# Table of Contents

Division III Men’s and Women’s Track and Field Committee Members .............................................................. 4  
NCAA Staff ...................................................................................................................................................... 5  
Host Personnel ............................................................................................................................................... 5  
Championships Website ..................................................................................................................................... 5  
Championship Week Schedule .......................................................................................................................... 6  
Checklist ........................................................................................................................................................ 8  
Championships Format ...................................................................................................................................... 9  
  Declarations .................................................................................................................................................... 9  
  Protest Tent .................................................................................................................................................. 9  
  Results .......................................................................................................................................................... 9  
  Heat Sheets .................................................................................................................................................. 9  
Championships Operations ................................................................................................................................ 9  
  Check-In and Clerking .................................................................................................................................. 9  
  Coaches’ Boxes ........................................................................................................................................... 10  
  Electronic Devices ...................................................................................................................................... 10  
  Equipment (Starting Blocks, Weights and Batons) ......................................................................................... 10  
  Evaluations .................................................................................................................................................. 11  
  Hospitality .................................................................................................................................................... 11  
  Implement Weigh-In ..................................................................................................................................... 11  
  Lost and Found .......................................................................................................................................... 12  
  Packet Pick-Up .......................................................................................................................................... 12  
  Pole Vault Storage and Shipping .................................................................................................................. 13  
  Programs ...................................................................................................................................................... 13  
  Spikes ........................................................................................................................................................... 13  
Awards ............................................................................................................................................................... 14  
  Medals and Trophies .................................................................................................................................... 14  
  Medallions .................................................................................................................................................... 14  
  Student-Athlete Participant Award ............................................................................................................... 14  
  NCAA Academic Recognition Program – Elite 90 ...................................................................................... 14  
Banquet .............................................................................................................................................................. 14  
Coaches’ Administrative Meeting ..................................................................................................................... 15  
Credentials - Participants .................................................................................................................................. 15  
Drug Testing .................................................................................................................................................... 16  
Competition Site .............................................................................................................................................. 16  
  Facility ......................................................................................................................................................... 16  
  Team Parking and Entrances ....................................................................................................................... 17  
  Weight Room Hours .................................................................................................................................. 18  
Media Services .................................................................................................................................................. 18  
  Credentials – Working Media ...................................................................................................................... 18  
Medical ............................................................................................................................................................. 19  
  Medical Credentials ................................................................................................................................. 19
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Facilities</td>
<td>19</td>
</tr>
<tr>
<td>Athletic Training Services Hours</td>
<td>20</td>
</tr>
<tr>
<td>Hospital Information/Directions</td>
<td>20</td>
</tr>
<tr>
<td>Medical Disqualification</td>
<td>21</td>
</tr>
<tr>
<td>Contact Information</td>
<td>22</td>
</tr>
<tr>
<td>Merchandise</td>
<td>22</td>
</tr>
<tr>
<td>Participant Expectations and Guidelines</td>
<td>22</td>
</tr>
<tr>
<td>Misconduct</td>
<td>22</td>
</tr>
<tr>
<td>Failure to Adhere to Policies and Procedures</td>
<td>22</td>
</tr>
<tr>
<td>Practice Schedule and Facility Hours</td>
<td>23</td>
</tr>
<tr>
<td>Stadium hours/practice schedule</td>
<td>23</td>
</tr>
<tr>
<td>Seating Areas</td>
<td>23</td>
</tr>
<tr>
<td>Tickets</td>
<td>24</td>
</tr>
<tr>
<td>Travel and Accommodations</td>
<td>24</td>
</tr>
<tr>
<td>Transportation</td>
<td>24</td>
</tr>
<tr>
<td>Lodging</td>
<td>25</td>
</tr>
<tr>
<td>Team Dining</td>
<td>25</td>
</tr>
<tr>
<td>Uniforms</td>
<td>25</td>
</tr>
<tr>
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<td>25</td>
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<td>25</td>
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<tr>
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<td>25</td>
</tr>
<tr>
<td>Logo Policy</td>
<td>27</td>
</tr>
<tr>
<td>APPENDIX A – Schedule of Events</td>
<td>28</td>
</tr>
<tr>
<td>Combined Events</td>
<td>28</td>
</tr>
<tr>
<td>Thursday</td>
<td>28</td>
</tr>
<tr>
<td>Friday</td>
<td>29</td>
</tr>
<tr>
<td>Saturday</td>
<td>29</td>
</tr>
<tr>
<td>APPENDIX B – Student-Athlete Injury Report</td>
<td>30</td>
</tr>
<tr>
<td>APPENDIX C – Implement Shipping Directions</td>
<td>31</td>
</tr>
<tr>
<td>APPENDIX D – Directions</td>
<td>32</td>
</tr>
<tr>
<td>APPENDIX E – Facility Maps</td>
<td>33</td>
</tr>
</tbody>
</table>
INTRODUCTION

In the event you are selected for the 2018 NCAA Division III Men’s and Women’s Outdoor Track and Field Championships, this participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of this championship event. You are responsible for also knowing the policies and procedures as outlined in the 2018 NCAA Division III Outdoor Track and Field Pre-Championships Manual, located on ncaa.org. Further, this official participant manual will provide specific information on hotel arrangements, travel, tickets and a schedule of events at the championships site. This annual event will occur May 24-26 in La Crosse, Wisconsin. The University of Wisconsin-La Crosse will serve as host.

NOTE: All times are local unless otherwise specified.

CHAMPIONSHIPS HISTORY (since 1990)

<table>
<thead>
<tr>
<th>Men’s History</th>
<th>Women’s History</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017 University of Wisconsin, La Crosse</td>
<td>2017 Washington University in St. Louis</td>
</tr>
<tr>
<td>2016 University of Wisconsin, La Crosse</td>
<td>2016 Illinois Wesleyan University</td>
</tr>
<tr>
<td>2015 University of Wisconsin, La Crosse</td>
<td>2015 University of Wisconsin, La Crosse</td>
</tr>
<tr>
<td>2014 University of Mount Union</td>
<td>2014 Wartburg College (Iowa)</td>
</tr>
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<td>2013 University of Wisconsin, La Crosse</td>
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<tr>
<td>2012 McMurry University (Texas)</td>
<td>2012 Wartburg College (Iowa)</td>
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<tr>
<td>2011 North Central College</td>
<td>2011 University of Wisconsin, Oshkosh</td>
</tr>
<tr>
<td>2010 North Central College</td>
<td>2010 Illinois Wesleyan University</td>
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<td>2008 McMurry University (Texas)</td>
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<td>University of Wisconsin, River Falls</td>
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<tr>
<td>2007 University of Wisconsin, La Crosse</td>
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<td>2003 University of Wisconsin, La Crosse</td>
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<tr>
<td>1999 Lincoln University (Pennsylvania)</td>
<td>1999 Lincoln University (Pennsylvania)</td>
</tr>
<tr>
<td>1998 North Central</td>
<td>1998 Christopher Newport University</td>
</tr>
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<td>1991 University of Wisconsin, La Crosse</td>
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</tr>
<tr>
<td>1990 Lincoln University (Pennsylvania)</td>
<td>1990 University of Wisconsin, Oshkosh</td>
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DIVISION III MEN’S AND WOMEN’S TRACK AND FIELD COMMITTEE MEMBERS

