2050 kthomps@lsu.edu
Laurie Cannon	LSU Sports Information 225-578-7947 lcannon@lsu.edu
Tamara Ards	LSU Track and Field Office, Coordinator 225-578-8627 tards@lsu.edu

Meet Information

PRE-SEC CROSS COUNTRY COMPETITION

For those interested in familiarizing themselves with the SEC Championships course, the Pre-SEC Cross Country meet will be held Saturday, September 23, 2006 at the Highland Road Cross Country Course. Meet information will be available online at www.LSUsports.net. Click on Track and Field, then on Meet Info 2006, then on LSU Cross Country Invitational. Entries will be done online through Direct Athletics at www.directathletics.com. See previous SEC Entry Information and Instructions section for instructions on setting up a Direct Athletics account.

MEET SITE

Highland Road Park is located in Baton Rouge on Highland Road, approximately eight miles south from the LSU Campus and approximately four miles from Interstate 10.

DECLARATIONS

All competitors must be declared eligible by the SEC Office no later than 5 p.m. (Central Time) three days prior to the final declarations. Final declarations will be done at the technical meeting on Friday, October 27.

CHAMPIONSHIPS COMMITTEE

The Championships Committee for the 2006 SEC Cross Country Championships will consist of Joe Walker (Ole Miss, representing women), Wayne Norton, (Georgia, representing men), Mark Elliott (LSU, representing the host school), and Laronica Conway (SEC Office representative).

CHAMPIONSHIPS DINNER

A dinner will be held at 6:30 p.m. Friday, October 27 in the Multipurpose Room of the Pete Maravich Assembly Center (PMAC). The PMAC is located just off North Stadium Drive.

TECHNICAL MEETING

A technical meeting will be held in the Lawton Room, immediately following the championships dinner. During this time meet information will be provided, drawing for starting boxes will occur and coaches will be able to declare competing athletes.

MEET PACKETS

Team packets will include entry rosters, time schedule, course maps, competitor numbers and quick-score materials.

PACKET PICKUP

Coaches should pick up their team's meet packet at the championships dinner and coaches meeting.

DIRECTIONS TO LSU

Approaching on I-10 from the West: As soon as you cross the Mississippi River, exit I-10 to your right at Nicholson-Highland. Follow the signs, staying to your right on the exit ramp to Nicholson Drive. Turn left onto Nicholson Drive, and proceed approximately 1½ miles to the LSU campus. The Athletic Administration Building and Tiger Stadium will be on your left at the intersection of Nicholson Drive and North Stadium Drive.

Approaching on I-10 from the East: Exit I-10 at Acadian Thruway. Turn left onto Acadian, and proceed approximately 2 miles, continuing as Acadian Thruway becomes Stanford Avenue, and then LSU Avenue. Turn right onto Highland Road, and proceed approximately ½ mile. Turn left onto Nicholson Extension, and proceed approximately ¼ mile. Turn right onto Nicholson Drive, and proceed approximately ¼ mile. The Athletic Administration Building and Tiger Stadium will be on your right at the intersection of Nicholson Drive and North Stadium Drive.

DIRECTIONS TO HIGHLAND ROAD PARK

Approaching on I-10 from the West: Take the Seigen Lane exit, turning right onto Seigen Lane. Proceed approximately 2 miles to the intersection of Seigen and Highland Road. Turn left onto Highland Road, and proceed approximately ¼ mile. The park will be on the left at the intersection of Highland Road and Amiss Road.

Approaching on I-10 from the East: Take the Highland Road exit, then turn left back underneath the overpass. Turn right onto Highland Road, and proceed approximately 4 miles. The park will be on the right at the intersection of Highland Road and Amiss Road.

From LSU: Take Nicholson Drive South approximately ¼ mile. Turn left onto Burbank Drive, and proceed approximately 8 miles until it intersects with Highland Road. Turn right onto Highland Road, and proceed approximately ¼ miles. The park will be on the left at the intersection of Highland Road and Amiss Road.

