

# 2013 GLVC

## MEN'S AND WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIPS



## CHAMPIONSHIP MANUAL

Friday, February 22 -Saturday, February 23,  
Alumni Recreation Center  
Indianapolis, IN

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## Welcome to Indianapolis, Indiana

Congratulations on participating in the 2013 Great Lakes Valley Conference Men's and Women's Indoor Track and Field Championships. This event will occur Friday – Saturday, February 22-23, at the University of Indianapolis Athletics and Recreation Center (ARC) hosted by Indianapolis and the league office.

This participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. It will also provide specific information regarding hotel arrangements, restaurants, tickets, a schedule of events, and so much more.

### Additional information about the championships:

- No food or beverages (except water) can be brought inside the ARC
- Results will be posted in the lobby outside the ARC
- Limited seating is available for fans
- Lockers are located adjacent the weight room for coaches and athletes consideration and use. The lockers referenced have been assigned to members of the faculty and staff and not available.
- The athletic training room is located in the ARC Main Hall, in the HH Gregg Support Building
- Parking is FREE and designated at partner hotels and Indianapolis
- Concession at Indianapolis is located Southeast corner of the ARC
- Shower service is available in the ARC; the facility has five showers that will be available for use.
- To protect injury or any mishap, the second level of the ARC is off limit; as it is the sole use for UIndy golf, baseball, and softball teams; no one is to enter the level.
- The tournament hospitality room is located outside ARC in the Wells Fargo Room, and is available for tournament workers, SID's, statisticians, administrators, media, officials, and coaches
- Student-Athlete Players Social Room is located in the Wells Fargo Room

Should you have any questions or need any further information, please contact me.

We look forward to an exciting championship and we wish your team the best of luck.

Regards,

Camelia Trahan  
 Assistant Commissioner, Championships and Marketing  
 O: 317.237.2107  
 C: 518.428.5623  
[ctrahan@glvc-sports.org](mailto:ctrahan@glvc-sports.org)



## GENERAL INFORMATION

President	Dr. Robert Manuel	
V.P. of Intercollegiate Athletics	Dr. Sue Willey	317-788-3412 <a href="mailto:swilley@uindy.edu">swilley@uindy.edu</a>
Faculty Representative	Dr. Lawrence Sondhaus	
Head Athletic Trainer	Ned Shannon	317-788-6122 <a href="mailto:shannon@uindy.edu">shannon@uindy.edu</a>
Mailing Address	1400 East Hanna Avenue, Indianapolis, IN 46227	
Athletics Phone	(317) 788-3246	
Athletics Fax	(317) 788-3472	
UIndy Police Department	(317) 788-3333 (Ext. 3333 from campus phones)	
	Schwitzer Student Center, Room 001	
UIndy Student Health Center	(317) 788-3368	
Police/Fire/Ambulance Emergencies	911	
About Indianapolis	<a href="http://www.visitindy.com">www.visitindy.com</a>	
What's Happening in Indianapolis	<a href="http://www.icclos.com">www.icclos.com</a>	

## MEDICAL ASSISTANCE

<a href="#">UIndy Health Center</a>	Schwitzer Student Center, Room 210, UIndy	317-788-3437
<a href="#">Community Hospital South</a>	1402 E. County Line Road, Indianapolis, IN 46227	317-887-7200
<a href="#">St. Francis Hospital</a>	1600 Albany St. Beech Grove, IN 46107	317-783-8261
<a href="#">St. Francis South and Urgent Care</a>	8111 S. Emerson Ave., Indianapolis, IN 46237	317-865-5261
Local Weather	Click <a href="#">here</a> .	

## Local News

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[WTTV](#)Web Site: <http://www.indianas4.com/>

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[WRTV](#)Web Site: <http://www.theindychannel.com/>

8

[WISH](#)Web Site: <http://www.wishtv.com/>

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[WTHR](#)Web Site: <http://www.wthr.com/>

# 2013 GLVC MEN'S AND WOMEN'S INDOOR TRACK & FIELD CHAMPIONSHIP

University of Indianapolis  
Athletics & Recreation Center (ARC)

## CHAMPIONSHIP ADMINISTRATION

**Camelia Trahan** ([camelia@glvc-sports.org](mailto:camelia@glvc-sports.org)) ..... Office: (317) 237-2107  
Event Management, Championship Director ..... Cell: (518) 428-5623

**Jackie Paquette** ([paquettej@uindy.edu](mailto:paquettej@uindy.edu)) ..... Office: (317) 788-3494  
Event Management, Tournament Director ..... Cell: (708) 642-0767

**Jessica Yocum** ([jessica@glvc-spors.org](mailto:jessica@glvc-spors.org)) ..... Office: (859) 257-7122  
Event Management, Tournament Apparel ..... Cell: (317) 237-2105

**Matthew Ernest** ([ernestm@uindy.edu](mailto:ernestm@uindy.edu)) ..... Cell: (219) 808-1358  
Apparel Coordinator

**Janel Chittum** ([chittumj@uindy.edu](mailto:chittumj@uindy.edu)) ..... Office: (317) 788-8565  
Program Sales Coordinator ..... Cell: (765) 578-0312

**Jason Wenzel** ([wenzelj@uindy.edu](mailto:wenzelj@uindy.edu)) ..... Cell: (937) 430-5455  
Guests Relations Coordinator

## ATHLETIC TRAINING

**Scott Lawrance** ([lawrances@uindy.edu](mailto:lawrances@uindy.edu)) ..... Office: (317) 788-3248  
Athletic Trainer

## FACILITY OPERATIONS

**Tom McGuire** ([mcguiret@uindy.edu](mailto:mcguiret@uindy.edu)) ..... Office: (317) 791-5960  
Facility Coordinator ..... Cell: (630) 803-6355

## MEDIA RELATIONS/SPORTS INFORMATION

**Jeff Smith** ([jeff@glvc-sports.org](mailto:jeff@glvc-sports.org)) ..... Office: (317) 237-2106  
Event Management, Communications ..... Cell: (317) 607-4611

## TICKET OFFICE

**Tyran Fakes** ([fakes@uindy.edu](mailto:fakes@uindy.edu)) ..... Office: (317) 791-5960  
Ticket Sales - Group Sales Ticket Coordinator ..... Cell: (317) 410-6367

## TIMING/RESULTS

**Giles H. Davis, III** ([gdavis@uindy.edu](mailto:gdavis@uindy.edu)) ..... Direct Athletics  
**Wendy Canull**, Finishlynx Operator ..... IndyTiming and Consulting  
**Angelique McNeal**, Hy-tek Meet Manager ..... IndyTiming and Consulting

## OFFICIALS COORDINATOR

**Nathan Smurdon** ..... PentathlonReferee

## JURY OF APPEALS

**Camelia Trahan, Jeff Smith, Nathan Smurdon, Bill Massoels, and Sarah Moore** .....

## HEAD STARTER

**Nathan Smurdon** .....

## ASSISTANT STARTER

**William Farney and John Fuhs** .....



## HEPTATHLON REFEREE/HEAD UMPIRE

Phil Dant .....