<table>
<thead>
<tr>
<th>Division</th>
<th>Name</th>
<th>Title and Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic</td>
<td>Thomas Thomasson Jr.</td>
<td>Chair, Associate Athletics Director, Rutgers, The State University of New Jersey, Camden</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office: 856-224-2746, Cell: 609-970-2092, Email: <a href="mailto:ttomass@camden.rutgers.edu">ttomass@camden.rutgers.edu</a></td>
</tr>
<tr>
<td>Central</td>
<td>Jessica Devine</td>
<td>Cross Country/Outdoor Track and Field Liaison, Head MW Track and Field Coach, University of Minnesota, Morris</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cell: 608-738-1170, Email: <a href="mailto:jkdevine@umn.edu">jkdevine@umn.edu</a></td>
</tr>
<tr>
<td>Great Lakes</td>
<td>Dara Ford</td>
<td>Cross Country/Indoor Track and Field Liaison, Head MW Cross Country/Track and Field Coach, Otterbein University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cell: 330-280-3975, Email: <a href="mailto:dford@otterbein.edu">dford@otterbein.edu</a></td>
</tr>
<tr>
<td>Mideast</td>
<td>Donald Nichter</td>
<td>Indoor Track and Field Liaison, Head Cross Country and Track and Field Coach, Dickinson College</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cell: 717-385-5316, Email: <a href="mailto:nichter@dickinson.edu">nichter@dickinson.edu</a></td>
</tr>
<tr>
<td>Midwest</td>
<td>Derek Stanley</td>
<td>Indoor/Outdoor Track and Field Liaison, Head MW Cross Country/Assistant MW Track and Field Coach, University of Wisconsin, La Crosse</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office: 608-785-8185, Cell: 317-919-4699, Email: <a href="mailto:dstanley@uwlax.edu">dstanley@uwlax.edu</a></td>
</tr>
<tr>
<td>New England</td>
<td>Marlee Berg</td>
<td>Cross Country/Outdoor Track and Field Liaison, Assistant Track and Field Coach/Assistant to the AD, Westfield State University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office: 978-337-8133, Email: <a href="mailto:mberg@westfield.ma.edu">mberg@westfield.ma.edu</a></td>
</tr>
<tr>
<td>South/Southeast</td>
<td>Natalie Bach-Prather</td>
<td>Cross Country/Indoor Track and Field Liaison, Head MW Cross Country/Track and Field Coach, East Texas Baptist University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office: 903-923-2242, Cell: 903-742-9464, Email: <a href="mailto:nbachprather@etbu.edu">nbachprather@etbu.edu</a></td>
</tr>
<tr>
<td>West</td>
<td>Michael Orechia</td>
<td>Cross Country Liaison, Director of Cross Country and Track and Field, University of Puget Sound</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Office: 253-879-3453, Cell: 425-773-3274, Email: <a href="mailto:morechia@pugetsound.edu">morechia@pugetsound.edu</a></td>
</tr>
<tr>
<td>Data Services</td>
<td>Mark Kostek</td>
<td>Director of Cross Country/All Events, Programs Admin, Midland University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cell: 515-208-8300, Email: <a href="mailto:kostekmt@gmail.com">kostekmt@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Jimmy Stuart</td>
<td>Chief Technology Officer, Delta Timing Group, Inc.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cell: 254-715-1474, Email: <a href="mailto:jimmy.stuart@deltatiming.com">jimmy.stuart@deltatiming.com</a></td>
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</table>
**NCAA STAFF**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Office</th>
<th>Cell Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liz H. Homrig</td>
<td>Assistant Director, Championships and Alliances</td>
<td>317-917-6245</td>
<td>317-966-0035</td>
<td><a href="mailto:lhomrig@ncaa.org">lhomrig@ncaa.org</a></td>
</tr>
<tr>
<td>Linda Godby</td>
<td>Asst. Coordinator, Championships and Alliances</td>
<td>317-917-6507</td>
<td>317-966-0035</td>
<td><a href="mailto:lgodby@ncaa.org">lgodby@ncaa.org</a></td>
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**HOST PERSONNEL**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Office</th>
<th>Cell Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Erin Thacker, Meet Director</td>
<td>Deputy Director of Athletics</td>
<td>608-785-5223</td>
<td>920-450-1792</td>
<td><a href="mailto:ethacker@uwlax.edu">ethacker@uwlax.edu</a></td>
</tr>
<tr>
<td>Mark Guthrie, Assistant Meet Director</td>
<td>External Relations Coordinator</td>
<td>608-785-5177</td>
<td>608-279-7281</td>
<td><a href="mailto:mguthrie@uwlax.edu">mguthrie@uwlax.edu</a></td>
</tr>
<tr>
<td>Kim Blum, Director of Athletics</td>
<td>Director of Athletics</td>
<td>608-785-8616</td>
<td>608-780-5950</td>
<td><a href="mailto:kblum@uwlax.edu">kblum@uwlax.edu</a></td>
</tr>
<tr>
<td>Dave Johnson, Media Relations</td>
<td>Assistant Athletic Director for Media Relations</td>
<td>608-785-8493</td>
<td>608-790-1714</td>
<td><a href="mailto:djohnson@uwlax.edu">djohnson@uwlax.edu</a></td>
</tr>
<tr>
<td>Joel Luedke, Athletic Training</td>
<td>Director of Athletic Training</td>
<td>608-785-6542</td>
<td>507-261-4097</td>
<td><a href="mailto:jluedke@uwlax.edu">jluedke@uwlax.edu</a></td>
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<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Office</th>
<th>Cell Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Josh Buchholtz</td>
<td>Head Men’s Track &amp; Field Coach</td>
<td>608-785-8622</td>
<td>715-308-0102</td>
<td><a href="mailto:jbuchholtz@uwlax.edu">jbuchholtz@uwlax.edu</a></td>
</tr>
<tr>
<td>Nick Davis</td>
<td>Head Women’s Track &amp; Field Coach</td>
<td>608-785-6531</td>
<td>414-315-8444</td>
<td><a href="mailto:ndavis@uwlax.edu">ndavis@uwlax.edu</a></td>
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**CHAMPIONSHIPS WEBSITE**

The official championships website is located at the following link: [www.uwlathletics.com/2018outdoornationals](http://www.uwlathletics.com/2018outdoornationals) Start lists and results will be available on this website. For information specific to coaches and administrators, please consult the Outdoor Track and Field Championship landing page on [ncaa.org](http://ncaa.org).
CHAMPIONSHIP WEEK SCHEDULE

All times shown in host time, CDT

**Tuesday, May 22**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 a.m.-4 p.m.</td>
<td>Practice begins (see schedule on page 24)</td>
<td>Stadium</td>
</tr>
<tr>
<td>10 a.m.-4 p.m.</td>
<td>Sports Performance Room open (must request access)</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>10 a.m.-5 p.m.</td>
<td>Athletic Training open</td>
<td>Mitchell Hall</td>
</tr>
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</table>

**Wednesday, May 23**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 a.m.-4 p.m.</td>
<td>Practice begins (see schedule on page 24)</td>
<td>Stadium</td>
</tr>
<tr>
<td>10 a.m.-4 p.m.</td>
<td>Sports Performance Room open (must request access)</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>10 a.m.-5 p.m.</td>
<td>Athletic Training open</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>12:4 p.m.</td>
<td>NCAA Merchandise on sale</td>
<td>Stadium N. Concess.</td>
</tr>
<tr>
<td>2-5 p.m.</td>
<td>Implement weigh-in</td>
<td>Stadium Visiting LR</td>
</tr>
<tr>
<td></td>
<td>*Any implement may be weighed in and certified, however they will be impounded until competition.</td>
<td></td>
</tr>
<tr>
<td>1-2 p.m.</td>
<td>Packet pick-up</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>2:15-3 p.m.</td>
<td>Mandatory coaches meeting</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>5:45 p.m.</td>
<td>Banquet doors open</td>
<td>La Crosse Center</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Banquet begins</td>
<td>La Crosse Center</td>
</tr>
<tr>
<td>8 p.m.</td>
<td>Gill coaches social</td>
<td>Howies on La Crosse</td>
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</table>

**Thursday, May 24**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m.-6:30 p.m.</td>
<td>Fieldhouse open for warm-ups</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>8 a.m.-6:30 p.m.</td>
<td>Athletic Training open</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>8-10 a.m.</td>
<td>Implement weigh-in</td>
<td>Stadium Visiting LR</td>
</tr>
<tr>
<td></td>
<td>*Decathlon shot put, heptathlon shot put, men’s discus, women’s discus, women’s javelin</td>
<td></td>
</tr>
<tr>
<td>8-10 a.m.</td>
<td>Sports Performance Room open (must request access)</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Day 1 Competition begins</td>
<td>Stadium</td>
</tr>
<tr>
<td>10 a.m.-5 p.m.</td>
<td>Hospitality rooms open</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>11 a.m.-4 p.m.</td>
<td>NCAA Merchandise on sale</td>
<td>Stadium N. Concess.</td>
</tr>
<tr>
<td>12-2 p.m.</td>
<td>Implement weigh-in</td>
<td>Stadium Visiting LR</td>
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<tr>
<td></td>
<td>*Friday event implements may be weighed in and certified however, they will be impounded until competition.</td>
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</tr>
<tr>
<td>12-2 p.m.</td>
<td>Officials/Volunteer &amp; Coaches Hospitality Meal Served</td>
<td>Mitchell Hall</td>
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</table>

