

**2023**



# **CROSS COUNTRY CHAMPIONSHIPS**

**INFORMATION BULLETIN #1**



# SECTION 1:

## GENERAL INFORMATION

### 1. ORGANIZING COMMITTEE

**Address:** Western University, 1151 Richmond Street, London, ON N6A 3K7  
**Web Site:** westernmustangs.ca

POSITION	NAME	PHONE	EMAIL
<b>Championship Convener</b>	Catherine Ireland (CJ)	519-661-2111 ext. 86716	<a href="mailto:cirelan5@uwo.ca">cirelan5@uwo.ca</a>
<b>Marketing / Sponsorship / Promotions / Hospitality / VIP / Awards</b>	Colin Gagnier	519-661-2111 ext. 85043	<a href="mailto:colin.gagnier@uwo.ca">colin.gagnier@uwo.ca</a>
<b>Communications</b>	Deb Coward	519-661-2111 ext. 84882	<a href="mailto:dlcoward@uwo.ca">dlcoward@uwo.ca</a>
<b>Media</b>	Ryan Robinson	519-661-2111 ext. 85491	<a href="mailto:rrobin68@uwo.ca">rrobin68@uwo.ca</a>
<b>Medical</b>	Doug Stacey	519-282-2958 (cell)	<a href="mailto:dstacey2@uwo.ca">dstacey2@uwo.ca</a>
<b>Meet Director</b>	Bob Vigars	519-860-4749 (cell)	<a href="mailto:bobvigars@gmail.com">bobvigars@gmail.com</a>
<b>Event Manager</b>	Scott MacDonald	613-222-5674 (cell)	<a href="mailto:scottmac1wtfc@gmail.com">scottmac1wtfc@gmail.com</a>
<b>Meet Producer</b>	Guy Schultz	519-860-6871 (cell)	<a href="mailto:gschult2@uwo.ca">gschult2@uwo.ca</a>
<b>U SPORTS Director of Sport</b>	Mark Alfano	905-517-7887	<a href="mailto:malfano@usports.ca">malfano@usports.ca</a>



## 2. SCHEDULE OF EVENTS

*\*All times are local (ET)*

### Friday, November 10, 2023

2:00-4:00pm Practice/Course Access (Thames Valley Golf Course)

### Saturday, November 11, 2023

9:00am Team Packets with Bibs, etc distributed & Technical Meeting (Delta Armouries - Gunnery Ballroom)

10:00am Coaches Association AGM (Delta Armouries - Gunnery Ballroom)

11:00am Community Awards Presentation (Delta Armouries – Gunnery Ballroom)

1:00-4:00pm Practice/Course Access (Thames Valley Golf Course)

8:00-11:00pm Coaches Hospitality (Delta Armouries – Elgin Suite Rm #220)

### Sunday, November 12, 2023

10:00am-12:00pm Arrival of teams at course/warm-up (Thames Valley Golf Course)

12:00pm Women's 8km

1:00pm Men's 8km

1:45pm Awards Presentation

2:30pm Pizza distributed to teams

## 3. COMPETITION SCHEDULE

*\*All times are local (ET)*

### Sunday, November 12, 2023

12:00pm Women's 8km

1:00pm Men's 8km



## 4. PRACTICE SCHEDULE

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*\*All times are local (ET)*

### Friday, November 10, 2023

2:00-4:00pm          Practice/Course Access (Thames Valley Golf Course)

### Saturday, November 11, 2023

1:00-4:00pm          Practice/Course Access (Thames Valley Golf Course)



# SECTION 2

## PARTICIPATING TEAMS INFORMATION

### 5. ANCILLARY/ SPECIAL EVENT

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#### COMMUNITY AWARDS PRESENTATION/RECEPTION

Community Awards Presentation/Reception to be held Saturday, November 11 following the Coach's Association Annual General Meeting at the Delta Armouries in the Gunnery Ballroom. An invitation will be sent to the Conference finalists' nominees and their coaches/staff following the respective Conference Championship [AUS, CW, OUA, RSEQ]

### 6. MEETINGS

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#### 6.1 TECHNICAL MEETING

**Date:** Saturday, November 11, 2023  
**Time:** 9:00-10:00am  
**Location:** Delta Armouries - Gunnery Ballroom  
**Chair:** Bob Vigars, Meet Director

#### 6.2 COACHES ASSOCIATION ANNUAL GENERAL MEETING

**Date:** Saturday, November 11, 2023  
**Time:** 10:00-11:00am  
**Location:** Delta Armouries - Gunnery Ballroom  
**Chair:** Félix-Antoine Lapointe, Laval, President of Cross Country Coaches Association

### 7. MEDIA CONFERENCE

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No media conference will be held.