## FIELD EVENTS REFEREE

Gene Edmonds .....

## RUNNING EVENTS REFEREE

Ed Stuffie .....

## CLERK OF THE COURSE

Matthew Krack .....

## HORIZONTAL JUMPS

Todd Foeckler .....

## VERTICAL JUMPS

Dale Stilting .....

## HIGH JUMPS

Chase Eaton .....

## THROWS OFFICIAL/CERTIFICATION OF IMPLIMENTS

Dave Holman .....

## TIMING

Wendy Canull, IndyTiming Service and Consulting .....

## PA Announcer

Dennis McNulty .....

Great Lakes Valley Conference  
Staff Contact Information

Jim Naumovich, Commissioner

O: 317.237.5633

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Great Lakes Valley Conference fax: 317.237.5632



## 2013 GLVC INDOOR CHAMPIONSHIPS SCHEDULE

### PROPOSAL IV – Indoor Track and Field Championships Schedule

**Rationale:** To create a competition schedule to facilitate the increase number of participants (teams) in the indoor championships and provide the athletes involved the best opportunity to qualify for the national championships.

#### Thursday, February 21

10:00 a.m.      ARC open for practice  
9:00 p.m.      ARC closes for practice

#### Friday, February 22

7:00 a.m.      ARC Opens for Practice  
9 a.m.      Coaches/Referee Technical Meeting – Wells Fargo Room  
12:45p.m.      Implement Certification Deadline  
Noon      Lunch – Buca di Beppo –Wells Fargo Room  
8:30 p.m.      ARC open for restricted practice; post event competition  
9 p.m.      ARC closes for practice and the day

#### Friday, February 22

Combined Events		Running Events	
9:00 a.m.	Women's Pentathlon	3:45 p.m.	GLVC Sportsmanship Statement
9:25 a.m.	Men's Heptathlon	4:00 p.m.	Women's 55m hurdles prelims
		4:25 p.m.	Men's 55m hurdles prelims
		4:50 p.m.	Women's 400m dash prelims
		5:10 p.m.	Men's 400m dash prelims
		5:15 p.m.	Women's 55m dash prelims
		5:30 p.m.	Men's 55m dash prelims
		5:45 p.m.	Women's 5000m run
		6:30 p.m.	Men's 5000m run
		7:15 p.m.	Women's 200m dash prelims
		7:30 p.m.	Men's 200m dash prelims
		7:45 p.m.	Women's Distance Medley Relay
		8:00 p.m.	Men's Distance Medley Relay

#### Saturday, February 23

Combined Events		Running Events	
9:00 a.m.	Men's Heptathlon	1:15 p.m.	National Anthem
		1:30 p.m.	Women's Mile final
		1:45 p.m.	Men's Mile final
		2:00 p.m.	Women's 55m hurdles final
		2:10 p.m.	Men's 55m hurdles final
		2:20 p.m.	Women's 400m dash final
		2:30 p.m.	Men's 400m dash final
		2:40 p.m.	Women's 55m dash final
		2:45 p.m.	Men's 55m dash final
		2:50 p.m.	Women's 800m run final
		3:05 p.m.	Men's 800m final
		3:20 p.m.	Women's 200m dash final
		3:30 p.m.	Men's 200m dash final
		3:40 p.m.	Women's 3000m run final
		3:55 p.m.	Men's 3000m run final
		4:20 p.m.	Women's 4x400m relay final
		4:35 p.m.	Men's 4x400m relay final



## ATHLETE CHECK-IN PROCEDURES

Athletes in all **RUNNING EVENTS** must check-in with the Clerk of the Course in the end field in the tent area. Look for signage 30 minutes prior to their race, and 10 minutes to their event area for final instructions. Hip numbers for all running events will be distributed at the clerk's table. After receiving hip numbers, athletes should report to their start lines to check-in with starting line clerks.

## ATHLETIC TRAINING ROOM & SERVICES

Indianapolis Sports Medicine will staff a training room at the LOCATION NEEDED. Athletic trainers from participating schools will have access to this area and all the modalities available at the site. All other training tables/equipment will be restricted to the established training room. If you have questions/concerns, please contact Head Athletic Trainer, Ned Shannon at (317) 788-3246 or [nshannon@uindy.edu](mailto:nshannon@uindy.edu) or track and field trainer, Scott Lawrance at (317) 788-3248 or [lawrances@uindy.edu](mailto:lawrances@uindy.edu).

## AWARDS

(See Section 1 ALL SPORTS, part D. AWARDS; the following are specific additions or changes to the general guidelines given there.). Each event award winner will be presented a gold medal and each second-place event finisher will be presented a silver medal, signifying First- and Second-Team All-GLVC distinction, respectively. Player-of-the-Year Award shall be known as the Indoor & Outdoor Track and Field Athlete-of-the-Year Award. These awards will be chosen by vote of the coaches immediately following the conference championship. Indoor/Outdoor female and male Track Athlete-, Field Athlete-, Freshman-, and Coach-of-the-Year Awards will be chosen by vote of the coaches immediately following the conference championship. The student-athlete award coordinator at the GLVC Office is Jeff Smith ([jeff@glvc-sports.org](mailto:jeff@glvc-sports.org); 317-237-2106)

## CAMPUS MAPS

See attachments.

## COACHES TECHNICAL MEETING

A coaches' technical meeting will be held on each day of competition in the Wells Fargo room located near the hospitality area. The head coach or a designee from each competing institution is required to attend the technical meeting. Friday's meeting will be held at 9 a.m., and Saturday at 12 p.m.

## COMPLIMENTARY LUNCH

Buca di Beppo will provide a complimentary lunch to GLVC coaching staff only on Friday, Feb. 22 starting at 11:30 a.m.-1:30 p.m. located in the Wells Fargo Room. Marcia Schaefer will be present to share the restaurant menu options.

## CREDENTIALS

Coaches and Administrators from participating teams will receive credentials which will grant them access to all Championship areas.