**Friday, May 25**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8 a.m.-6 p.m.</td>
<td>Fieldhouse open for warm-ups</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>8 a.m.-6 p.m.</td>
<td>Athletic Training open</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>8-10 a.m.</td>
<td>Implement weigh-in</td>
<td>Stadium Visiting LR</td>
</tr>
<tr>
<td></td>
<td>*Decathlon discus, decathlon javelin, heptathlon javelin, men’s javelin, men’s shot put, women’s shot put</td>
<td></td>
</tr>
<tr>
<td>8-10 a.m.</td>
<td>Sports Performance Room open (must request access)</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Day 2 Competition begins</td>
<td>Stadium</td>
</tr>
<tr>
<td>10 a.m.-3 p.m.</td>
<td>Hospitality rooms open</td>
<td>Mitchell Hall</td>
</tr>
<tr>
<td>11 a.m.-4 p.m.</td>
<td>NCAA Merchandise on sale</td>
<td>Stadium N. Concess.</td>
</tr>
</tbody>
</table>
12-2 p.m. | Implement weigh-in | Stadium Visiting LR
---|---|---
*Saturday event implements may be weighed in and certified however, they will be impounded until competition.
12-2 p.m. | Officials/Volunteer & Coaches Hospitality Meal Served | Mitchell Hall

**Saturday, May 26**

8-10 a.m. | Implement weigh-in | Stadium Visiting LR
---|---|---
*Men’s hammer, women’s hammer
9 a.m.-5 p.m. | Fieldhouse open for warm-ups | Mitchell Hall
9 a.m.-5 p.m. | Athletic Training open | Mitchell Hall
10 a.m.-5 p.m. | Hospitality rooms open | Mitchell Hall
10:30 a.m.-1 p.m. | Officials/Volunteer & Coaches Hospitality Meal Served | Mitchell Hall
11 a.m. | Day 3 Competition begins | Stadium
11 a.m.-3 p.m. | NCAA Merchandise on sale | Stadium N. Concess.

For the championships schedule of events, please see Appendix A.

*Refer to page 24 for specifics on practice schedules as jumps and throws events have designated practice times each day.
## CHECKLIST

**All times shown in host time, CDT.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
<th>Purpose</th>
<th>Submit to</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday, May 17</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 p.m.</td>
<td>Last submission of qualifying marks</td>
<td>Last day a qualifying mark may be made. Marks submitted after deadline will not be eligible for qualifying.</td>
<td>Meet director must submit to TFRRS website</td>
</tr>
<tr>
<td><strong>Friday, May 18</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Challenge period ends</td>
<td>Challenge qualifying marks listed on TFRRS.</td>
<td>Challenges must be submitted by email to Liz Homrig (<a href="mailto:lhomrig@ncaa.org">lhomrig@ncaa.org</a>) and Jimmy Stuart (<a href="mailto:jimmystuart@deltatiming.com">jimmystuart@deltatiming.com</a>).</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Declaration deadline</td>
<td>All student-athletes must be declared or scratched in every event in which they qualified at this time. <strong>No action will automatically result in a scratch.</strong></td>
<td>DirectAthletics website <a href="http://www.directathletics.com">www.directathletics.com</a></td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Late declaration deadline</td>
<td>Late declarations will be accepted from 4 to 7 p.m. A fine will be assessed.</td>
<td>DirectAthletics website <a href="http://www.directathletics.com">www.directathletics.com</a></td>
</tr>
<tr>
<td><strong>Saturday, May 19</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The final list of meet participants will be available via the NCAA website (<a href="http://ncaa.com">ncaa.com</a>) by 8 a.m.</td>
<td></td>
</tr>
<tr>
<td><strong>Monday, May 21</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Medical credential requests</td>
<td>Deadline to receive medical credentials. (Available at packet pick-up)</td>
<td>Joel Luedke <a href="mailto:jluedke@uwlax.edu">jluedke@uwlax.edu</a></td>
</tr>
<tr>
<td>5 p.m.</td>
<td>Medical scratches</td>
<td>Any scratches must be reported.</td>
<td>By phone and emailed to Jimmy Stuart (254-715-1474 or <a href="mailto:jimmy.stuart@deltatiming.com">jimmy.stuart@deltatiming.com</a>) and Liz Homrig (<a href="mailto:lhomrig@ncaa.org">lhomrig@ncaa.org</a>)</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Extra banquet tickets</td>
<td>Deadline for purchasing extra banquet tickets.</td>
<td>See appendices for banquet ticket information.</td>
</tr>
<tr>
<td><strong>Tuesday, May 22</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Media credential requests</td>
<td>Deadline to receive media/photo credentials</td>
<td>Dave Johnson <a href="mailto:djohnson@uwlax.edu">djohnson@uwlax.edu</a></td>
</tr>
<tr>
<td>4 p.m.</td>
<td>NCAA Elite 90 nomination</td>
<td>Deadline for submitting nominations for the Elite 90 awards.</td>
<td>Online (See Awards Section)</td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Championship meet start lists are posted</td>
<td>Start lists for the championship</td>
<td>NCAA.com and Delta Timing</td>
</tr>
</tbody>
</table>
CHAMPIONSHIPS FORMAT

DECLARATIONS

All information regarding declarations is located in the Pre-Championships Manual.

PROTEST TENT

A protest tent will be located in the grass area west of the finish line. Forms will be available at the tent for the head coach to provide information about the alleged incident or problem, citing the NCAA rulebook. A protest must be filed no later than 15 minutes after the official results are posted. The protest shall be in writing and submitted to the referee who shall render a decision. All institutions involved in the protest will be notified of the protest and the decision. The referee’s decision shall be written on each copy of the protest. One copy shall be returned to the protesting coach and one shall be placed in the committee’s files. A $50 deposit is required for all protests, which will be returned if the protest is successful in reversing the decision. The ruling and explanation will be posted along with the results of the race.

If the violation that is being protested was called by the referee, the protest will be referred directly to the jury of appeals for review. As part of the protest process, the decision of the referee may be appealed through the appointed jury of appeals, in writing, not later than 15 minutes after the decision of the referee has been announced. Any official evidence available to the referee may be reviewed. If such evidence is not conclusive, the decision of the referee shall be upheld. No further appeal is available. The result of an appeal shall be posted and the affected coaches notified. A $50 deposit is required for all appeals, which will be returned if the appeal is granted. The games committee will serve as the jury of appeals for the DIII outdoor track and field championships.

RESULTS

Results will be posted on the result boards located in the grass area west of the finish line, and at the protest table. Spectators and coaches may also go online to ncaa.com and www.uwlathletics.com/2018outdoornationals to follow live results.

HEAT SHEETS

Thursday’s heat sheets will be included in the team packet. Friday and Saturday heat sheets will be available online.

CHAMPIONSHIPS OPERATIONS

CHECK-IN AND CLERKING

All student-athletes must check-in at the clerking area located in the Mitchell Hall Fieldhouse. Running athletes will be escorted to the staging tent located at the sprint start line. Field event athletes will be escorted to their competition venues. Student-athletes must bring their uniforms, bibs and competition spikes to the clerk to be inspected during check-in. Spikes for all events will be checked at the clerking area inside. All spikes will be re-checked at the staging site. A clerking
schedule will be enclosed in the meet information packet, as well as posted in the warm-up area. Student-athletes MUST follow this procedure.

Student-athletes will have baskets provided for them behind the starting line or blocks to store their warm-up gear and non-spiked shoes while they are competing. Student-athletes can pick up their gear just east of the finish line near the awards tent after the race.

Competition bibs for each participating student-athlete will be included in each team’s packet along with eight safety pins per competitor. Bibs must be worn on the front and the back of the uniform jersey during competition. Field event competitors must wear their name bib on the front or back of the uniform jersey during the competition.

Hip numbers will be provided for all races. For student-athletes competing in races not finishing in lanes (800m and up), three numbers will be given to each student-athlete. The third number should be on the left chest. For relays, all runners will receive numbers.

**COACHES’ BOXES**

One coach per institution will receive a color-coded sticker to be placed visibly on their credential for access to the field-event coaches’ box in which they have a student-athlete participating. Stickers will be provided in each teams’ packet which will be picked up during packet pick up on Wednesday.

Designated coaching boxes will be located at each event and open 60 minutes prior to the start of the event, 90 minutes prior in pole vault. The facility maps on pages 33-37 indicate the location of the coaching boxes for each event. Field event credential stickers will be included in each team’s packet. Only coaches with the correct credentials and the listed event sticker will be allowed in the coach’s box. One coach per institution will be allowed in the coach’s box.