PRACTICE TIMES

The Highland Road Park Cross Country Course will be available for team practice Friday, October 27, from 8 a.m. to 6 p.m.

WEIGHT ROOM PRACTICE

The LSU weight room will be available to visiting coaches and athletes during these hours. The LSU weight room is located at the South end of Tiger Stadium off of North Stadium Drive.

Thursday, October 26: 4-7 p.m.

Friday, October 27: 4-7 p.m.

MEET PARKING

Parking is available in the Highland Road Park lot off of Amiss Road.

MEET ADMISSION

Admission is free for all.

DRESSING FACILITIES

There are no dressing facilities at Highland Road Park. Please prepare accordingly.

TRAINING AREA

A full medical staff, including doctors, therapists, and trainers will be available at the course beginning at 7 a.m. on Saturday, October 28. School trainers will be able to set up on the course near the parking lot in the vicinity of the softball field. Water will be provided by meet management.

COACHES HOSPITALITY

A hospitality area will be available to coaches from 7-11 a.m. on Saturday, October 28 at the Highland Road Cross Country Course. Light breakfast foods, snacks, and drinks will be served.

COURSE DISTANCES

Women: 6 Kilometers
Men: 8 Kilometers

COURSE DETAILS

Course maps are attached to this meet information and will be available in your packet.

SCHEDULE OF EVENTS

Women's Race: 9 a.m.
Men's Race: 10 a.m.
Awards Ceremony: 10:45 a.m.
Athlete's Meal: 11:15 a.m.

SCORING

Men's and women's meets will be scored by NCAA rules. Five people will score, with two others displacing.

ATHLETE'S MEAL

A meal will be served to all competing athletes and coaches at 11:15 a.m. at the Highland Road Cross Country Course, following the completion of the men's race.

AWARDS

The SEC Championship Awards Ceremony will take place at the awards area at the Highland Road Cross Country Course. Awards will be presented to the first, second and third place teams and to the top-14 finishers per gender.

ENTRIES & RESULTS

Preliminary entries will be posted on the website www.LSUsports.net on Friday, October 20 at 7 p.m. Go to Track & Field and click on SEC Cross Country Entries. They will also be in your packet at check in. Final entries and starting positions will be posted at the same site following the completion of the technical meeting on Friday, October 27. Results will be posted at the conclusion of the meet, will be available to teams from the press area after the meet and will be posted on the same website.

ATHLETE CHECK-IN

All runners must check in at their team's assigned starting box 15 minutes prior to the start of the race.

FINISHING PROCEDURES

Athlete's numbers will contain a tear off bar coded strip, which will be removed once the athlete enters the finishing chute. Please alert your athletes to this prior to the race.

QUICK SCORE

Coaches should complete the quick score according to enclosed instructions as soon as possible following the conclusion of each race. The quick score materials should be turned in at the scoring table near the softball field.

FURTHER INFORMATION

For further information, contact the LSU Track & Field Office at (225) 578-8627.