## DECLARE PROCESS

- 1 - All entries including NO MARKS must be submitted through Direct Athletics by 8 p.m. EST on Tuesday, Feb. 19th. (Performance marks will be updated through DA when results submitted to TFRRS)
- 2 - All challenges and corrections must be submitted via email to the GLVC office by 9 p.m. on Wednesday, Feb. 20th (challenges and corrections should be sent to attention of Jeff Smith ([jeff@glvc-sports.org](mailto:jeff@glvc-sports.org)))
- 3 - The approved Heat and Flight sheets will be posted by 3 p.m. EST on Thursday, Feb. 21st for your consideration.

The performance list, heat sheets, and live results will be available at the following site throughout the competition:  
[http://results.tfmeetpro.com/University\\_of\\_Indianapolis/GLVC\\_Indoor/index.html](http://results.tfmeetpro.com/University_of_Indianapolis/GLVC_Indoor/index.html)





**ELECTRONIC/AUDIO DEVICES (I-PODS, CD PLAYERS, CELL PHONES & OTHER AUDIO DEVICES)**

Radios or “boom box” portable stereos will NOT be allowed in the ARC. Personal CD players, iPod’s, iPad’s, tablets, and smartphone with headphones are permitted in the “team-camp” areas. Audio devices of any kind (CD players, iPods, cell phones, etc.) are NOT allowed on the sites of competition. iPads are allowed for video purposes only, and should not be used for music; if violated a warning will be issued, and second violation will result in the student-athlete being disqualified from the site of competition.

**ELIGIBILITY**

All student-athletes must be certified as eligible by the institution as required by the GLVC prior to participating in the GLVC Championship.

**EQUIPMENT (*Starting Blocks and Batons*)**

All starting blocks will be provided by Indianapolis. Relay teams should supply their own batons. Extra batons will be available from Indianapolis track should a participating team require them.

**EMERGENCY / EVACUATION PLAN**

Please see attachment.

**FANS ENTRY**

Fans will enter from the south entrance of the ARC, through the HH Gregg Support Building ONLY.

**FILMING**

Those wanting to film an event must submit a request to Jackie Paquette at [paquettej@uindy.edu](mailto:paquettej@uindy.edu) to obtain location details.

**FOOD POLICY**

Pre-competition snack food (nutritional bars, fruit, etc.) and team “fast-food” picnic meals *are not allowed* in the ARC. Please limit all drinks and food to the student-athlete social room. Only water containers with lids are allowed inside the ARC. Please ask SA’s to deposit all refuse in the trash cans and plastic bottles/aluminum cans in appropriate recycling bins. Your assistance in keeping the facility clean is greatly appreciated.

**GAMES COMMITTEE**

A championship meet games committee shall oversee the conduct of the meet and resolve any dispute. The committee shall consist of the following individuals or their appointed representatives: the host institution Athletic Director (Dr. Sue Willey), who shall serve as chair, the conference commissioner (Camelia Trahan), the Athletic Director appointed as conference representative for Track & Field (Sarah Moore), the head referee for the meet Nate Smurdon and an official to be appointed by the host institution (Jackie Paquette).

**HEAT SHEETS/RESULTS**

Heat sheets and results will be posted in the ARC hallway on the display case directly outside the revolving doors. The results will be posted by gender.

**HIP NUMBERS**

Athletes are required to wear hip numbers (as directed) in all running events at this year's championship. The numbers should be placed on the left hip in clear view of the officials and finish-lynx operator.

**HOSPITALITY ROOMS**

A hospitality area for team personnel and officials will be located in the Wells Fargo room. Access to the hospitality room is restricted only to individuals with hospitality passes, which will be provided to head coaches, assistant coaches, working staff, and volunteers.



## LAP COUNTER

Each participating institution must have a designated lap-counter for the 3000m and 5000m runs to ensure accurate results; the official lap counter will account for the leader.

## LODGING

All teams will be responsible for securing their own lodging accommodations. The league office has secured and negotiated rates with several properties for the tournament. See [APPENDIX](#) for lodging options.

## MEDIA RELATIONS

All media relations will be done by Assistant Commissioner, Jeff Smith. Results will be posted on the GLVC website, along with small recaps.

## PACKETS

Team packets may be picked up at the registration table located in front of the Wells Fargo room in the ARC. Registration will be open on Friday, Feb. 22 from 8 a.m. - 10 am, thereafter packets will be available at the check-in/clerking area located.

Packets will include, relay cards, protest forms, credentials for coaches and administrators, and an updated participant manual. Institutions that have been levied fines for late declarations will be required to pay the fine prior to picking up their packet. Payment may be made at the registration table.

## PARKING

Hotel: Free parking is available for team buses, vans, and vehicles. Buses and vans have designated parking, and should check with the hotel concierge for specific locations.

UINDY: Free parking for team travel vehicles (buses and vans) is available in the 53rd Bank parking lot; and should not park outside the designated area. Regular vehicles can park in any space that is not marked reserved behind Nicoson Hall, adjacent to the football stadium. Spectators parked in reserved area may be ticketed, and as a result will be their responsibility. For safety and to avoid congestion, team buses or vans should **not** drop-off student-athletes along the curb directly in front of ARC. Please follow parking staff directions.

## PHOTO PURCHASE

At tournament end, photos taken by the GLVC staff will be available for purchase from the league office. Those interested in purchasing photos, can contact [camelia@glvc-sports.org](mailto:camelia@glvc-sports.org).

## POLES STORAGE

If participants require a storage facility for vaulting poles on Friday night, space will be provided in the ARC. Teams should contact Tom McGuire [m McGuire@uindy.edu](mailto:m McGuire@uindy.edu) as storage facilities are provided “as-is” and in no-way guarantee the safety and security of competitors’ equipment.

## PRACTICE

The track will be available to all teams for practice and viewing, and should be made by contacting Giles Davis [g Davis@uindy.edu](mailto:g Davis@uindy.edu) at or Scott Fangman at [p Fangman@uindy.edu](mailto:p Fangman@uindy.edu).

## PROTEST AND APPEALS FORMS

See attachment.

## PROTEST TABLE

The protest table will be located adjacent to the scoring table near the finish line. Protests must be made in writing on the official protest form which will be available at the protest table. Consult the 2013 NCAA Rules Book for explanation. The referee’s decision will be posted at the results board, located across from the concession stand as soon as the information is available from the referee.