**ELECTRONIC DEVICES**

Coaches, athletes, competitors and officials shall not use video or audio devices, radio transmitters or receivers, mobile phones, computers or any similar devices in the competition areas, except as authorized by the games committee. (NCAA Rule #4, Section 1, Article 20)

Coaches are permitted to record their student-athletes during the competition from the coach’s box, however, coaches are NOT allowed to use any other form of electronic device in the coaches’ box. In addition, coaches are not allowed to review the video footage with student-athletes during any part of the competition. Coaches are required to wait until the competition has been completed to review footage with any student-athletes.

**EQUIPMENT (STARTING BLOCKS, WEIGHTS AND BATONS)**

All student-athletes will be required to use the blocks and batons as supplied by Gill and exclusive for this NCAA Championship. A limited number of throwing implements will also be supplied for use by competitors. Competitors may use their own throwing implements if they pass certification and weigh-in. The available implements are as follows:
Shot Put
- NCAA Perfect Balance Gill Shot, 4k, 108mm
- NCAA Turned Iron Gill Shot, 4k, 104mm
- NCAA Perfect Balance Gill Shot, 16lb, 128mm
- NCAA Turned Iron Gill Shot, 16lb, 125mm

Discus
- NCAA OTE High Moment Gill Discus, 1k
- NCAA Pacer Orange Gill Discus, 1k
- NCAA OTE High Moment Gill Discus, 2k
- NCAA Pacer Orange Gill Discus, 2k

Hammer
- NCAA Stainless Steel Gill Hammer, 4k, 95mm
- NCAA Stainless Steel Gill Hammer, 16lb, 110mm

Javelin
- 800G Full Countervail Carbon Gill Javelin
- 600G Full Countervail Carbon Gill Javelin

Spikes
- Spikes can be a maximum length of ¾” inch pyramids or trees. Pins are not allowed.

Evaluations
The NCAA will send an evaluation to coaches via email to provide to their participating student-athletes after the championships. We ask that coaches and student-athletes complete the evaluation, as their input is a valuable resource to the continuing improvement of the championships.

Hospitality
Hospitality rooms for coaches and student-athletes will be located inside of Mitchell Hall. The times that each room opens are listed below. Designated times are listed each day for when the main coaches’ meal will be served. Credentials are required for ALL hospitality locations and meal tickets are required for coaches’ hospitality meals.

Thurs. May 24
10 a.m.-5 p.m. Hospitality Rooms open Mitchell Hall
12 p.m.-2 p.m. Coaches Hospitality Meal Served Mitchell Hall

Fri. May 25
10 a.m.-5 p.m. Hospitality Rooms open Mitchell Hall
12 p.m.-2 p.m. Coaches Hospitality Meal Served Mitchell Hall

Sat. May 26
10 a.m.-5 p.m. Hospitality Rooms open Mitchell Hall
10:30 a.m.-1 p.m. Coaches Hospitality Meal Served Mitchell Hall

Implement Weigh-In
All implements should have an identifiable mark; either a school name or a student-athlete’s name. Meet organizers will provide a limited supply of Gill implements for use by competitors not wishing
to use their own implements or whose implements have not passed inspection. Competitors who require implements for practice after inspection should bring secondary implements. Competitors who require implements for practice after inspection should bring secondary implements. Equipment bags will be inspected at the clerks’ table.

Student-athletes will not be allowed to have any implements in equipment bags taken to the competition venue. Implements not properly weighed in and certified are prohibited at the event site.

**Wed. May 23**

2 p.m.-5 p.m.  Implement weigh-in  Stadium Visiting LR

*Any implement may be weighed in and certified however, they will be impounded until competition.*

**Thurs. May 24**

8 a.m.-10 a.m.  Implement weigh-in  Stadium Visiting LR

*Decathlon shot put, heptathlon shot put, men’s discus, women’s discus, women’s javelin

12 p.m.-2 p.m.  Implement weigh-in  Stadium Visiting LR

*Friday event implements may be weighed in and certified however, they will be impounded until competition.*

**Fri. May 25**

8 a.m.-10 a.m.  Implement weigh-in  Stadium Visiting LR

*Decathlon discus, decathlon javelin, heptathlon javelin, men’s javelin, men’s shot put, women’s shot put

12 p.m.-2 p.m.  Implement weigh-in  Stadium Visiting LR

*Saturday event implements may be weighed in and certified however, they will be impounded until competition.*

**Sat. May 26**

8 a.m.-10 a.m.  Implement weigh-in  Stadium Visiting LR

*Men’s hammer, women’s hammer*

**LOST AND FOUND**

Lost and found will be in Veterans Memorial Field Sports Complex ticket booth. Lost and found can be accessed through meet personnel when the ticket booths are closed.

**PACKAGE PICK-UP**

Packet pick-up will be held Wednesday, May 23 from 1 to 2 p.m. in the Mitchell Hall gyms. A mandatory coaches meeting will begin at 2:15 p.m. in the gyms. No student-athletes are allowed in the packet pick-up area.
The following will be included in each packet:

- Student-athlete credentials
- Coaches’ credentials
- Coaching box stickers for credentials
- Bib numbers
- Safety pins
- Participant medallions
- Schedule of events
- Visitor Guides
- Facility maps
- Banquet ticket (blue wristband)
- Relay cards
- Clerking schedule
- Final instructions sheet (if necessary)
- Thursday’s heat/flight sheets (this is the only day that sheets are provided to coaches)
- Student-athlete and coaches’ gifts

Late packet pick-up will be from 5:30-6:30 p.m. Wednesday, May 23 at the banquet; Thursday, Friday and Saturday mornings at the protest tent.

**POLE VAULT STORAGE AND SHIPPING**

Please note all implements and poles can be shipped to the following address:

Attn: NCAA Track and Field Championships
Erin Thacker
University of Wisconsin – La Crosse Athletics
Mitchell Hall
1820 Pine Street
La Crosse, Wisconsin 54601

**IMPORTANT - PLEASE READ THE FOLLOWING BEFORE MAILING AN IMPLEMENT:** When mailing your implements or pole, also mail a bill of lading to the same address above (or include it with the package) so that we can mail your implements back to you immediately after the meet. See example in Appendix C.

Poles may be brought into the competition arena during practice hours Tuesday and Wednesday to store for competition. All poles should be taken to the pole storage area inside the Mitchell Hall Fieldhouse. Pole bags must be clearly marked or labeled. Please do not call to verify that your shipment has arrived. Use the shipping company’s online tracking information. Contact Kim Blum at 608-785-8616 or kblum@uwla.edu if you have any questions.

**PROGRAMS**

Meet programs are located online at [http://www.ncaa.com/gameprograms](http://www.ncaa.com/gameprograms). You can view, save, or print the program directly from the website for free. Additionally, after the championships, there will be pages added to the program that include the winning teams’ photos and a championships recap.

**SPIKES**

Spikes can be a maximum length of ¼” pyramids or trees. Pins are not allowed. Spikes will be checked at the clerking table and rechecked at the event venue.
AWARDS

MEDALS AND TROPHIES
Official NCAA awards will be presented to the top eight finishers in each event of the championships. Team trophies will be awarded to first through fourth place in each of the championships. In case of ties, the awards will be shipped after the championship by the NCAA office.

A team/individual may order additional awards, granted that it is an award they received during competition. A team/individual may not order awards they did not receive. Go to http://services.mtmrecognition.com/ncaa/ to order additional awards.

MEDALLIONS
Participation medallions will be provided during packet pick-up to all student-athletes (EXCEPT ALTERNATES) competing at the championships.

STUDENT-ATHLETE PARTICIPANT AWARD
Student-athletes advancing to the championships will receive a participant award, which the NCAA will provide after the conclusion of the championships. The NCAA, in conjunction with Main Gate, Inc., will send an email directly to the participating institutions head coaches regarding the ordering and delivery process of championship participant awards. If you do not receive information for ordering the awards within two weeks’ post event, would like to purchase additional awards, or have questions with the ordering process, please contact Linda Godby (lgodby@ncaa.org) at the NCAA.

NCAA ACADEMIC RECOGNITION PROGRAM – ELITE 90
The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by number of credits completed. For more information regarding this program, please contact Mark Bedics, Andrew Louthain or Quintin Wright at elite90@ncaa.org or 317-917-6222. All documents, including eligibility, deadlines and nomination forms are located at http://www.ncaa.org/about/resources/events/awards/elite-90-academic-recognition-award-program.

The nomination submission deadline for Division III outdoor track and field is 5 p.m. Eastern time, Tuesday, May 22. This award will be presented at the banquet.

