

2022 CHAMPIONSHIP MANUAL



Saturday, November 5, 2022
Oyster Bay Regional Shoreline
San Leandro, California

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Oyster Bay Regional Shoreline

Academy of Art University

Message from Director of Athletics, Brad Jones

We welcome each of you and your student-athletes to the Bay Area for the 2022 PacWest Conference Cross Country Championships. We at the Academy of Art University are grateful to serve as the hosts for the first conference championship of the 2022-2023 season.

As you review this championship packet and make your preparations to travel, please feel free to reach out to our staff if you need any assistance. We are looking forward to competitive championships and we hope it will be a memorable experience for each of you and especially for your student-athletes.

All the best,

Brad Jones
Director of Intercollegiate Athletics
Academy of Art University

CHAMPIONSHIP STAFF DIRECTORY

ACADEMY OF ART ATHLETIC ADMINISTRATION

Name	Title	E-mail	Phone
Brad Jones	Director of Athletics	bjones@academyart.edu	415-618-8210
Dan Emerson	Sr. Assoc. AD Compliance	demerson@academyart.edu	415-618-6404
Rob Garcia	Assoc. AD Communications	rgarcia@academyart.edu	415-618-6495
Julian Billot	Director of Operations	jbillot@academyart.edu	415-618-3516
Jake Ward	Sports Info. Director	jaward@academyart.edu	415-618-8219
Michael Morini	Asst. AD Finance	mmorini@academyart.edu	415-618-3794
Marquis Aaron	Asst. AD Academics	maaron@academyart.edu	415-618-3547
Fernando Magana	Host Athletic Trainer	fmagana@academyart.edu	415-618-6247

CROSS COUNTRY COACHING STAFF

Name	Title	email	phone
Kevin LaSure	Dir. XC/Track & Field	klasure@academyart.edu	415-618-3942
Bruce Jackson	Head XC Coach	bjackson@academyart.edu	415-618-8597
Nkosinza Balumbu	Asst. XC Coach	nbalumbu@academyart.edu	415-618-8596

CHAMPIONSHIP COMMITTEE

Name	Title	email	phone
Bob Hogue	Commissioner	commissionerhogue@thepacwest.com	
Joe Reinsch	Assistant Commissioner	jreinsch@thepacwest.com	626-482-5697
Russ Blunck	Sports Communication Dir.	rblunck@thepacwest.com	503-930-1275
Brad Jones	Host AD	bjones@academyart.edu	415-618-8210
Michael Morini	PacWest Sport Committee	mmorini@academyart.edu	415-618-3794
Aaron Fitzner	PacWest Sport Committee	aaron.fitzner@dominican.edu	415-482-3543
Billi Derleth	PacWest Sport Committee	billi.derleth@biola.edu	
Jake Ward	Host SID	jaward@academyart.edu	415-618-8219
Fernando Magana	Host Athletic Trainer	fmagana@academyart.edu	415-618-6247

2022 PACWEST CROSS COUNTRY CHAMPIONSHIP INFORMATION

RACE DATE

Saturday, November 5, 2022

RACE SCHEDULE

7:30 AM	Course Opens
8:50 AM	National Anthem
9:00 AM	Men's 8K Race
10:00 AM	Women's 6K Race
11:00 AM	Awards Ceremony

SPECTATORS

Fans will be allowed in attendance.

Currently there are no COVID protocols in effect. Local conditions and policies will be monitored for any changes.

AWARDS

Top 21 finishers in each race will receive All-PacWest recognition and plaques.

ENTRY DEADLINE

Entries will open Tuesday, October 25, and close on Sunday, October 30 (at midnight)

RACE LOCATION

Oyster Bay Regional Shoreline
1600 Neptune Dr, San Leandro, CA 94577

PRACTICE

Official practice times will take place from 12 PM – 5 PM on Friday, November 4th. The course will be available prior to 12 PM but it will be at the discretion of your team to supervise your practice, the venue is open to the public. All teams need to pick up packets and numbers at the practice session.

PRE-CHAMPIONSHIP COACHES MEETING

The coaches' meeting will take place at **7:30 PM** via Zoom (info listed below).