### 8. CHAMPIONSHIP HOTEL

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#### U SPORTS policy 20.40.3.4.1:

All participating teams and team personnel attending a U SPORTS Championship



requiring accommodation must stay at the U SPORTS Championship designated host hotel(s).

## HOTEL & BOOKING INFORMATION

**Host Hotel:** [Delta London Armouries](#)

**Address:** 325 Dundas Street, London, ON, N6B 1T9

**Phone:** 1-888-890-3222, Phone local: 519-679-6111

**CALL TO BOOK:** Greg Ryckman, tel 519.640.5006, [greg.ryckman@innvesthotels.com](mailto:greg.ryckman@innvesthotels.com)

**Name of Block:** U Sports Cross Country Championship

**Rate:** \$139 plus tax per room

**Dates:** Rooms are held for Thursday Nov 9, Friday Nov 10 and Saturday Nov 11, 2023 (50 rooms standard with two beds), contact Greg for additional nights if needed

**\*\*Release Date:** Friday Oct. 27, 2023 (book by this date – you will have your own rooms agreement with individual cancellation policy)

**Parking:** Bus Parking can be reserved through the hotel. Cost is \$75.00 +HST /night. Regular parking is \$15.00 +HST / night. Please advise Greg Ryckman in advance.

**Hotel:** [DoubleTree by Hilton Downtown London](#)

**Address:** 300 King St, London, ON N6B 1S2

**Phone:** 1-855-610-TREE, 1-519-439-1661

**CONTACT TO BOOK:** Eliza Manandhar – [Eliza.Manandhar@hilton.com](mailto:Eliza.Manandhar@hilton.com)

**Name of Block:** 2023 Cross Country Championship

**Rate:** \$159 plus tax per room

**Dates:** Rooms are held for Friday Nov. 10 and Saturday Nov. 11, 2023 (50 rooms mix of DD or QQ)

**\*\*Release Date:** Tuesday Oct. 10, 2023  
(book by this date– you will have your own rooms agreement with individual cancellation policy)

**Parking:** Contact Eliza Manandhar for bus parking options, regular parking reduced to \$8 plus tax

**Hotel:** [Residence Inn by Marriott Downtown London](#)

**Address:** 383 Colborne St, London, ON N6B 3P5

**Phone:** 1-877-477-8483, 519-433-7222

**CONTACT TO BOOK:** Brent Smith - [sales@marriottresidenceinnlondon.com](mailto:sales@marriottresidenceinnlondon.com)

**Name of block:** 2023 Cross Country U Sport Championship

**Rate:** \$165 plus tax one bedroom king suite / \$179 per room two queen bed suite / \$199 two bed king



Free breakfast, all rooms have pullout sofa bed

Rates inclusive up to 4 people in one bedroom suite and 6 people in two bed suites

**Dates:** Rooms are held for Friday Nov. 10 and Saturday Nov. 11, 2023

**\*\*Release Date:** Friday Oct. 20, 2023

(book by this date– you will have your own rooms agreement with individual cancellation policy)

\*Sunday night rooms available at \$129 plus tax if required

**Parking:** Free bus or vehicle parking

**Distance from competition site: 7kms via Riverside Drive from all 3 hotels**

## 9. TRANSPORTATION/CAR RENTALS

The Delta London Armouries, DoubleTree by Hilton Downtown and the Residence Inn by Marriott Downtown London are located in downtown London all within 300m of each other and a 15-20 minute drive from the London International Airport and a 15-20 minute drive to Thames Valley Golf Course.

There is NO shuttle service from the airport to the hotel.