**RELAY CARDS**

Relay cards must be submitted to the check-in table no later than second call for the distance medley relay(s) and 4x400m relay(s). See attachment

**RESTROOMS**

To minimize possible congestion in the ARC, restrooms are located in the main lobby, and near the Wells Fargo room area.

**ROSTERS**

Rosters will be printed and must be completed by Wednesday, Feb. 20.

**SCRATCHES**

On the day of the meet, only scratches are made and if that person is scratched, he/she is scratched for the entire meet. The NCAA policy on Good Faith effort will be used in the case of a scratch of an entry due to medical reasons.

**STUDENT-ATHLETE SOCIAL ROOM**

A student-athlete social room will be located in the Wells Fargo room. The room will be for the sole purpose for student-athletes to relax, enjoy Gatorade, snacks, and other social activities (movies) during the championship.

**SPIKES**

Spikes that are 1/4 or 1/8-inch pyramid, Needle, and Christmas tree spike pins will not be permitted beyond the site of competition. Spikes are permitted only on the track surface, and inside the competition area; spikes are prohibited in the facility hallways (all team camps will be in no-spike areas). Only .25" pyramids are allowed as spikes will be checked throughout the competition by meet management.

**TEAM CAMPS**

Team camps will be assigned prior to the Friday technical meeting. All camps will be located in short proximity to the ARC the turf field. (See ARC Map for indicated camp areas).

**TEAM ENTRANCE**

The ARC is located on the south side of Indianapolis campus between Hanna and State Street. All teams should enter the ARC side door which is located east of the football stadium; please follow signage.

**THROWING IMPLEMENT WEIGH-IN**

Implement weigh-in will take place near the throwing cage on the north end of the infield. All implements must be turned in at least one hour before the warm-up period for the first flight. Once an implement is submitted for certification, it must remain at the event site until completion of the event.

**TICKET INFORMATION**

Type	One Day	Two-Day
Adults	\$5.00	\$10.00
Students	\$3.00	\$6.00
Seniors (60+)	\$3.00	\$6.00
Children (<6)	Free	Free

**APPAREL**

Teams that pre-ordered championship shirts will be issued at the coaches' technical meeting. Additional apparel will be sold in the ARC Southeast Corner. The league office will have a variety of merchandise available for purchase.



## GLVC TRACK AND FIELD HANDBOOK-CHAMPIONSHIP ONLY

### A. INDOOR CONFERENCE CHAMPIONSHIP COMPETITION

1. All institutions having declared track and field as an NCAA sponsored sport are required, per Article III, Section H of the Conference Bylaws, to participate in the championship meet and are eligible to score meet points, count in the standings of the championship and earn points toward the all sports trophy without regard to the number of competing athletes that have at the meet. The GLVC Indoor and Outdoor Track & Field Championships must be one of the four required meets member institutions participate in to comply with NCAA sponsorship requirements (Bylaw 20.10.3.5). If an institution fails to meet this requirement then individual student-athletes whose physical condition and eligibility by NCAA and institutional standards qualifies them for competition are expected to compete. Points toward the all sports trophy will be determined on the basis of the number of institutions meeting these conditions and competing.
2. Other institutions not meeting the conditions noted above, but wishing to include individual athletes in the meet competition, are welcome to do so with the approval of the commissioner; however, those athletes will not be scored in the meet or considered for all conference awards.
3. The indoor track and field championship meet shall be held the week prior to the NCAA Indoor National Championship.
4. The site shall rotate alphabetically, among those institutions that sponsor the sport, or hosted at a predetermined, neutral site. A member can decline the right to host by notifying the conference office one year in advance of the event. All members, who sponsor the sport, will pay a \$350 entry fee per program to the conference office. The host will submit a reimbursement report for actual expenses incurred (minus payment of officials; see D13) when hosting, payable from the entry fees.
5. Friday events for the meet shall be run in the following order: Multi-events. : 1) women's pentathlon, 2) men's heptathlon. Track & Field Events: 3) women's weight (men to follow), 4) men's long jump (women to follow), 5) men's pole vault, 6) women's distance medley relay, 7) men's distance medley relay, 8) women's 55m/60m dash prelims, 9) men's 55m/60m dash prelims, 10) women's 55m/60m hurdle prelims, 11) men's 55m/60m hurdle prelims, 12) women's 5000m run, 13) men's 5000m run. Saturday Events for the meet shall be run in the following order: 1) men's pentathlon, 2) women's high jump (men to follow), 3) men's triple jump (women to follow), 4) women's pole vault, 5) men's shot put (women to follow), 6) women's 1-mile run, 7) men's 1-mile run, 8) women's 55m/60m hurdle final, 9) men's 55m/60m hurdle final, 10) women's 400m dash, 11) men's 400m dash, 12) women's 55m/60m dash final, 13) men's 55m/60m dash final, 14) women's 800m run, 15) men's 800m run, 16) women's 200m dash, 16) men's 200m dash, 17) women's 3000m run, 18 ) men's 3000m run 19) women's 4/x400 relay, 20) men's 4x400 relay 21) awards ceremony. 1500 meter times may be converted to mile times by using the NCAA formula for seeding purposes.
6. The heat winner and next best times for dashes and hurdles from all preliminary heats will advance to the finals. Heat winners will get preferred lane assignments.
7. Scoring shall be for eight places in each event: 10-8-6-5-4-3-2-1, that is 10 points for first, 8 for second etc.
8. Each school will be allowed four entries in each individual event and one team per relay. Any school with more than four athletes ranked in the top ten on the final conference list in an event can enter all of those athletes in that event up to a maximum of six. All events shall be run as finals, except the 55 meter dash and the 55 meter hurdles.
9. The meet shall be run under NCAA rules, with serpentine (#1 seed will be in 1st heat, #2 in second heat and so—NCAA Rule 5 Section 11) with no athlete being separated by more than 1 Lane in the prelims of the 55, 200, 55H, 200H and all timing shall be fully automatic timing (FAT).
10. A championship meet games committee shall oversee the conduct of the meet and resolve any dispute. The committee shall consist of the following individuals or their appointed



representatives: the Athletic Director or SWA appointed as conference representative for Track & Field, the conference commissioner or his appointee, the host institution's head coach, and two additional head coaches to be appointed alphabetically. (10/4/12)

11. On the day of the meet, only scratches are made and if that person is scratched, he/she is scratched for the entire meet. The NCAA policy on Good Faith effort will be used in the case of a scratch of an entry due to medical reasons.
12. Each institution will pay a \$350 entry fee to pay an assignor who will hire certified officials. The fee will be paid separately for the indoor and outdoor championships. The conference office will collect the fees and pay the officials and other related expenses of administering the championships. Certified officials must be the head starter, back-up starter, field event referee and track referee. All other positions will be the most qualified individual for the position.
13. The GLVC Outdoor Championship will follow the NCAA Track and Field Handbook for heat and lane assignments, except in extenuating circumstances the heat and lane assignments legislation can be overruled by a 75% verbal vote by the coaches. The GLVC Indoor Championship will follow the NCAA Track and Field Handbook for heat and lane assignments, except in extenuating circumstances the heat and lane assignments can be overruled by a 75% verbal vote by the coaches.