PacWest Cross Country Championships Coaches Meeting
Time: Nov 4, 2022 07:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/4337060169?pwd=VmMraUZaSzFwaVN0QWZscnNieXNiZz09>

Meeting ID: 433 706 0169
Passcode: PacWest123

PARKING

Coned off street parking will be provided for each competing team located on Neptune Dr. which perimeters the park. An administrative staff member from Academy of Art will be reaching out to each team regarding how many vehicles your team will be traveling with.

FACILITIES

Twelve (12) Porta-potties will be available at the course.

ATHLETIC TRAINERS

Practice Day: Ability to help with Taping, Hydration, Miscellaneous Medical supplies (12:00 PM – 5:00 PM)

Competition Day: Tent and Taping Table will be located at the Start | Finish line

TIMING

Finished Results will be the timer. Chip timing will be used, and we will have live results via the Finished Results website or mobile applications. Results will be uploaded directly to TFRRS after the meet. A PDF copy of the results will also be sent directly to each school's SID and posted at ARTUATHLETICS.com and ThePacWest.com

ENTRY FEE

\$200 per team (limit 10 entries per gender). Invoices have been emailed to ADs and will be paid to the conference office.

COMMUNICATIONS

Caution: Cell phone coverage may be weak in some areas of the course.

COVID SAFETY PROTOCOLS

As of Sept. 1, 2022, there are no COVID protocols in effect. Local conditions and policies will be monitored for any changes. Teams and administrations will be notified if there are updates to the conference, or local government's COVID protocols prior to the championship.

INCLEMENT WEATHER

No shelter area is available; plan accordingly (wet weather gear).

WOMEN'S 6,000 METER COURSE MAP



MEN'S 8,000 METER COURSE MAP



PACWEST CROSS COUNTRY CHAMPIONSHIP COURSE MAPS



RESTROOMS, TRAINERS, ADMIN TENT & TEAM TENT LOCATIONS



ATHLETIC TRAINER INFORMATION

ART U Athletics has adopted the following Sports Medicine Emergency Plan for all practices and competitive events. An emergency is any sudden life-threatening injury or illness that requires immediate medical attention. When emergency situations arise, expedient action must be taken in order to provide the best possible treatment. The Sports Medicine Emergency Action Plan will help ensure the best care is provided. Coaches and athletic department staff members who work closely and directly with student-athletes are required to be familiar with the Emergency Action Plan. All coaches are required to be certified in CPR and AED. An emergency plan must exist for all organized practices and competitions, including out of season training workouts.

I. Emergency Personnel

The type and degree of sports medicine coverage for an athletic event may vary based on factors such as the particular sport or activity, the setting, and the type of training or competition. With the majority of athletic contests, the first responder to an emergency situation is typically a member of the sports medicine staff, most commonly a Certified Athletic Trainer (ATC). Other members of the emergency team may include Team Coaches and Emergency Medical Technicians (EMT).

Roles of these individuals within the emergency team may vary depending on various factors such as number of members of the team, the athletic venue itself, or the preference of the head athletic trainer. Roles within the emergency team (First Responder) include:

- A. Immediate care of the student-athlete
- B. Emergency Equipment Retrieval
- C. Activation of Emergency Medical Services
- D. Directions to the Emergency site

II. Emergency Communication

The Certified Athletic Trainers and Head Coaches will all carry a cell phone to all athletic practices and competitions.

Contacting/Activating of Emergency Medical System (EMS)

The following information should be provided to the dispatcher:

1. Your name
2. Exact location where the injury occurred and where you will meet them
3. The number you are calling from
4. The condition of the athlete(s)
5. The care being provided
6. Make sure that you hang up only after the dispatcher has hung up

* **Head Coach** will be in charge of calling and activating EMS.

* **Director of Operations Personnel** will be designated to retrieve any needed emergency equipment as well as will be responsible for “flagging down” EMS at the designated spot.

* An **Assistant coach** will accompany the injured student-athlete to the hospital. The assistant coach should bring medical and/or insurance information with them to the hospital if accessible.

