

2009

Cross Country



Championships

NOVEMBER 7, 2009

HOSTED BY:
WILLIAM JEWELL COLLEGE
LIBERTY, MISSOURI

BAKER • BENEDICTINE • CENTRAL METHODIST
CULVER-STOCKTON • EVANGEL • GRACELAND
LINDENWOOD • MISSOURI VALLEY • WILLIAM JEWELL

NATIONAL ASSOCIATION OF
INTERCOLLEGIATE ATHLETICS



2009
HEART OF AMERICA ATHLETIC CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
NOVEMBER 7, 2009

Meet Information

- Schedule: Coaches Meeting 10:00 a.m. North Shelter
Women (5K) 11:00 a.m.
Men (8K) 11:45 a.m.
Awards Ceremony 12:15 p.m.
- Course: Stocksdale Park is a challenging course with rolling hills. A majority of the course consists of grass terrain across open fields with some sections of the course traveling through dense forest on a wood chipped trail. Spiked shoes are recommended.
- Stocksdale Park
901 S. LaFrenz Road
Liberty, Missouri 64068
- Entries: Entries must be submitted online using Direct Athletics. If you are unfamiliar with this process, please consult your NAIA Coaches' Manual at www.naia.cstv.com.
- Deadline: Entries must be submitted online no later than October 28.
- Fees: \$100.00 per men's Team and/or \$100.00 per women's Team.
Please make checks payable to William Jewell College Cross Country
- Awards: Plaques will be awarded to the teams that place First, Second, and Third in the overall team scoring for both the men's and women's teams.
Medals will be awarded to the first fifteen (15) finishers in both the men's and women's races.
- Packets: Coaches will receive their team packets at the coaches meeting.
- Bib Nos. All participants are required to wear their assigned bib numbers on the front of their jerseys. Please do not pin the removable bottom portion of the bib. This will be removed at the finish chute.
- Results: Each institution's head coach will receive a hard copy of the results at the conclusion of each race. Results will also be posted online at directathletics.com and www.jewell.edu.
- Athletic Trainers: An athletic training staff will be provided by William Jewell College. They will be located in the North Shelter.
- Parking: Parking is available onsite. Buses may park along the asphalt drive at the entrance of the park. Vans may park in the circle drive. Spectators will be asked to park in the grass parking lot located near the entrance to the park.
- Facilities: Due to the Jewell vs. Culver-Stockton football game at 1:00pm, dressing rooms and showers will not be available at the Mabee Center.
- Additional Info: Please contact Tom Eisenhauer, eisenhauer@william.jewell.edu
816-415-5292(office)/816-332-1983(cell)/816-415-5029(fax)



Meals: William Jewell Dining Services are operated by Sodexho. If your institution is also serviced by Sodexho, your students may be eligible for a meal exchange using their existing meal plan at minimal cost to you. If you would like to learn more about this meal option, please contact John Nickel at nickelj@william.jewell.edu or 816-415-7544.

Liberty offers a wide variety of dining options to fit all needs and all price ranges. To find a restaurant, please visit the Liberty Chamber of Commerce website at www.libertychamber.com.

Lodging: Liberty also offers a wide variety of lodging options. The following list is not intended to be inclusive but will provide several excellent hotels for you to start your search with.

[Hampton Inn Kansas](#)

[City/Liberty](#)

8551 N Church Rd
Kansas City, MO
(816) 415-9600

[Comfort Suites Kansas City](#)

8200 N Church Rd
Kansas City, MO 64157
(816) 781-7273

[N. E. Kansas City/Liberty Super 8 Motel](#)

115 N. Stewart Rd.
Liberty, MO 64068
(816) 781-9400

[Days Inn](#)

209 N. 291 Highway
Liberty, MO 64068
(816) 781-8770

[Fairfield Inn By Marriott Liberty](#)

8101 North Church Road
Kansas City, MO 64158
(816) 792-4000

[Holiday Inn Express Hotel & Suites in Kansas City - Liberty](#)

8230 N. Church Rd.
Kansas City, MO
(877) 863-4780

Reporting: Coaches must submit an online race report using the NAIA Scoreboard by 7pm central time after this meet to be included in the final rating. The final rating is used for at-large selection for the National Championships meet. Computers and/or internet will be made available to coaches after the races upon request.