BANQUET
The banquet will be held at 6 p.m. Wednesday, May 23 in the La Crosse Center’s South Hall. Doors to the banquet will open at 5:45 p.m. The La Crosse Center is located at 300 Harborview Plaza, approximately five minutes from the UW-La Crosse campus. Each qualifying student-athlete will receive a complimentary banquet ticket.
Each coach will receive complementary banquet tickets based on the criteria below (per gender).

<table>
<thead>
<tr>
<th>Number of Student-Athletes*</th>
<th>Number of Additional Banquet Tickets</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>1</td>
</tr>
<tr>
<td>6-10</td>
<td>2</td>
</tr>
<tr>
<td>11-15</td>
<td>3</td>
</tr>
<tr>
<td>16 or more</td>
<td>4</td>
</tr>
</tbody>
</table>

*Does not include alternate

A limited number of additional banquet tickets are available for purchase for $30 each on a first-come, first-served basis through the following link:
https://beta.planningpoint.net/Registration/2018DIIIODTRACK

The banquet will be buffet-style meal.

**Menu:** Garden salad w/choice of dressing; dinner rolls; penne pasta in marinara sauce; redskin mashed potatoes w/gravy; herb chicken breast; slow roasted beef tips; assorted cheesecakes; beverages include lemonade, iced tea, coffee and water.

**COACHES’ ADMINISTRATIVE MEETING**

There will be a coaches’ meeting after packet pick-up at 2:15 p.m. Wednesday, May 23 in Mitchell Hall gyms. This meeting is mandatory (1 representative per institution). Items covered are protest procedures, officiating, awards ceremony process, and NCAA policies.

**CREDENTIALS - PARTICIPANTS**

The following credentials will be distributed at packet pick-up:

1. Each student-athlete registered to compete will receive one credential for access to the championships.

2. Each program will receive up to four coach credentials per gender/program.

3. Each team with qualified relays will receive up to two additional participant credentials to allow alternates access to the venue.

[Credentials referenced in Nos. 1 through 3 are to be requested at the following site: https://beta.planningpoint.net/Registration/2018DIIIODTRACK]

4. Each institution will be allowed one additional pass per gender, per program if a medical trainer or physician is accompanying the team. Medical credentials will be administered by the host agency’s sports medicine staff. (See Medical Credentials on page 17)
5. Credentials are non-transferable. Any student-athlete, coach, administrator, media or athletic training personnel found giving or selling his/her credential to another person is subject to sanctions by the NCAA Division III Men’s and Women’s Track and Field and Cross Country Committee.

6. Coaches with field event student-athletes will receive a color-coded sticker in the team packet which will denote which coaches’ boxes they are allowed access to. Only coaches with the correct credentials and the listed event sticker will be allowed in the coaches’ box. One coach per institution will be allowed in the coach’s box.

**DRUG TESTING**

NCAA championships committees, following a recommendation from the NCAA drug-testing subcommittee, have discontinued the practice of announcing whether drug testing will be conducted at NCAA championship events.

Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.

Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championships event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.

If drug testing were to occur, the following format would be followed:

**# Tested:** Division III – 96

**Test Plan:** Winner and random participant from individual events; winning team and one random from relay after student-athlete’s last event of that day.

**COMPETITION SITE**

**FACILITY**

*See also Appendix E for a map of the facilities.*

The stadium provides seating for 10,000+ spectators.
**Field Event Specific Information**

**Discus venue**
- Cement surface
- Located in grass field area, northeast

**Hammer venue**
- Cement surface
- Located in grass field area, northeast

**Javelin venue**
- Poured polyurethane surface
- 115’ runway
- Located in grass field area, east of hammer

**Shot put venue (OPEN & COMBINED)**
- Cement surface
- 2 rings
- OPEN: Located in grass field area, southeast
- COMBINED: Located in the grass field area, north

**High Jump venue**
- Beynon BSS 1000 embedded surface
- 100’ x 50’ when used for single pit
- Located on the south end of track

**Pole Vault venue**
- Beynon BSS 1000 embedded surface
- North & south runways 335’ if single mat setup
- 150’ runways if 2 mats are setup
- Inside backstraight of track

**Long Jump venue**
- Beynon BSS 1000 embedded surface
- 180’ runways (both east & west)
- Located on east side of track complex
- Women’s Long Jump (West runway)
  - 1 board at 10 feet
- Men’s Long Jump (East runway)
  - 1 board at 10 feet

**Triple Jump venue**
- Beynon BSS 1000 embedded surface
- 180’ runways (both east & west)
- Located on east side of track complex
- Women’s Triple Jump (West runway)
  - 2 boards at 32’, 36’
- Men’s Triple Jump (East runway)
  - 2 boards at 36’, 41’

**Track Specific Information**
- 10-lane track
- Lanes are 42” wide
- Beynon BSS 1000 embedded surface

**TEAM PARKING AND ENTRANCES**

Team parking will be available in the commuter parking lots of C-2, C-8, C-11 and the parking ramp. Bus parking is available on 16th St, 17th St and Farwell St. Those teams who are staying on campus overnight will be allowed to park in the residential lots of R-4 and R-5.

All student-athletes and coaches must present a valid credential for access to the competition facility, practice facility and hospitality rooms. Participating student-athletes will be escorted to the
competition venue after clerking/check-in. Coaches can enter the competition venue at the designated entrances. Please see the facility map. Non-participating student-athletes and coaches must present a valid credential to access the competition venue. Spectators are only allowed to enter the facility through the main entrance of the facility next to the ticket windows.

**WEIGHT ROOM HOURS**

The UW-La Crosse Sports Performance Center, located in Mitchell Hall, is available for student-athlete use during the event. Coaches must contact Joel Luedke, (jluedke@uwlax.edu) to reserve a space in the weight room. Coaches must accompany their student-athletes for liability purposes. Coaches and student-athletes are not permitted inside the weight room outside of the scheduled hours of use.

UW-La Crosse Sports Performance Center hours of operation

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10 a.m.-4 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>10 a.m.-4 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>8 a.m.-10 a.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>8 a.m.-10 a.m.</td>
</tr>
<tr>
<td>Saturday</td>
<td>please request time</td>
</tr>
</tbody>
</table>

**MEDIA SERVICES**

**CREDENTIALS – WORKING MEDIA**

Anyone requesting credentials must apply for them through the NCAA. To do so, go to the website [http://www.ncaa.com/media](http://www.ncaa.com/media) and scroll down to the “Credential Application” portion of the appropriate event (NCAA Division III Outdoor Track and Field Championships). The University of Wisconsin-La Crosse and the NCAA will review all requests and approve accordingly. Contact Dave Johnson at djohnson@uwlax.edu with any questions. Sports information credential requests will be accepted until 3 p.m. Central, Tuesday, May 22. Media credentials may be obtained at the Veterans Memorial Field Sports Complex Ticket booth on competition days of Thursday, Friday and Saturday.

If you have media wishing to cover the event, please forward this information to the appropriate sports writer or editor. Their requests must come on company letterhead. Media sending photographers should make arrangements well in advance of the championships date. Photographer access will be tightly controlled and limited to professional photographers who have applied for media credentials. Meet information is currently available on the championship website [www.uwlathletics.com/2018outdoornationals](http://www.uwlathletics.com/2018outdoornationals). Links to the results will also be available at this address after the competition.

Media must remain in the designated media boxes in the competition venue. Maps of the designated areas will be available at the championships and included when you pick up your credential. If media members fail to adhere to this policy their credentials and access to the venue will be removed.

Media workspace will be available in the Stadium home locker room.
NCAA guidelines dictate that each institution competing in the championships is entitled to one credential for its sports information staff. The credentialed person MUST be an employee of the requesting institution. Each competing team’s sports information director should request credentials through the host sports information director.

**MEDICAL**

**MEDICAL CREDENTIALS**

Athletic trainers or team physicians traveling with their student-athletes should contact Joel Luedke to secure a team medical credential. This request must be made no later than 5 p.m. CDT, Monday May 21 to Joel Luedke (jluedke@uwlax.edu). Upon arrival, the ATC or MD must present a photo ID at packet pickup to receive their credential. Per NCAA regulations, this credential will allow access to any of our athletic training facilities and into the competition area only under the following conditions:

1. Your credential is visible; and
2. Your student-athlete is injured.

If your team is NOT traveling with an athletic trainer or physician, please provide the necessary supplies and documentation. A letter from an ATC or MD detailing treatment parameters will be needed for any modalities other than ice related treatments. Each team is expected to bring a fully stocked medical kit with emergency contact and insurance information. Additionally, if your student-athlete requires specific treatment before practice or competition, or post-competition, please contact the host medical staff well in advance of the championships so we are able to accommodate as much as possible.