#### **FIELD EVENTS:**

1. Seed the field events from worst to best with the best in the final flight.
2. There shall be no more than 12 and no fewer than 5 participants in each flight, with the goal of maximizing the number of participants in the better flight.  
\*Only one flight will be contested if there are 13 or less competitors.
3. 9 to the finals
4. Men's weight throw and long jump will be scheduled to begin two (2) hours before other events.
5. All marks will be converted according to the host facility

#### **RUNNING EVENTS:**

6. For dashes and hurdles the following will be used:
  - a. 8 lane track – 8 to the finals
  - b. 9 lane track – 9 to the finals
  - c. Less than an 8 lane track, a two heat final will be run with 6 in each heat.
7. All lane assignments shall be heated in the preliminaries, with the exception of the 200 hurdles.
8. Whenever possible, lanes 1 and 8 should be used in the finals, but not in the preliminaries.
9. 800 Heat Assignments - Fast Heat: Top 9 times (Second heat: 10-18 times\*If there are 22 or less entries, the top 9 will be placed in the fast heat and the remaining number in the slow heat for a total of two heats Third heat: Maximum field size is 12
10. 1500 Heat Assignments - A maximum of 12 runners will be placed in the fast heat, and the natural break will be used to determine the other heats.
11. Mile – Fast Heat: Top 9 times  
Second Heat: 10th to 18<sup>th</sup>  
\*If there are 22 or less entries, the top 9 will be placed in the fast heat and the remaining number in the slow heat for a total of two heats.  
Third heat: Maximum field size is 12
12. Women's 5000 Heat Assignments - Top 12 times in fast heat.  
\*14 or less entries will be run as one heat. Establish cut off for two heats.
13. Men's 5000 Heat Assignments - Top 12 times in fast heat.  
\*14 or less entries will be run as one heat. Establish cut off for two heats.
14. Women's & Men's 3000 Heat Assignments - Fast heat: Top 12 times  
\*14 or less entries will be run as one heat  
Second heat: A maximum of 21 participants



Third heat: Only if the second heat exceeds 21 participants

@The declaration for the indoor 3000 must be made 60-minutes prior to the scheduled start time of the event. No more than three heats will be run in the slow section.

15. Indoor 800 field size: Fast heat: Top 9 times

Second heat: 10-18 times

\*If there are 22 or less entries, the top 9 will be placed in the fast heat and the remaining number in the slow heat for a total of two heats.

Third heat: Maximum field size is 12

16. 4x200 – Two or three heats by random seed

#### 14. Declaration Process:

Sunday prior to event – Entries (i.e performance list), updates, and no marks are due by 12, noon, CST.

Monday morning prior to event – Schools will be emailed declaration forms.

Tuesday prior to event – Teams must declare by 8 p.m. (eastern) via email. If a representative from a member institution is responsible for heating the events, entries from their institution must be submitted to the conference office by 6 p.m. (eastern)

Wednesday prior to event - Challenge period until 9 p.m. Challenges can only be made about mistakes at input.

Thursday prior to event – Final heat Sheets and schedule will be posted by 3pm to the institution's website and/or the GLVC website.

All entries/declarations must be submitted via email to the institution maintaining the performance list and the GLVC office. An email confirmation of receipt from the institution maintaining the performance list will be sent when entries are received.

15. A fine system will be used for late no mark entries submitted after the noon deadline on Sunday. Institutions filing late no mark entries will be fined \$50 per student-athlete with a maximum fine of \$300 per team per program.
16. Heats will be run in order from slowest to fastest.

#### B. AWARDS (See Section 1 ALL SPORTS, part D. AWARDS; the following are specific additions or changes to the general guidelines given there.)

Track Athlete & Field Athlete of the Week the GLVC coaches will select a Track Athlete and a Field Athlete of the Week each week of the indoor and outdoor track and field season. Coaches will submit nominations by Monday at 12:00 p.m. Nominations will be collected by the GLVC office and distributed to the coaches for voting on Monday by 4:00 p.m. Ballots are due back to the GLVC by Tuesday 4:00 p.m. The GLVC Track Athlete and Field Athlete of the Week will be announced on Tuesday of each week. All times are Indianapolis times.

All Conference Team: *Each event award winner will be presented a gold medal and each second-place event finisher will be presented a silver medal, signifying First- and Second-Team All-GLVC distinction, respectively.*

Player-of-the-Year Award shall be known as the Indoor & Outdoor Track and Field Athlete-of-the-Year Award. These awards will be chosen by vote of the coaches immediately following the conference championship.

Indoor/Outdoor female and male Track Athlete-, Field Athlete-, Freshman-, and Coach-of-the-Year Awards will be chosen by vote of the coaches immediately following the conference championship.





## FACILITY INFORMATION

### FACILITY SITE – ATHLETICS & RECREATION CENTER (ARC)

The Athletics & Recreation Center (ARC) which is housed on the University of Indianapolis campus features the 90,200 square-foot. The ARC provide much-needed space for sports teams and related academic programs as well as fitness facilities for the entire campus community.