Baton Rouge Hotel Directory

Best Western Richmond Suites

5668 Hilton Ave.
225-924-5500
3 Miles from LSU

Chase Suites

5522 Corporate Blvd
225-927-5630
5 Miles from LSU

Courtyard by Marriott

2421 South Acadian Thruway
225-924-6400
2 Miles from LSU

Embassy Suites

4914 Constitution Ave.
225-924-6566
3 Miles from LSU

Holiday Inn South - Holidome

9940 Airline Highway
225-924-7021
6 Miles from LSU

Homewood Suites

5800 Corporate Blvd.
225-922-1700
3 Miles from LSU

LaQuinta Motor Inn

2333 South Acadian Thruway
225-924-9600
2 Miles from LSU

Marriott Hotel

5500 Hilton Ave.
225-924-5500
3 Miles from LSU

Marriott Fairfield Inn

7959 Essen Park South
225-766-9493
7 Miles from LSU

Sheraton Baton Rouge

102 France Street
225-242-2600
2 Miles from LSU

Radisson Hotel

4728 Constitution Ave.
225-925-2244
3 Miles from LSU

Fairfield Marriott

7959 Essen Park Ave.
225-766-9493
6 Miles from LSU

Hampton Inn

4646 Constitution Ave.
225-926-9990
6 Miles from LSU

Comfort Suites

3045 Valley Creek
225-923-3377
5 Miles from LSU

Holiday Inn Express

4924 Constitution Ave.
225-930-0600
3 Miles from LSU

Sleep Inn

10332 Plaza Americana Dr.
225-926-8488
6 Miles from LSU

Baton Rouge Restaurant Guide

American Market

5251 Nicholson Drive
Suite Q
225-767-7531
Take out Deli and pitas

Brewbacher's

5251 Nicholson Dr.
225-766-8491
Burgers, Poboys, Plate Lunches

Buffalo Wild Wings Grill

7524 Bluebonnet Blvd
225-922-9216
American Cuisine

Chili's

4550 Constitution Ave.
225-927-0035
Table Service Meals

The Chimes

3357 Highland Road
225-383-1754
Table Service, Sandwiches, Seafood

DeAngelo's Pizzeria

250 W. Lee Dr.
225-757-3877
Table Service, Pizza, Italian

Drusilla's

3482 Drusilla Lane
225-923-0896
Table Service, Cajun Seafood & Steaks

Great Wall

3132 College Dr.
225-928-3213
Chinese Buffet

International House of Pancakes

3006 College Dr.
225-218-8467
Table Service, Breakfast and Sandwiches

Izzo's

4250 Burbank Dr.
225-214-0870
Mexican Table Service & Takeout

Jason's Deli

2351 Citiplace Ct.
225-928-7788
Sandwiches, Variety

Lone Star Steakhouse

3014 S. Acadian Thruway
225-346-0870
Table Service, Steaks

Mellow Mushroom

4250 Burbank Dr.
225-490-6355
Pizza

Mike Anderson's Seafood

1031 W. Lee Dr.
225-766-7823
Table Service, Seafood Specialties

Ninfa's

4737 Constitution Ave.
225-924-0377
Table Service, Mexican

On the Border

2552 Citiplace Ct.
225-924-7400
Table Service, Mexican

Outback Steak House

2415 S. Acadian Thruway
225-927-9488
Table Service, Steaks

Papa John's Pizza

257 W. Lee Dr.
225-765-7272
Pizza

Baton Rouge Restaurant Guide (Continued)

Piccadilly Cafeteria

5474 Essen Ln.
225-769-8027
Cafeteria Style Meals

Pizza Hut

4343 Nicholson Dr.
225-769-8646
Table Service & Takeout Pizza

Portobello's

1072 W. Lee Dr.
225-761-5005
Table Service, Italian Grill & Café

Ralph & Kacoo's

6110 Bluebonnet Blvd.
Table Service, Cajun Seafood

Ruth's Chris Steak House

4836 Constitution Ave.
225-925-0163
Table Service, Steaks

Phil's Oyster Bar

4506 Jamestown, off College Dr.
225-924-4506
Table Service, Seafood

Shoney's Restaurant

9911 Glendale Blvd.
225-926-4520
Table Service & Buffet, American Cuisine

Sullivan's Steakhouse

5252 Corporate Blvd.
225-925-1161
Table Service, Steaks

TJ Ribs

2324 S. Acadian Thruway
225-383-7427
Table Service, Variety, Ribs

Walk-On's

3838 Burbank Dr.
225-757-8010
Table Service Meal

Fast Food Near LSU

Arbys
Burbank Dr.

Burger King
Highland Road

Domino's
Bob Petit Blvd.