Emergency Contacts

- | | |
|---|--|
| ● Emergency Call from Land Line | (9) 9-1-1 |
| ● Athletic Trainer
fmagana@academyart.edu | Fernando Magana
415-618-8234 |
| ● AAU Security/Campus Safety | 415-618-3896 |
| ● Director of Athletics
bjones@academyart.edu | Brad Jones
801-592-0591 |
| ● Director of Operations
jbillot@academyart.edu | Julian Billot
650-888-4306 |
| ● Director, Cross Country/T&F
klasure@academyart.edu | Kevin LaSure
973-801-2464 |
| ● Men’s & Women’s Cross Country Head Coach
bjackson@academyart.edu | Bruce Jackson
619-807-1676 |
| ● Assistant Athletic Director for Business Operations and External Relations
mmorini@academyart.edu | Michael Morini
415-618-3794 |

Oyster Bay Regional Shoreline

Address: 1600 Neptune Dr, San Leandro, CA 94577

Emergency Personnel:

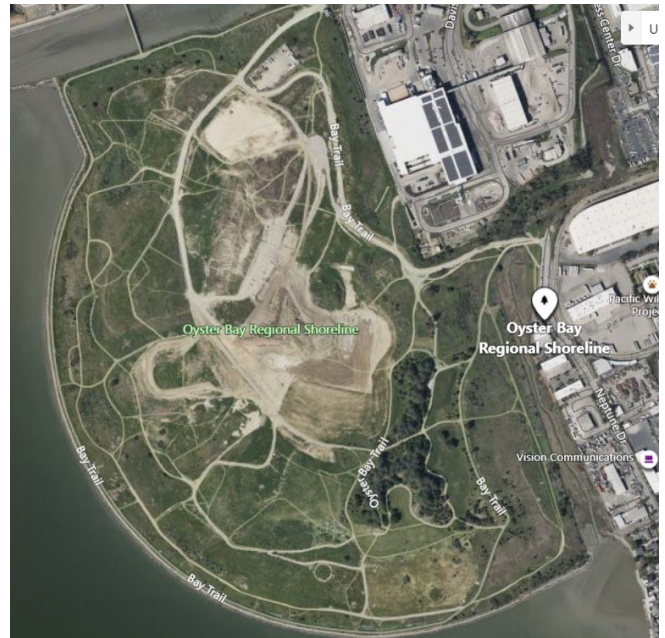
- Athletic Trainer (3)
 - Fernando Magana
 - Ramon Prasad
 - Allen Swadley

Emergency Equipment:

- AED (w/ Athletic Trainer's equipment)
- Splint Kit (w/ Athletic Trainer's equipment)
- Crutch Kit (w/ Athletic Trainer's equipment)
- First Aid Supplies (w/ Athletic Trainer's equipment)

Emergency Communication:

- Emergency Medical Services: 911
- Athletic Trainer: Fernando Magana (805) 300-0867