**Location:** Northeast corner of UIndy campus, National and State Avenues

**Dimensions:** 410 by 220 feet; 72 feet high at center

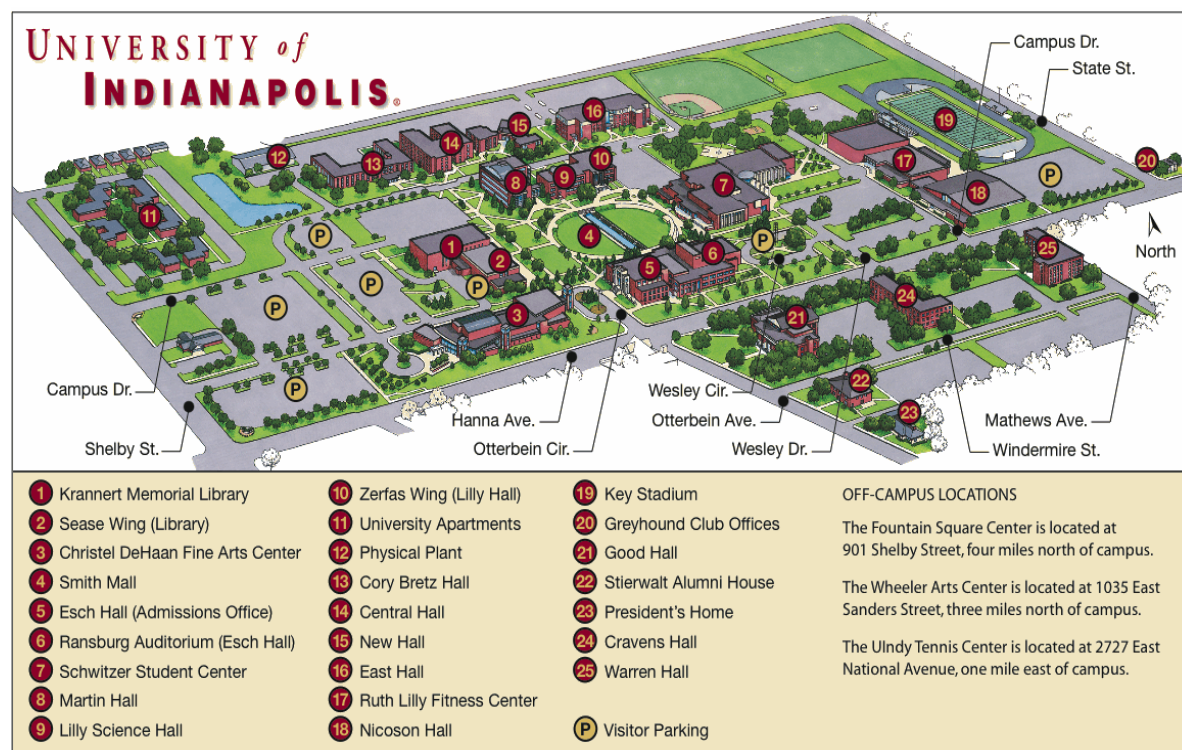
**Interior features will include:**

- Multipurpose rubber flooring
- Six-lane NCAA-regulation track
- Space for three basketball courts inside the track oval
- Baseball batting cages
- Long jump and hammer throw areas
- Lockers, storage, training and practice areas

**Design and construction:**

- Three-layer membrane of gray vinyl-coated polyester and Mylar; six-inch air space between layers for insulation; fabric sections easy to repair or replace
- Supported by internal air pressure and anchored to concrete footings; airlock entrances
- Roof-suspended electric lighting; central skylight of translucent material allows daytime use at lower cost
- Shape and support system designed to prevent snow accumulation; structure is entirely different from Minneapolis Metrodome
- Vendor: Arizon Companies of St. Louis, Mo. (name rhymes with “horizon”)

## UNIVERSITY OF INDIANAPOLIS CAMPUS MAP



## DRIVING DIRECTIONS

### From the Northwest

Take I-65 south through Indianapolis to Exit 107 (Keystone Avenue). Turn right. Go to the third stoplight (Hanna Avenue); turn right. Once you pass the second stoplight (State Street), you have reached the UIndy campus. See the [campus map](#) for available visitor parking.

### From the North

Take U.S. 31 south to I-465. Take I-465 east all the way around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

### From the Northeast

Take I-69 south to I-465. Take I-465 south around the city to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

### From the East

Take I-70 or U.S. 40 west to I-465. Take I-465 south around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

### From the Southeast

Take I-74 northwest to I-465. Take I-465 south around Indianapolis to Exit 53A (I-65 North). Now see “[Exit 53A](#)” below.

### From the South

Take I-65 north to Exit 107 (Keystone Avenue); turn left. Go to the third stoplight (Hanna Avenue). Turn right. Once you pass the second stoplight (State Street), you have reached the UIndy campus. See [campus map](#) for available visitor parking.

### From the Southwest

Take Ind. 67 or Ind. 37 northeast to I-465. Take I-465 east to Exit 2A (East Street). Now refer to “[Exit 2A](#)” below.

### From the West

Take I-70 or I-74 east to I-465. Take I-465 south around Indianapolis to Exit 2A (East Street). Now refer to “[Exit 2A](#)” below.

### Exit 53A

Take I-65 north one exit to Exit 107 (Keystone Ave.); turn left. Go to the third stoplight (Hanna Ave.); turn right. Once you pass the second stoplight (State St.), you’re on campus. See [campus map](#) for visitor parking.

### Exit 2A

Go to the second stoplight (Hanna Avenue); turn right (east). Go to the third stoplight (Otterbein Avenue). Campus is on the left. See [campus map](#) for visitor parking.





## HOTEL PARTNERS

Hotels are blocked for Check-In: Feb. 21, 2013 and Check Out: Feb. 23, 2013  
Please mention the 2013 GLVC Indoor Track and Field Championship when making reservations.

### Comfort Inn-Keystone

Contact: Ms. Patty Stevens, General Manager  
3514 South Keystone Avenue  
Indianapolis, IN 46227  
Distance: 1.1 miles from UIndy = 3 minutes  
Direct: (317) 788-3100  
Fax: (317) 780-6636  
Email: [gm.in351@choicehotels.com](mailto:gm.in351@choicehotels.com)

 [Find us on Facebook](#)


Available Rooms: Feb. 21-23 = 10 Doubles and 9 King Beds  
Rate: \$79

**Cut-off date to receive discount is: February 1, 2013**

**FREE parking, WI-FI, and complimentary breakfast**

### Country Inn & Suites

Contact: Mrs. Jan O'Mara and Mr. Gary Grey  
4325 Southport Crossings Way  
Indianapolis, IN 46237  
Distance: 6.2 miles from UIndy = 11 minutes  
Direct: (317) 859-6666  
Fax: (317) 859-6666  
Email: [cx\\_inin@countryinns.com](mailto:cx_inin@countryinns.com)

 [Find us Facebook!](#)

Available Rooms: Feb. 21-23 = 14 Double Beds and 4 King Suites (Sleeps 3-4 w/king bed & double sofa bed)  
Rate: \$80

**Cut-off date to receive discount is: February 14, 2013**

**FREE parking, WI-FI, and complimentary breakfast**

### Holiday Inn Express South

Contact: Ms. Mandi Taylor, Sales Manager  
5151 South East Street  
Indianapolis, IN 46227  
Distance: 1.9 miles from UIndy = 4 minutes  
Direct: (317) 783-5151  
Fax: (317) 782-4793  
Email: [CSIndianapolis@midwesthospitality.com](mailto:CSIndianapolis@midwesthospitality.com)