**MEDICAL FACILITIES**

There will be several areas that credentialed student-athletes and credential team medical personnel will have access to before, during and following the championships.

1. **Athletic Training Area.** The main athletic training area for the championships will be in the basement of Mitchell Hall, Room 10. Mitchell Hall is located across Pine Street just south of Veteran’s Memorial Stadium. An additional athletic training location will be located at the south end of the Stadium. This location will be for emergency care and recovery as needed.

The main medical facility will be supplied with electrical stimulation, ultrasound, combination e-stim/US, cryo-compression unit, hot packs, ice, along with other general and wound care supplies. Written permission from institutions’ athletic trainer will be required for use of modalities. This can be through a letter that is brought with the student-athlete or in email correspondence.

a. The athletic training center will open two hours prior to the first event of the day and will remain open until approximately one hour after the final event has been completed.
b. If you have any special needs or requests, please notify a host athletic trainer and all efforts will be made to accommodate your request.
c. Along with the athletic training staff at the event, UW-La Crosse’s team physician will be available directly on site for competition days. If there is a need beyond that a physician will be available on an “on-call” basis.

2. **Cold Baths/Tubs.** These will be provided throughout the practice days as well as competition. They will be located in the southwest corner of the track in the grassy area and located under the tent. They will be constantly filled with water and ice as needed.

3. **Hydration.** There will be numerous hydration stations located throughout the track complex and event areas. Both water and Powerade will be available. Cups will also be provided.

**ATHLETIC TRAINING SERVICES HOURS**

*Closing times may vary depending on the meet and the progression of the day.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. May 22</td>
<td>10 a.m.-5 p.m.</td>
<td>Athletic Training open Mitchell Hall</td>
</tr>
<tr>
<td>Wed. May 23</td>
<td>10 a.m.-5 p.m.</td>
<td>Athletic Training open Mitchell Hall</td>
</tr>
<tr>
<td>Thurs. May 24</td>
<td>8 a.m.-6:30 p.m.</td>
<td>Athletic Training open Mitchell Hall</td>
</tr>
<tr>
<td>Fri. May 25</td>
<td>8 a.m.-6 p.m.</td>
<td>Athletic Training open Mitchell Hall</td>
</tr>
<tr>
<td>Sat. May 26</td>
<td>9 a.m.-5 p.m.</td>
<td>Athletic Training open Mitchell Hall</td>
</tr>
</tbody>
</table>

**HOSPITAL INFORMATION/DIRECTIONS**

In case of emergency on-site EMS (Tri-State Ambulance) and the UW-La Crosse Athletic Training Staff will be available. UW-La Crosse Athletic Training will provide any emergency needs throughout the championships in accordance with the meet physician as well as Tri-State Ambulance Service. Directions to the hospital have been provided in this manual from the Stadium.

**Medical Coordinator**
Joel Luedke MSe, ATC|L
UW-La Crosse Athletic Training
O: 608-785-6542
e-mail: jluedke@uwlax.edu

**Tri-State Ambulance Services/EMS**
Non-Emergency-608-784-8827

**Emergency Equipment On-Site**
- AED’s
- Split Kits
- Spine Boards
- General First Aid
Tri-State Ambulance will be on-site for the duration of the competition day of the championships. If additional service is needed, further assistance will be called for by on-site EMS and/or the covering athletic training staff.

Mayo Clinic Health System-Franciscan Healthcare  
700 West Avenue South  
La Crosse, WI 54601  
608-785-0940

- START: UW-La Crosse Mitchell Hall  
- Depart going South West on Campbell Rd towards State St.  
- Turn RIGHT onto State St. and continue West towards West Ave S.  
- Turn LEFT onto West Ave S/WI-35, continue South  
- Take a RIGHT onto Market St., Mayo Clinic Health System is on the LEFT  
- END: Mayo Clinic Health System-Franciscan Healthcare

Gundersen Health System  
1836 South Avenue  
La Crosse, WI 54601  
608-782-7300

- START: UW-La Crosse Mitchell Hall  
- Depart going South West on Campbell Rd towards State St.  
- Turn RIGHT onto State St. and continue West towards West Ave S.  
- Turn LEFT onto West Ave S/WI-35, continue South  
- Take a RIGHT onto St. Rd, continue West  
- Take a LEFT on 7th St. South towards hospital  
- END: Gundersen Health System

Depending on the situation and the severity of the injury or emergency, the athletic training staff/physician on duty will recommend which facility will best suit the needs of the situation. The athletic trainer and/or physician will contact the meet director and will call ahead to the recommended to help expedite needed services. Tri-State Ambulance will remain on-site throughout the championships.

**MEDICAL DISQUALIFICATION**

As the event sponsor, the NCAA has valid authority to ensure that all student-athletes are physically fit and able to participate in its championships. This includes that a student-athlete’s participation will not expose other participants to a significantly enhanced risk of harm.

The student-athlete’s team physician can determine whether an individual with an injury, illness, or other medical condition should be able to continue to participate or be disqualified. In the absence of a team physician, the NCAA championships physician, as designated by the host school, has the unchallengeable authority to examine the student-athlete and make a decision regarding continued participation or medical disqualification.

If, in the opinion of the tournament physician, continued participation by the injured student-athlete may expose others to a significantly enhanced risk of harm, the tournament physician has the final decision regarding participation by the student-athlete. The chair of the governing sports committee (or a designated representative) should be responsible for administrative enforcement of the medical judgment, if it involves disqualification.

Please refer all medical and athletic training related questions to the medical coordinator.
**CONTACT INFORMATION**

Medical Coordinator  
Joel Luedke MSe, ATC|L  
UW-La Crosse Athletic Training  
O: 608-785-6542  
email: jluedke@uwlax.edu

Tri-State Ambulance Services/EMS  
Non-Emergency-608-784-8827

**MERCHANDISE**

Official NCAA Merchandise will be on sale starting Wednesday, May 23. Merchandise will be in the Stadium’s north concessions stand.

- **Wed. May 23**  
  12-4 p.m.  
  NCAA Merchandise on sale  
  Stadium N. Concess.

- **Thurs. May 24**  
  11 a.m.-4 p.m.  
  NCAA Merchandise on sale  
  Stadium N. Concess.

- **Fri. May 25**  
  11 a.m.-4 p.m.  
  NCAA Merchandise on sale  
  Stadium N. Concess.

- **Sat. May 26**  
  11 a.m.-3 p.m.  
  NCAA Merchandise on sale  
  Stadium N. Concess.

**PARTICIPANT EXPECTATIONS AND GUIDELINES**

**MISCONDUCT**

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics. Each games committee shall hold an administrative meeting with the coaches of participating institutions to review and explain the policies related to misconduct.

**FAILURE TO ADHERE TO POLICIES AND PROCEDURES**

A governing sports committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition.
**PRACTICE SCHEDULE AND FACILITY HOURS**

**STADIUM HOURS/ PRACTICE SCHEDULE**

The Veterans Memorial Field Sports Complex will be open for practice Tuesday, May 22 and Wednesday May 23. Please see the times listed below that each venue will be open for practice. The stadium and venues will be open for one hour after the completion of the last event Thursday and Friday. Student-athletes practicing must be accompanied by a coach.

<table>
<thead>
<tr>
<th>Event</th>
<th>Tues. 5/22</th>
<th>Wed. 5/23</th>
<th>Thurs. 5/24</th>
<th>Fri. 5/25</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>1-3 p.m.</td>
<td>1-3 p.m.</td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Pole Vault</td>
<td>1-3 p.m.</td>
<td>1-3 p.m.</td>
<td>Open</td>
<td>Open</td>
</tr>
<tr>
<td>Long Jump</td>
<td>10 a.m.-1 p.m.</td>
<td>10 a.m.-1 p.m.</td>
<td>Open</td>
<td>Open</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>10 a.m.-1 p.m.</td>
<td>10 a.m.-1 p.m.</td>
<td>Open</td>
<td>Open</td>
</tr>
<tr>
<td>Shot put</td>
<td>10 a.m.-4 p.m.</td>
<td>10 a.m.-4 p.m.</td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Hammer</td>
<td>10 a.m.-12 p.m.</td>
<td>10 a.m.-12 p.m.</td>
<td>Open</td>
<td>Open</td>
</tr>
<tr>
<td>Discus</td>
<td>12-2 p.m.</td>
<td>12-2 p.m.</td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Javelin</td>
<td>2-4 p.m.</td>
<td>2-4 p.m.</td>
<td>Open</td>
<td></td>
</tr>
</tbody>
</table>

**WARM-UP/ PRACTICE TRACK (Competition days only)**

The Mitchell Hall Fieldhouse will be open for warm-ups starting two hours prior to the first competition each day. The warm-up area will close one hour after the last event each day. Facility hours are listed below. The fieldhouse has a four-lane, 200m track with six sprint lanes and additional multi-purpose surface area located inside the track. Warm-ups are NOT allowed inside the competition venue until the student-athletes are clerked and escorted to their event.