If you require a vehicle during your stay in London, we recommend the following rental agencies:

Rental Agencies	Telephone/Website
	1-800.879-2847 <a href="http://www.avis.ca">www.avis.ca</a>
	1-800-268-8900 <a href="http://www.budget.ca">www.budget.ca</a>
	1-800-654-3131 <a href="http://www.hertz.ca">www.hertz.ca</a>
	1-844-307-8008 <a href="http://www.enterprise.ca">www.enterprise.ca</a>

## 10. ENTRY FEE

Entry fee for the 2023 U SPORTS Championship is \$75.00/competitor. This fee covers awards, equipment costs, food, facility rental and officials. Post championships,



institutions will be invoiced accordingly (i.e., 7 athletes x \$75.00 = \$525.00/gender).

## 11. TEAM REGISTRATION

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Team registration is to be completed through SportMadeSimple no later than noon EDT on November 1, 2023. <https://sportmadesimple.com/UsportXC2023/>

## 12. SPONSORSHIP

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### 12.1 LOCAL SPONSORS

M&T Printing  
 StayAbove Nutrition  
 Gatorade  
 London's Source for Sports  
 Domino's Pizza London  
 Fowler Kennedy Sports Medicine

### 12.2 U SPORTS SPONSORS

## 13. TECHNICAL INFORMATION

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### 13.1 VENUE

The competition will be held on the Thames Valley Golf Course (850 Sunninghill Avenue, London, Ontario, N6H 3L9 ) located 7kms from downtown London.

### COURSE

The Cross-Country Course is laid out on the City of London owned Thames Valley Golf Course is situated along the Thames River just 10 minutes from downtown London. Established in 1924, the 27-hole course features natural topography of the land, large mature tree lined fairways, and some challenging yet picturesque elevation changes.

Western's Bob Vigars designed the race course in 1986 and was guided by two principles: make it a good course for the runner and ensure it is spectator friendly. The undulating terrain, multiple switchbacks, and weaves away from and back to start/finish takes the runner over hill and dale. The spectator can view over 75% of the race by walking short distances to various