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 17 Double Beds  
Rate: \$84

**Cut-off date to receive discount is: February 20, 2013**

**FREE parking, WI-FI, and complimentary breakfast**



### Courtyard Marriott Indianapolis South

Contact: Ms. Rhonda Jaszgarszewski, Director of Sales

4650 Southport Crossing Drive

Indianapolis, IN 46237

Distance: 6.5 miles from UIndy = 12 minutes

Direct: (317) 885-9799

Fax: (317) 885-3982

Email: [Rhonda.Jaszgarszewski@marriott.com](mailto:Rhonda.Jaszgarszewski@marriott.com)

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 15 Standard Double Queen Beds

15 Standard Kings (King Bed and Sofa Bed)

Rate: \$85

**Cut-off date to receive discount is: February 20, 2013**

**FREE parking and WI-FI only**

### Holiday Inn Express Hotel & Suites

Contact: Ms. Jamie L. Givens, General Manager

1180 Wilson Drive


Greenwood, IN 46143

Distance: 9.0 miles from UIndy = 15 minutes

Direct: (317) 881-0600

Fax: (317) 881-0700

Email: [gm.gnwin@gmail.com](mailto:gm.gnwin@gmail.com)

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 20 Double Beds

Rate: \$87

**Cut-off date to receive discount is: February 20, 2013**

**FREE parking, WI-FI, and complimentary breakfast**

### Crowne Plaza Indianapolis Airport

Contact: Mrs. Cindy Walker, Sales Manager

2501 South High School Road


Indianapolis, IN 46241

Distance: 10.3 miles from UIndy = 14 minutes

Direct: (317) 243-1093

Fax: (317) 243-1074

Email: [cwalker@genhotels.com](mailto:cwalker@genhotels.com)

 [Find us on Facebook!](#)

Available Rooms: Feb. 21-23 = 212 Rooms

Rate: \$89

**Cut-off date to receive discount is: January 31, 2013**

**FREE parking and WI-FI only**

	Thu 02/21/13	Fri 02/22/13
KNGN King Leisure Non-Smoking	63	63
King with Sofabed Non-Smoking	32	32
Double Double Non-Smoking	87	87
2 Queens Non-Smoking	28	28
Double Bedded Suite Non-Smoking	2	2

If family and friends are attending the Championship, please have them to mention the GLVC Men's and Women's Track and Field Championships for special rates.



## FOOD/ DINING

Restaurant	Address	Phone	Type
Applebee's	1251 U.S. 31 N., Greenwood, IN 46142	(317) 888-0744	American
Arni's	1691 Curry Rd., Greenwood, IN 46143	(317) 881-0500	American
Azteca Grill	7129 Southeastern Ave., Indianapolis, IN 46239	(317) 357-3723	Mexican
B's Po Boy	1261 S. Shelby St., Indianapolis, IN 46203	(317) 916-5555	Vegetarian
Bravo Italian	1251 US Highway 31 N., Greenwood, IN 46142	(317) 889-1379	Italian
<b>Brewskies Eatery</b>	<b>7925 Southeastern Ave., Indianapolis, IN 46239</b>	<b>(317) 862-6998</b>	<b>American/Pizza</b>
<b>*Buca di Beppo</b>	<b>659 U.S. 31 North Greenwood, IN 46142</b>	<b>(317) 884-2882</b>	<b>Italian</b>
<b>Burger King</b>	<b>3650 South Keystone Ave., Indianapolis, IN 46227</b>	<b>(317) 788-7778</b>	<b>American</b>
<b>*Chick-fil-A</b>	<b>5240 E Southport Rd, Indianapolis, IN 46237</b>	<b>(317) 780-7477</b>	<b>American</b>
Carrabba's	4690 Southport Crossing Drive, Southport, IN 46237	(317) 881-4008	Italian Grill
*City Barbeque	7863 US 31 S., Greenwood, IN 46227	(317) 865-1220	BBQ
*Donatos Pizza	5835 Madison Ave., Indianapolis, IN 46227	(317) 780-7040	Fast Food
Don's Pablo	8150 U.S. 31 S., Indianapolis, IN 46227	(317) 888-0363	Mexican
Enzo Pizza	3940 Madison Avenue, Indianapolis, IN 46227	(317) 808-2284	Fast Food
McAlister's Deli	1011 N. SR 135, Greenwood, IN 46142	(317) 300-8064	American
McDonald's	2830 Madison Ave, Indianapolis, IN 46225	(317) 784-4492	Fast Food
McDonald's	3649 South Keystone Avenue Indianapolis, IN 46227	(317) 780-1184	American
<b>MCL</b>	<b>3630 S. East Street, Indianapolis, IN 46227</b>	<b>(317) 783-2416</b>	<b>American</b>
Outback	7525 US Highway 31, Greenwood, IN 46132	(317) 881-6283	American
Penn Station	3429 South East Street, Indianapolis, IN 46227	(317) 786-7366	Deli
Steak 'n Shake	4020 South East Street, Indianapolis, IN 46227	(317) 781-1525	Fast Food
*Subway	936 E Hanna Ave, Indianapolis, IN 46227	(317) 786-7827	Deli

**Bold- Can accommodate team dining**

\* - Call in for pick-up

For a complete list of restaurants in the area, please visit: <http://visitindy.com/indianapolis-restaurants>



## 2013 GLVC INDOOR TRACK AND FIELD RELAY CARD

19

☐ Men's Division

☐ Women's Division

School \_\_\_\_\_ State \_\_\_\_\_

Check one: ☐ 1,600 Meter Relay  
☐ Distance Medley Relay

PLEASE PRINT THE FOLLOWING:

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

\_\_\_\_\_  
Coach's Name

\_\_\_\_\_  
Coach's Signature

## 2013 GLVC INDOOR TRACK AND FIELD RELAY CARD

☐ Men's Division

☐ Women's Division

School \_\_\_\_\_ State \_\_\_\_\_

Check one: ☐ 1,600 Meter Relay  
☐ Distance Medley Relay-PRELIM or FINALS (circle)

PLEASE PRINT THE FOLLOWING:

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

Athlete \_\_\_\_\_ Running Number \_\_\_\_\_

\_\_\_\_\_  
Coach's Name

\_\_\_\_\_  
Coach's Signature

## GLVC Track and Field Championship Protest Form

All protests must be submitted in writing on the designated protest form. Protests must be filed no later than **thirty (30) minutes** after the posting of the results of the particular event. Protests must be filed at the meet administration table with the meet referee. The referee's decision shall be written on the protest form. A copy shall be made and returned to the protesting coach. The original shall be placed in the meet director's files.