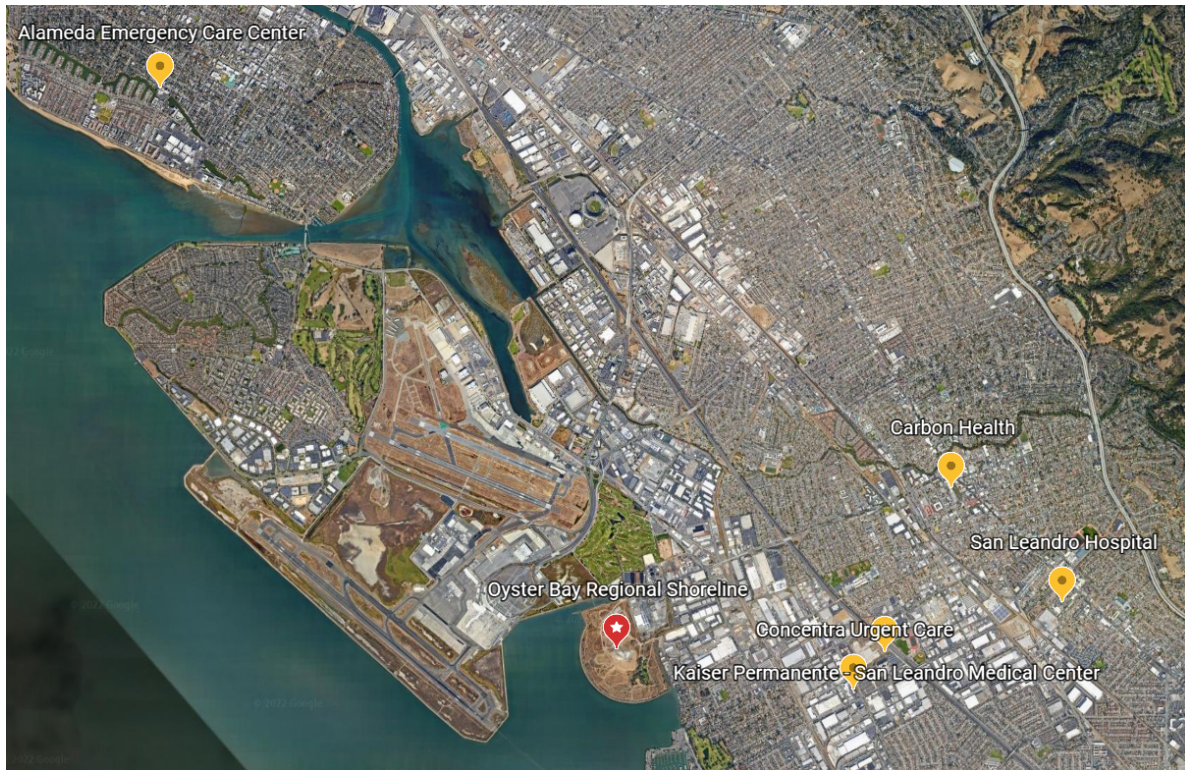
Roles of the First Responder:

1. Immediate care of the injury or ill student-athlete
 - a. Non - life threatening injuries - call Head Athletic Trainer
2. Activation of Emergency Medical Services (EMS)
 - a. Call 911 (**Head Coach**)
 - i. Provide your name, address, telephone number, number and condition of individuals, first aid treatment, and specific directions
3. Emergency Equipment Retrieval (Black roller bag located behind home bench)
Director of Operations Personnel
4. Direct EMS to location
 - a. Meet at entrance of the parking lot
 - b. **Director of Operations Personnel** will "flag down" EMS & direct them to scene
 - c. Designate an individual to scene control: limit area to first aid providers and move bystanders away
 - d. **Assistant Coach** will accompany injured person to hospital, if needed

III. Emergency Equipment

All emergency equipment supplies including: AED, vacuum splints, sam splint, ace wraps, bag valve mask, CPR mask, C- collar, crutches, first aid kit and biohazard bag will be available on site. The emergency equipment will be under the control of the sports medicine staff (ATC) during the event (on person or at designated ATC area).

HOSPITAL LOCATIONS



Hospitals near Oyster Bay

Kaiser Permanente San Leandro Medical Center
2587 Merced Street, San Leandro, CA 94577
(510) 351-3553

San Leandro Hospital
13855 E 14th St, San Leandro, CA 94578
(510) 357-6500

Alameda Emergency Care Center
2070 Clinton Ave, Alameda, CA 94501
(510) 522-3700

Urgent Care Centers near Oyster Bay

Concentra Urgent Care
2500 Merced St, San Leandro, CA 94577
(510) 454-1000

Kaiser Permanente San Leandro Medical Center
2500 Merced St, San Leandro, CA 94577
(510) 454-1000

Carbon Health
1353 Washington Ave, San Leandro, CA 94577
(510) 608-4836

EMERGENCY NUMBERS & ADDRESSES

Fire Station:

Alameda County Fire Department, Station 10
2194 Williams St, San Leandro, CA 94577
[\(510\) 632-3473 ext. 2010](tel:(510)632-3473)

Police Station:

San Leandro Police Department
901 E 14th St, San Leandro, CA 94577
[\(510\) 577-2740](tel:(510)577-2740)

RESTAURANT RECOMMENDATIONS

Jack London Square (472 Water St, Oakland, CA 94607) offers a wide variety of great restaurants and entertainment in Downtown Oakland, nearby Oyster Bay and Oakland Airport.