Jack-in-the-Box
Highland Road

Inga's Subs & Salads
State St.

McDonald's
Nicholson Dr.

Mr. Gatti's
State St.

Raising Cane's
State St.

Subway
State St.

Wendy's
State St.

LSU Union Food Court
Highland Road

Businesses of Interest

Winn Dixie Grocery & Pharmacy
5555 Burbank Dr.
225-757-8757

Rite-Aid Pharmacy
3080 College Dr.
225-231-2370

Wal-Mart
College Drive at I-10
225-952-9022

The Medicine Shoppe
5241 Highland Road
225-769-2585

Walgreen's
12881 Perkin's Rd.
225-763-5998

Churches Near LSU

Campus Light Christian
3000 Dalrymple Dr.
225-389-1237

Christ the King Catholic
Highland Rd. at Dalrymple Dr.
225-344-8595

Chapel of the Cross Lutheran
3235 Dalrymple Dr.
225-383-2962

Chapel on the Campus
3355 Dalrymple Dr.
225-387-4416

St. Alban's Chapel
Dalrymple Dr.
225-343-2070

Trinity Episcopal
3552 Morning Glory Ave.
225-387-0396

University Baptist Church
203 Leeward Dr.
225-766-9474

University United Methodist
3350 Dalrymple Dr.
225-344-0343

Travel In and Around Baton Rouge

AIRPORT

Baton Rouge Airport

15 miles from LSU

I-110 at Harding Avenue

Served by American Eagle, Continental, Delta, Northwest

AUTOMOBILE RENTALS

At Baton Rouge Airport

Alamo

800-327-9633

Avis

225-355-4702

800-831-2847

Budget

Has 15 passenger Vans Available

225-355-0312

800-527-0700

Dollar

800-800-4000

Hertz

225-357-5222

800-654-3131

National

225-355-5651

800-227-7368

Thrifty

225-356-0362

Other Automobile Rental Agencies

Enterprise

5 Locations in Baton Rouge

Has 15 passenger Vans Available

225-929-7560

800-736-8222

BUS TRANSPORTATION

Dixieland Tours

10520 S. Choctaw Dr.

225-273-9119

Great American Coach

9680 S. Choctaw

225-923-2396

Hotard Coaches

10464 S. Choctaw

225-273-008

TOWING SERVICES

Dealer's Towing
6675 Airline Hwy.
225-356-0126

BUS REPAIR SERVICES

Baton Rouge Bus Maintenance
225-928-1840

Baton Rouge Diesel
225-925-9683

Commercial Tire
225-775-1035

Margot
225-927-3700

DOOR OPENING SERVICES

Pop-O-Lock
225-292-6736

SHOPPING

Mall of Louisiana
6401 Bluebonnet
8 Miles from LSU

Cortana Mall
Airline Hwy at Florida Blvd.
10 Miles from LSU

MOVIES AND ENTERTAINMENT

Seigen Village Cinema 10
7166 Seigen Lane
225-292-6195

Tinseltown USA
10955 N. Mall Drive
225-925-3300

United Artist Citiplace Theatre
2610 Citiplace Blvd.
225-216-0056

USS Kidd and Nautical Center
305 South River Road Downtown
9 a.m. - 5 p.m. Daily

Plantation Homes
Obtain listing and information from
Baton Rouge Visitor Information Center
225-383-1285
800-527-6843

Catfish Town
River Road at South Blvd. Downtown
Riverboat gaming, Dining, Entertainment

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Official Travel Party Form

School _____

Gender (Circle One): Men Women Combined

Please list names under the appropriate category, not to exceed five (5) persons for single gender programs, or ten (10) persons for combined programs.

Head Coach _____

Assistant Coaches

Sports Information

Sports Medicine

Athletic Administration

Return by fax to the LSU Track & Field Office at 225-578-8600, Attention Boo Schexnayder, before 12:00 Noon on Friday, October 20, 2006.