

# AMERICAN MIDWEST CONFERENCE

## *Men's and Women's Cross Country*

<b>ACADEMIC YEAR:</b>	Fall 2009
<b>CONFERENCE LIAISON:</b>	Harry Statham – Athletic Director McKendree University
<b>CONFERENCE SPORT CHAIR:</b>	Jason Lewkowicz – Hannibal-LaGrange College
<b>CONFERENCE RATER:</b>	Jason Lewkowicz – Hannibal-LaGrange College
<b>OVERSIGHT COMMITTEE:</b>	Brayce Forsha, William Woods University Brian Renshaw, Park University Neal West, McKendree University
<b>AMC CHAMPIONSHIP MEET (WOMEN):</b>	Nov. 7, 2009
<b>AMC CHAMPIONSHIP SITE:</b>	Forest Park – St. Louis, Mo.
<b>TIME:</b>	11 a.m.
<b>UNAFFILIATED MEET (MEN):</b>	Nov. 7, 2009
<b>UNAFFILIATED CHAMPIONSHIP SITE: (GROUPED WITH MIDLANDS COLLEGIATE CONFERENCE AND OHIO DOMINICAN UNIVERSITY)</b>	Forest Park – St. Louis, Mo.
<b>TIME:</b>	11 a.m.
<b><u>NAIA NATIONAL CHAMPIONSHIP --</u> NAIA NATIONAL TOURNAMENT:</b>	Saturday, Nov. 21, 2009 – Vancouver, Wash. (MEN AND WOMEN)

### **AMC CROSS COUNTRY POLICIES --**

#### **I. GUIDELINES FOR CONFERENCE PLAY**

No unattached athletes will compete during the season.

#### **II. GUIDELINES FOR CHAMPIONSHIP MEETS**

- A. The AMC Championship Meet will be held on November 7 at a time agreed upon by the Midlands Collegiate Conference, due to the unaffiliated grouping of these two conferences, along with Ohio Dominican University (for men's race). The time frame should be two weeks prior to the NAIA Championship at a site to be recommended by the coaches and approved by the Commissioners of these two conferences and a representative of the A.I.I.
- B. Any facility needed to host the AMC and/ or Unaffiliated event will be selected by the conference chairman of the cross country coaches.
- C. An unlimited number of athletes may compete in the AMC and/or unaffiliated championship race. The first seven (per team) to cross the finish line will factor into scoring and displacing. All runners are eligible for honors. A coach does not have to designate the top seven.

### **III. AWARDS**

The following awards will be presented to both men and women:

A) Runner of the Week (On website)

B) PLAQUES

1) Conference Champions (Men and Women)

2) Coach of the Year

3) Individual Champions (Men and Women)

a) Runner of the Year

4) Newcomer of the Year

5) Freshman of the Year

6) All-Conference Team – Top 10 finishers

C) CERTIFICATES

1) Academic All-Conference

### **IV. CONFERENCE MEETINGS**

The cross country coaches will meet once a year at the annual AMC meeting in August. The coaches chairman can call a special meeting with approval of the Commissioner.

### **V. SPORTS CHAIR**

The sports chairperson selection will be determined by a vote of the member coaches. The term shall be two years beginning August 2008.