**Approx. practice time: 6-7 p.m.**

**Track Open**

<table>
<thead>
<tr>
<th></th>
<th>Tues. 5/22</th>
<th>Wed. 5/23</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lanes 1, 2: Lap running</td>
<td>10 a.m.-4 p.m.</td>
<td>10 a.m.-4 p.m.</td>
<td></td>
</tr>
<tr>
<td>Lanes 3-6: Relays &amp; blocks; Lanes 7-10: Hurdles</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SEATING AREAS**

Spectator seating will be available in the west grandstands of the outdoor Stadium. Bleachers will be available for seating at the throws events. Bleachers will also be available for seating at the jumps/vault areas located on the east side of the Stadium.
TICKETS

Only members of the official travel party receive credentials and are admitted free of charge. Other coaches/administrators and alternates must purchase their additional credentials for $30 during packet pick-up or individuals must purchase their tickets at the ticket booths on the days of competition. Ticket sales will begin each day one hour prior to the start of competition. Cash or credit card will be accepted.

The Veterans Memorial Field Sports Complex and all competition venues will open to spectators one hour prior to the beginning of competition each day.

<table>
<thead>
<tr>
<th></th>
<th>Single Day Ticket</th>
<th>All Session Ticket (Thursday, Friday, Saturday)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult</strong></td>
<td>$12</td>
<td>$30</td>
</tr>
<tr>
<td><strong>Youth/Senior/Student</strong></td>
<td>$10</td>
<td>$25</td>
</tr>
</tbody>
</table>

*Seniors: 60+
*Youth: High school students and under; Visiting college students with campus ID.
*Children two and under are free.

TRAVEL AND ACCOMMODATIONS

TRANSPORTATION

Any participating institution located within 500 miles of the competition site must drive. Please note mileage is calculated using the shortest route through the NCAA’s Travel Expense System (TES) (https://web1.ncaa.org/TES/exec/login?js=true). Click on Mileage Calculator underneath the Login area. All transportation needs will be the responsibility of the participating team.

Any institution over 500 miles is permitted to fly and all airline reservations must be made through Short’s Travel Management (866-655-9215). The participating institution shall be completely responsible for making its own travel reservations. Institutions can also enter travel manifest and other travel party information through the travel portal at www.shortstravel.com/ncaachamps.

If an institution is eligible to use air transportation to the site of the championship, and there is a major airport located within 150 miles of the championship site, then the participating institution is required to fly into/out of that airport and use ground transportation to and from the site of competition. This also applies if the originating airport is isolated within 150 miles of the participating institution’s campus.

This policy only applies when airfare is less expensive from the more distant airport. In addition, the NCAA travel staff will have discretion to increase the hub rule mileage if necessary and reasonable. When teams competing in individual-team sports are eligible to fly to the competition site, the institutions will be allowed to book travel before the official selection announcement. However, should you pre-book and any of your travelers not qualify for reimbursement, your institution will be billed for the cost of those tickets after the championship is completed. If an institution is eligible to use air transportation, they may choose to drive to the site of competition due to difficulties in
arranging air travel. Should this occur, the institution will be reimbursed the lesser of what airfare would have cost, or the eligible ground transportation. For individual-team sports, eligible ground transportation is mileage per person.

**LODGING**

UW-La Crosse Office of Residence Life is proud to be providing on campus housing options for student-athletes and coaches attending the Championships. Advanced online registrations are being accepted. Please visit the [UW-La Crosse NCAA Division III T&F housing website](#). After the advanced registration deadline please contact Tony Hanson at thansen2@uwlax.edu for housing options.

**TEAM DINING**

On campus dining options are listed below.

<table>
<thead>
<tr>
<th>Thurs. May 24</th>
<th>Fri. May 25</th>
<th>Sat. May 26</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.-6 p.m.</td>
<td>7 a.m.-10 p.m.</td>
<td>7 a.m.-6 p.m.</td>
</tr>
<tr>
<td>Student Union open</td>
<td>Student Union open</td>
<td>Student Union open</td>
</tr>
<tr>
<td>7:15-10:30 a.m.</td>
<td>7:15 a.m.-10:30 a.m.</td>
<td>11 a.m.-1:30 p.m.</td>
</tr>
<tr>
<td>Einstein’s open</td>
<td>Einstein’s open</td>
<td>Grilled It! Open</td>
</tr>
<tr>
<td>10:30 a.m.-1:30 p.m.</td>
<td>10:30 a.m.-1:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Gilled It! open</td>
<td>Grilled It! Open</td>
<td></td>
</tr>
</tbody>
</table>

**UNIFORMS**

**BIBS**

Competition bibs for each participating student-athlete will be included in each team’s packet along with eight safety pins per competitor. Bibs must be worn on the front and the back of the uniform jersey during competition. Field event competitors must wear their name bib on the front or back of the uniform jersey during the competition.

**HIP NUMBERS**

Hip numbers will be provided for all races. For student-athletes competing in races not finishing in lanes (800m and up), three numbers will be given to each student-athlete. The third number should be on the left chest. For relays, all runners will receive numbers.

**UNIFORMS**

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disciplinary action. Wearing any part of the official team competition uniform illegally (that is, top off or intentionally shortened, shoulder straps lowered) while in the area of competition shall lead to a warning by the nearest official and a report of uncorrected violations shall be made to the games committee, referee and offending competitor’s coach.
1. On any single day of competition, all team members must wear uniforms clearly indicating through color, logo and combination of all outer garments worn as a uniform, that they are the same team.

   a. Teams may change uniform colors from one day to another for multiple-day meets.

   b. Men’s and women’s programs are considered separate teams, and are not required to have uniforms of identical color.

2. A uniform consists of two school-issued components – shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment (that is, sweatpants, tights) that is school-issued becomes the official uniform, when worn.

   a. The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

   b. The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for the competitors’ numbers to be placed above the waist, front and back.

   c. Uniform tops must be worn so to not obscure hip numbers.

   d. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color.

   e. All relay and cross country team members must wear uniforms clearly indicating, through color, logo and combination of all outer garments worn as a uniform, that members are from the same team.

   f. Other visible garments useful in team recognition (that is, T-shirts, arm warmers, tights of any length, leg-warmers, each taken separately) worn by team members must be of an identical solid color. This does not apply to items of apparel above the shoulder or those covering the hands/feet.

3. Competitors shall not use or wear artificial noisemakers.

   Note 1: Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation and reported as provided in the rule.

   Note 2: Clothing defined as an ‘undergarment’ does not include items commonly defined as ‘underwear’.

   Note 3: The effect of this rule is that no imagination shall be required to justify a clear sense of belonging to a team.
**Logo Policy**

An institution’s official uniform and all other items of apparel (e.g., team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer’s or distributor’s normal trademark, not to exceed 2¼ square inches, including any additional material (e.g. patch surrounding the normal trademark or logo). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution’s official uniform cannot bear a design element similar to the manufacturer’s that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete’s institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

*IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE REFERENCE THE FOLLOWING:* [Bylaw 12.5.3 in the NCAA Division III Manual and Rule 4-3 in 2017 and 2018 NCAA Cross Country/Track and Field Rules.
APPENDIX A – SCHEDULE OF EVENTS

ALL TIMES ARE APPROXIMATE AND IN CENTRAL TIME

COMBINED EVENTS

Thursday – Men’s Decathlon
10 a.m.  100 Meters  Men  Decathlon
~10:45 a.m. Long Jump (2 pits)  Men  Decathlon
~12 p.m.  Shot Put  Men  Decathlon
~1:45 p.m. High Jump (2 pits)  Men  Decathlon
~3:45 p.m.  400 Meters  Men  Decathlon