Key Contacts: Meet Director – Tom Eisenhauer
816-332-1983(c)/816-415-5292(o)/eisenhauer@william.jewell.edu
Head Athletic Trainer – Jeff Snow
816-415-5954/snowj@william.jewell.edu
Athletic Director – Dr. Darlene Bailey
816-415-5943/baileyd@william.jewell.edu
Sports Information – Paul Worstell
816-415-5959/worstellp@william.jewell.edu
WJC Dining Services (Sodexho) – John Nickel
816-415-7544/nickel@william.jewell.edu
Ticker Timing – Mike Spielman
816-830-7534/mspielman@usd348.com



Directions:

From Kansas City:

Drive north on Interstate 35 to Liberty, turn right on Exit 16 (State Highway 152). Continue on Highway 152, which becomes Kansas Street, through the various shopping center intersections and traffic signals, through the Town Square to Lightburne (Highway 33). You will come to a stop sign at the intersection of Kansas and Lightburne Street. Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

From Kansas City International Airport:

Leaving the airport, you will travel on Cookingham Drive for 2 1/4 miles. Exit on Interstate 435 South (to St. Louis) and continue on I-435 to the Highway 152 East exit (about 15 minutes). Drive east on Highway 152 (it is about two miles to the edge of Liberty) and continue through the various shopping center intersections and traffic signals. After you cross the intersection of Highway 291, Highway 152 becomes Kansas Street. Continue on Kansas, through the Town Square until you reach Lightburne (Highway 33). Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

From Interstate 70:

Driving either east or west on Interstate 70, take the Interstate 435 North exit. Continue north on I-435 to Interstate 35 North (Des Moines) exit. Take Exit 16 (State Highway 152) and turn right. Stay on Highway 152 (which becomes Kansas Street) through the various shopping center intersections and traffic signals, through the Town Square until you reach Lightburne. Make a right. You will come to a traffic light, which is the intersection of Lightburne and Mill Street. Make a left. You will come to a traffic light. The campus entrance will be on your left. To get to the course, make a right (away from campus) and continue on E. Mill Street across the railroad tracks. Continue on and make a right on S. La Frenz Road. Follow S. La Frenz until you reach Stocksdale Park on your left. The park is approximately 2 miles from campus.

Stocksdale Park
901 S. LaFrenz Road
Liberty, Missouri 64068



Founded in 1971, the Heart of America Athletic Conference (HAAC) marks its 39th year during the 2009-2010 season. All 11 conference schools are members of the National Association of Intercollegiate Athletics (NAIA). Four schools have been members of the conference since its inception - Baker, Graceland, Missouri Valley, and William Jewell.

In 1971, College of Emporia (Kan.), Ottawa (Kan.) University, and Tarkio (Mo.) College were members, but they have since withdrawn from the conference. College of Emporia closed in 1974. Ottawa joined a different conference in 1982 and Tarkio closed in the spring of 1991. Central Methodist, also an original member in 1971, withdrew from the conference in 1986, but was reinstated as a member in 1991.

Culver-Stockton and MidAmerica Nazarene became members in 1980. Evangel joined in 1987. Benedictine joined in 1991 when Central Methodist was reinstated. Lindenwood began competing in the conference in 1996. Avila, the league's newest member, competed in all sports but football during the 2000-01 season and fielded its first football team ever in 2001.

Championship History

Women		Men	
2008	Lindenwood	2008	Lindenwood
2007	MidAmerica Nazarene	2007	Lindenwood
2006	MidAmerica Nazarene	2006	MidAmerica Nazarene
2005	MidAmerica Nazarene	2005	Lindenwood
2004	Lindenwood	2004	MidAmerica Nazarene
2003	Graceland	2003	MidAmerica Nazarene
2002	Baker	2002	MidAmerica Nazarene
2001	Baker	2001	MidAmerica Nazarene
2000	Baker	2000	Graceland
1999	Lindenwood	1999	Lindenwood
1998	Lindenwood	1998	Lindenwood
1997	Lindenwood	1997	Lindenwood
1996	Lindenwood	1996	Graceland
1995	Baker	1995	Graceland
1994	Missouri Valley	1994	Baker
1993	William Jewell	1993	Baker
1992	Graceland	1992	Graceland
1991	William Jewell	1991	Graceland
1990	(unknown)	1990	(unknown)
1989	(unknown)	1989	William Jewell
1988	(unknown)	1988	(unknown)
1987	(unknown)	1987	(unknown)
1986	(unknown)	1986	(unknown)
1985	William Jewell	1985	(unknown)
1984	(unknown)	1984	MidAmerica Nazarene
1983	William Jewell	1983	William Jewell
1982	William Jewell	1982	William Jewell
		1981	Ottawa
		1980	MidAmerica Nazarene
		1979	William Jewell
		1978	William Jewell
		1977	William Jewell
		1976	William Jewell
		1975	William Jewell
		1974	(unknown)
		1973	(unknown)
		1972	Tarkio