A full list of restaurants and activities can be found on their website:

<https://jacklondonsquare.com/>



PACWEST CROSS COUNTRY CHAMPIONSHIP HISTORY

MEN'S CHAMPIONSHIP ALL-TIME RESULTS

<u>Year</u>	<u>Team Champion</u>	<u>Individual Champion</u>	<u>Location</u>
2021	Fresno Pacific (2:06:58)	Patrick Kiprop (FPU) – 24:38.2	Kahuku, HI
2019	Biola (2:07:21)	Gabe Plendcio (BU) – 25:09.8	Fullerton, CA
2018	Biola (2:06:44)	Gabe Plendcio (BU) - 24:43.80	Fresno, CA
2017	California Baptist (2:07:11)	McMarshall Hartzenburg (CBU) 24:53.70	Belmont, CA
2016	California Baptist (2:18:42)	Josh Thorson (ART U) - 26:50.97	Kea'au, HI
2015	California Baptist (2:05:50)	Valentin Pepiot (ART U) - 24:29.73	Riverside, CA
2014	California Baptist (2:06:38)	Taylor Guske (CBU) - 24:49.98	Fresno, CA
2013	California Baptist (2:14:32)	Bryton Reim (CBU) - 26:00.40	Novato, CA
2012	California Baptist (2:12:25)	Talal Khan (CBU) - 25:39.10	Oahu, HI
2011	California Baptist (2:05:53)	Amos Maru (ART U) - 24:04.00	Phoenix, AZ
2010	BYU-Hawaii (2:10:53)	Amos Maru (ART U) - 24:33.10	Kahuku, HI
2009	Academy of Art (2:09:44)	Amos Maru (ART U) - 25:17.00	San Francisco, CA
2008	Hawaii Pacific	Dany Malley (HPU) - 26:07*	Laie, HI
2007	Hawaii Pacific	Kenneth Harper (BYUH)	Belmont, CA
2006	BYU-Hawaii	Todd Iacovelli (HPU)	Hilo, HI

WOMEN'S CHAMPIONSHIP ALL-TIME RESULTS

<u>Year</u>	<u>Team Champion</u>	<u>Individual Champion</u>	<u>Location</u>
2021	Academy of Art (1:55:08)	Natalia Novak (ART U)– 22:15.1	Kahuku, HI
2019	Fresno Pacific (1:52:15)	Hasna Kaarour (ART U) – 21:22.9	Fullerton, CA
2018	Point Loma (1:52:28)	Eileen Stressling (APU) - 21:14.80	Fresno, CA
2017	California Baptist (1:48:16)	Emeline Delanis (CBU) - 21:11.30	Belmont, CA
2016	California Baptist (1:58:54)	Anett Somogyi (CBU) - 23:08.31	Kea'au, HI
2015	California Baptist (1:49:24)	Eileen Stressling (APU) -21:14.97	Riverside, CA
2014	California Baptist (1:52:11)	Fiona McKenna (HPU) - 21:11.12	Fresno, CA
2013	Azusa Pacific (1:30:28)	Fiona McKenna (HPU) - 17:16.10	Novato, CA
2012	Azusa Pacific (1:36:51)	Jenny Bergen (ART U) - 18:09.35	Oahu, HI
2011	California Baptist (1:34:09)	Rachel Young (DSU) - 17:52.30	Phoenix, AZ
2010	BYU-Hawaii (1:58:19)	Frida Aspnaes (HPU) - 22:18.10	Kahuku, HI
2009	BYU-Hawaii (1:36:38)	Quinn Horochuk (HPU) - 18:53.80	San Francisco, CA
2008	BYU-Hawaii (1:37:42)	Amanda Whitford (BYUH) - 18:22.00	Laie, HI
2007	Hawaii Hilo	Amanda Whitford (BYUH)	Belmont, CA
2006	Hawaii Hilo	Ina Buerger (HPU)	Hilo, HI

PACWEST CORPORATE PARTNERS



2022 NCAA DIVISION II CROSS COUNTRY CHAMPIONSHIP INFORMATION

2022 NCAA Division II West Region Championships

Saturday, November 19, 2022

Billings, Mont.

2022 NCAA Division II Championship Finals

Friday, December 2, 2022

Chambers Bay Golf Course, University Place, Wash.