Friday – Men’s Decathlon
10 a.m.  110 Meter Hurdles  Men  Decathlon
~10:50 a.m. Discus  Men  Decathlon
~12:30 p.m. Pole Vault (2 pits)  Men  Decathlon
~4 p.m.  Javelin  Men  Decathlon
~5:45 p.m.  1500 Meters  Men  Decathlon

Thursday – Women’s Heptathlon
10:40 a.m.  100 Meter Hurdles  Women  Heptathlon
~11:30 a.m. High Jump (2 pits)  Women  Heptathlon
~2 p.m.  Shot Put  Women  Heptathlon
~3:30 p.m.  200 Meters  Women  Heptathlon

Friday – Women’s Heptathlon
12:30 p.m.  Long Jump (2 pits)  Women  Heptathlon
~2 p.m.  Javelin  Women  Heptathlon
~3:45 p.m.  800 Meters  Women  Heptathlon

THURSDAY

11 a.m.  Discus  Men  Prelims & Final
12 p.m.  Pole Vault  Women  Final
12:45 p.m.  Long Jump  Men  Prelims & Final
1:30 p.m.  Discus  Women  Prelims & Final
3:45 p.m.  Long Jump  Women  Prelims & Final
4 p.m.  Javelin  Women  Prelims & Final

11:05 a.m.  10000 Meters  Men  Final
11:50 a.m.  10000 Meters  Women  Final

1:50 p.m.  National Anthem
2 p.m.  4x100 Meter Relay  Men  Prelims
2:15 p.m.  4x100 Meter Relay  Women  Prelims
2:30 p.m.  1500 Meters  Men  Prelims
2:45 p.m.  1500 Meters  Women  Prelims
3 p.m.  400 Meter Hurdles  Men  Prelims
3:15 p.m.  400 Meter Hurdles  Women  Prelims
4 p.m.  200 Meters  Men  Prelims
4:15 p.m.  200 Meters  Women  Prelims
4:30 p.m.  3000 Meter Steeplechase  Men  Prelims
5 p.m.  3000 Meter Steeplechase  Women  Prelims
5:30 p.m.  4x400 Meter Relay  Men  Prelims
5:45 p.m.  4x400 Meter Relay  Women  Prelims

**FRIDAY**

11 a.m.  High Jump  Men  Final
11 a.m.  Javelin  Men  Prelims & Final
1 p.m.  Shot Put  Women  Prelims & Final
2 p.m.  High Jump  Women  Final
3 p.m.  Shot Put  Men  Prelims & Final

3:05 p.m.  National Anthem
3:10 p.m.  110 Meter Hurdles  Men  Prelims
3:30 p.m.  100 Meter Hurdles  Women  Prelims
4 p.m.  400 Meters  Men  Prelims
4:15 p.m.  400 Meters  Women  Prelims
4:30 p.m.  100 Meters  Men  Prelims
4:45 p.m.  100 Meters  Women  Prelims
5 p.m.  800 Meters  Men  Prelims
5:15 p.m.  800 Meters  Women  Prelims

**SATURDAY**

11 a.m.  Hammer  Men  Prelims & Final
11 a.m.  Triple Jump  Women  Prelims & Final
12 p.m.  Pole Vault  Men  Final
2 p.m.  Hammer  Women  Prelims & Final
2 p.m.  Triple Jump  Men  Prelims & Final

11:15 a.m.  National Anthem
11:30 a.m.  3000 Meter Steeplechase  Men  Final
11:45 a.m.  3000 Meter Steeplechase  Women  Final
12:05 p.m.  4x100 Meter Relay  Men  Final
12:15 p.m.  4x100 Meter Relay  Women  Final
12:25 p.m.  1500 Meters  Men  Final
12:35 p.m.  1500 Meters  Women  Final
12:50 p.m.  110 Meter Hurdles  Men  Final
1 p.m.  100 Meter Hurdles  Women  Final
1:10 p.m.  400 Meters  Men  Final
1:20 p.m.  400 Meters  Women  Final
1:30 p.m.  100 Meters  Men  Final
1:40 p.m.  100 Meters  Women  Final
1:50 p.m.  800 Meters  Men  Final
2 p.m.  800 Meters  Women  Final
2:15 p.m.  400 Meter Hurdles  Men  Final
2:25 p.m.  400 Meter Hurdles  Women  Final
2:40 p.m.  200 Meters  Men  Final
2:50 p.m.  200 Meters  Women  Final
3 p.m.  5000 Meters  Men  Final
3:25 p.m.  5000 Meters  Women  Final
3:50 p.m.  4x400 Meter Relay  Men  Final
4 p.m.  4x400 Meter Relay  Women  Final
Track and Field Championships
Host Medical Form

Venue: __________________________ Host Institution: __________________________

Name: __________________________ Time: __________ AM/PM  Date: ______________

Address: __________________________

Sport: ______________ Position: ______________ Age: ___  ☐ Male  ☐ Female

Medical Insurance: Yes / No  Company: ________________________________ Policy #: __________

Team: ______________  Contact Person: __________________________  Contact #: __________

Injured Area: Left / Right  •  New Injury: Yes / No  •  Comp / Practice / Warm-up / Non-Athletic

Continued Participation Recommendation? Yes / No

Incident Description: ________________________________________________________________

History: __________________________________________________________________________

Physical Exam: ______________________________________________________________________

Diagnosis: __________________________________________________________________________

Treatment: __________________________________________________________________________

Disposition: ☐ Return to Competition  ☐ Disqualified from Competition  ☐ EMS/Ambulance Transport
☐ Released to Parent  ☐ Released to Institutional Representative  ☐ Refusal of Care

Comments (NCAA staff notification for disqualifications): __________________________________

Host Certified Athletic Trainer (if applicable) _____________________________________________

Team Medical Staff (if applicable) ______________________________________________________

Host Physician Signature _____________________________________________________________
APPENDIX C – IMPLEMENT SHIPPING DIRECTIONS

All implements may be shipped directly to Wisconsin-La Crosse. Please fill out your contact information and place the bottom half of this sheet on the outside of the shipping box or pole bag. Contact Kim Blum at 608-785-8616 or kblum@uwla.edu if you have any questions.

Ship to: 
Attn: NCAA Track and Field Championships
Erin Thacker
University of Wisconsin-La Crosse Athletics
Mitchell Hall
1820 Pine Street
La Crosse, Wisconsin 54601

Please print clearly or type information below and attach to shipping box or pole bag

Institution ___________________________  Coach’s Name ___________________________
Email Address ___________________________  Phone Number ___________________________

Check all that apply for each package (include quantity)

☐ Men’s Pole Vault (#) ___________  ☐ Women’s Pole Vault (#) ___________
☐ Men’s Shot (#) ________________  ☐ Women’s Shot (#) ______________
☐ Men’s Hammer (#) _____________  ☐ Women’s Hammer (#) _____________
☐ Men’s Disc (#) ________________  ☐ Women’s Disc (#) ________________
APPENDIX D – DIRECTIONS

From the West: Exit Interstate I-90 at Onalaska Highway 157 (Exit 4). Turn right on Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the North: Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side both junction with Interstate I-90.

If traveling south on Highway 61, go east on I-90 to Highway 157 (Exit 4). Turn right onto Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

If traveling south on Highway 53 (go over I-90 at Exit 4). Follow Highway 157 to Highway 16. Turn right on Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the East: Travelers heading west to La Crosse on Interstate I-90 exit at Onalaska-La Crosse Highway 16 (Exit 5). Turn left onto Highway 16. Drive 4.8 miles and right on La Crosse Street and then left on East Avenue to campus.

From the South: Highway 14, 61, and 35 enter the city on the South. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles). Turn left on La Crosse Street and then left on East Avenue to campus.

FROM LA CROSSE TO: MILEAGE
Milwaukee, Wisconsin 200 miles
Madison, Wisconsin 142 miles
Green Bay, Wisconsin 206 miles
Wausau, Wisconsin 147 miles
St. Paul, Minnesota 150 miles
Chicago, Illinois 283 miles

For additional information: UW-La Crosse Athletics Visiting Team Guide
La Crosse County Convention & Visitors Bureau
Entrances & Ancillary Areas

ANCILLARY AREAS
- M: Merchandise
- C: Concessions
- AT: Athletic Training
- MH: Mitchell Hall
- P: Protest
- A: Awards Podium

ENTRANCES
- Spectators
- Coaches & Credentialled
- Meet Personnel
- Student-Athletes
Coach’s Boxes-Throws Venues

**BOXES**
- Coach’s Box
- Student-Athletes

**THROWS VENUES**
- Discus
- Javelin
- Hammer
- Combined Shot Put
- Open Shot Put