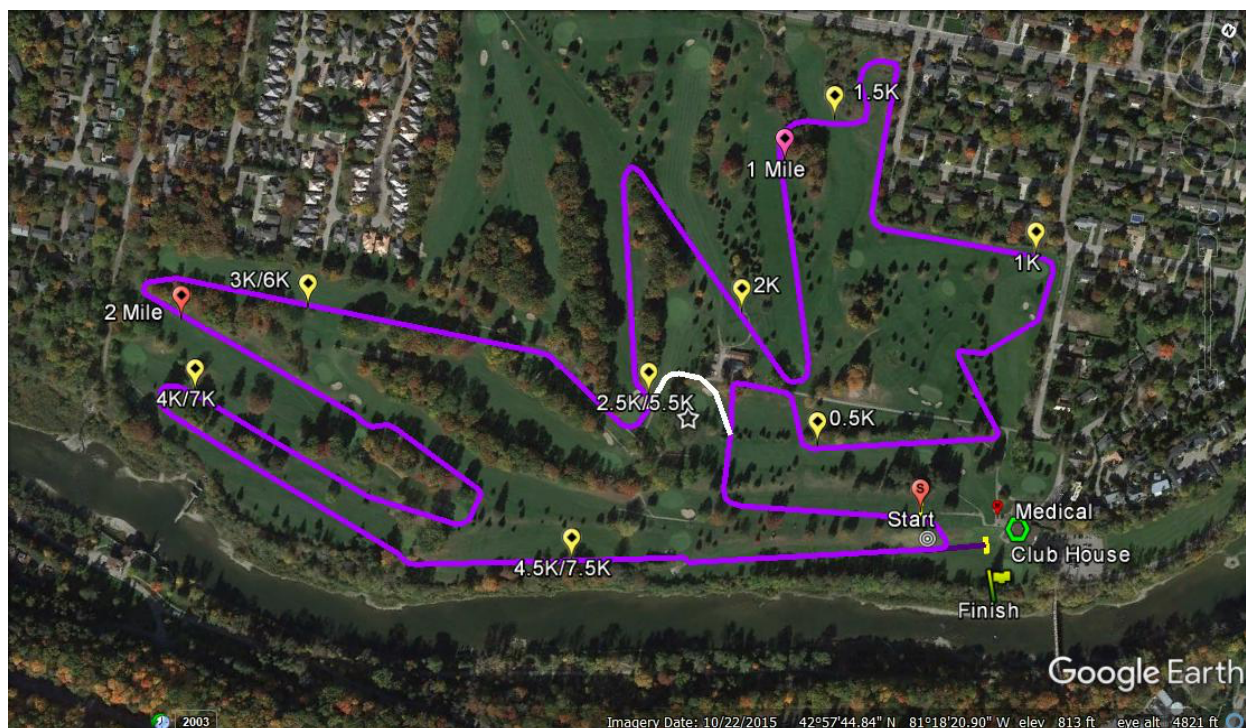




vantage points. The finish is on the 18th fairway that is just below the 1st fairway where the start occurs.

The race course will consist of one 5km loop followed by one 3km loop.

## COURSE MAP



## 13.2 EQUIPMENT

Timing and Scoring will be done by **SportMadeSimple.com** using the Agee RFID Timing Systems and **MeetPro** Meet Management Scoring software. RFID Chips will be fixed to the back of the bib # of each competitor. Live Team Scoring will be done at the Finish Line as well as intermediate timing points at 3K and 6K. This innovation for U SPORTS Cross Country will allow anyone from anywhere see via the internet runners placings and team scores populating the screen as runners cross those timing points.

## 13.3 PARKING

Limited parking and athlete/staff drop off is located in the lower lot at the back of the Thames Valley Golf Course, off of Sunninghill Avenue. **Buses are required to drop off athletes/staff and will NOT be allowed to remain in the parking lot.** Careful regarding vehicles parking on turf/grass.

## 13.4 WASHROOMS/CHANGE ROOMS



Portable toilets and sinks are available behind the clubhouse. Do **Not** use the washrooms in the clubhouse.

**\*\*NO SHOWER or CHANGE FACILITIES at Thames Valley GC.** Everyone needing to shower/change will have to arrange to do so with your respective hotel.

### 13.5 TEAM TENTS

Teams are welcome to set up their tents along the north side of the start line. Please stay off the tee boxes and greens. Do **Not** use clubhouse for team camp.

### 13.6 TICKETS

There is no cost for spectators to attend the races.

### 13.7 GOLF CARTS (Weather Permitting)

We will provide 1 complimentary golf cart to each school team to use during the races. Please abide the following **RULES FOR THE USE OF THAMES VALLEY POWER CARTS.**

1. Only the person whose name is listed for that school can sign for the cart. Come to the Pro Shop to sign for the cart and pick up a key
2. For any Team signing for a cart, only that person and one other designated by the Head Coach of that team are allowed on that cart.
3. Drive **CAREFULLY** – there are many undulations on the course. Hitting a mogul at a fast speed can result in injury and/or damage to the cart
4. Be aware of runners and spectators on the course – yield to them
5. If the course is wet, do not attempt to drive up or down any steep slopes in order to avoid skidding and damage to the turf
6. **DO NOT** drive over or even close to **GREENS & TEE BOXES**
7. 18th **FAIRWAY** (closest to river) > **DO NOT** bring your cart onto this Fairway
8. When finished using the cart, return it to cart park area located between the clubhouse and the practice putting green.

## 14. MEDICAL SERVICES

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**ON-SITE**

Full-time athletic therapists and student athletic therapists will be on site to provide emergency medical support and/or support any team trainer that a team might bring to the meet.

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**15. ATHLETE AND TEAM PROFILES**

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Participating universities must submit the following promotional items to the U SPORTS dropbox no later than November 3, 2023. Please note that it would be appreciated that information be forwarded in advance of the deadline:

- Photo (passport style headshot) of Head Coach
- 1-2 High-quality action photo of the top male and female athlete per school
- Team photo
- Team roster (please identify the student-athletes who have qualified for the event)
- Official, high-resolution team logo in eps format.

Note: All photos must have a resolution of 300 dpi or greater.