The protesting coach may petition the matter to the Rules Interpretation Committee by filing a written request after the referee's decision has been made. The committee's decision will be written on the appeal form and returned to the coach who made the appeal. No further action is allowed.

<b>School</b>	
<b>Coach's Name</b>	
<b>Event</b>	

### Description of incident

<b>Time of Protest</b>		<b>Date</b>	
<b>Coach's Signature</b>			

### Referee's Decision

<b>Referee's Signature</b>	
<b>Date</b>	

## GLVCTrack and Field Championship Appeal Form

### *Regarding Protest Ruling by Meet Referee*

The protesting coach may petition the matter to the Rules Interpretation Committee by filing a written request after the referee's decision has been made. The committee's decision shall be written on the appeal form and returned to the coach who made the appeal. No further action is allowed.

<b>School</b>	
<b>Coach's Name</b>	
<b>Event</b>	

#### Rationale for Appeal

<b>Time of Appeal</b>		<b>Date</b>	
<b>Coach's Signature</b>			

#### Rules Interpretation Committee Decision

<b>Committee Chair Signature</b>	
<b>Date</b>	

# PARTY PANS TO GO

Party Pans of your Buca favorites are available for Buca To Go. They're big enough to feed a crowd!

**HALF PAN SERVES UP TO 10 PEOPLE  
FULL PAN SERVES UP TO 20 PEOPLE**

## Insalate

	Half Pan	Full Pan
CHOPPED ANTIPASTO SALAD .....	36.99	69.99
APPLE GORGONZOLA SALAD .....	36.99	69.99
MOZZARELLA CAPRESE .....	41.99	79.99
MIXED GREEN SALAD .....	30.99	56.99
CAESAR SALAD .....	30.99	56.99

## Pasta

SPICY CHICKEN RIGATONI .....	40.99	77.99
PENNE SAN REMO .....	40.99	77.99
SHRIMP FRA DIAVOLO .....	43.99	82.99
SPAGHETTI MEAT SAUCE .....	34.99	65.99
FETTUCCINE SUPREMO .....	40.99	77.99
SHRIMP FLORENTINE .....	43.99	82.99
MACARONI ROSA .....	40.99	77.99
FETTUCCINE ALFREDO .....	34.99	65.99
CHICKEN & SAUSAGE ZITI .....	40.99	77.99
RAVIOLI AL POMODORO .....	34.99	65.99
PENNE ARRABBIATA .....	40.99	77.99
SPAGHETTI MARINARA .....	28.99	53.99
PENNE BASILICA .....	40.99	77.99
PENNE ALA VODKA .....	38.99	72.99
LINGUINE FRUTTI DI MARE .....	49.99	94.99
MACARONI & CHEESE .....	38.99	72.99

## Baked Pasta

	Half Pan	Full Pan
LASAGNA (24 hour notice required) .....	56.99	109.99
BAKED RIGATONI .....	40.99	77.99
BAKED ZITI .....	38.99	72.99
CHEESE MANICOTTI .....	38.99	72.99
CHICKEN CANNELLONI .....	40.99	77.99

## Entrées

PROSCIUTTO STUFFED CHICKEN .....	61.99	119.99
CHICKEN MARSALA .....	61.99	119.99
CHICKEN LIMONE .....	54.99	104.99
VEAL SALTIMBOCCA .....	71.99	139.99
EGGPLANT PARMIGIANA .....	54.99	104.99
CHICKEN SALTIMBOCCA .....	61.99	119.99
CHICKEN PARMIGIANA .....	54.99	104.99
CHICKEN GLORIOSO .....	61.99	119.99
SALMON SORRENTO .....	71.99	139.99

## Side Dishes

ITALIAN BROCCOLI ROMANO .....	14.99	24.99
GREEN BEANS .....	14.99	24.99
ROSEMARY POTATOES .....	14.99	24.99
SAUSAGE & PEPPERS (mild or spicy) .....	34.99	69.99
MEATBALLS .....	(6) 24.99	(12) 49.99

## Desserts

TIRAMISU (24 hour notice required - serves 10) .....	49.99	N/A
CHEESECAKE (24 hour notice required) .....	29.99	59.99
CHOCOLATE CHIP COOKIES .....	25.99	49.99
BROWNIES .....	25.99	49.99
CHOCOLATE CHIP CANNOLIS (mini) .....	25.99	49.99
CHOCOLATE CHIP COOKIES & CANNOLIS .....	25.99	49.99
BROWNIES & CANNOLIS .....	25.99	49.99
CHOCOLATE CHIP COOKIES & BROWNIES .....	25.99	49.99

# CELEBRATORY PACKAGE

**FULL PAN**  
serves up to 20 for \$199

## Choose One Salad

MIXED GREEN SALAD or CAESAR SALAD

## Choice of Two Pastas

SPAGHETTI WITH MEAT SAUCE, PENNE ALA VODKA,  
BAKED ZITI or RAVIOLI AL POMODORO

*and*

FRESH BAKED HOUSE BREAD

# DELUXE CELEBRATORY PACKAGE

**FULL PAN**  
serves up to 20 for \$399

## Choice of Two Salads

APPLE GORGONZOLA SALAD, MIXED GREEN SALAD  
or CAESAR SALAD

## Choice of Two Pastas

PENNE SAN REMO, PENNE BASILICA,  
SPICY CHICKEN RIGATONI or BAKED RIGATONI

## Choose One Entrée

EGGPLANT PARMIGIANA, CHICKEN PARMIGIANA  
or CHICKEN LIMONE

*with*

FRESH BAKED HOUSE BREAD

## Choose One Dessert

CHOCOLATE CHIP CANNOLIS (MINI), TIRAMISU  
OR COOKIES & BROWNIES

Before placing your order, please inform your server if a person in your party has a food allergy. While we have used reasonable efforts to prevent the introduction of the allergen of concern into the food we serve by carefully following preparation and handling procedures, we cannot guarantee that the allergens may not have been introduced during another stage of the food chain process, or involuntarily by us.

Consuming raw or undercooked meats, fish or seafood may increase your risk of foodborne illness.

**FOR MORE INFORMATION CONTACT  
THE NATIONAL SALES OFFICE  
877.609.7526 OR 407.903.5444**