



2013 INDOOR TRACK & FIELD

CHAMPIONSHIPS

HOSTED BY UW-STEVENS POINT

FEBRUARY 22-23, 2013

WELCOME TO STEVENS POINT

The UW-Stevens Point Department of Athletics is pleased to have your team visiting our campus. This booklet contains information to assist you with your stay in Stevens Point. Please feel free to contact any of us with UWSP Athletics if we can assist you during your planning and stay in Stevens Point.

—Daron Montgomery, Director of Athletics

FACILITY LOCATION

Health Enhancement Center

2050 Fourth Ave.
Stevens Point, WI 54481
Phone: 715-346-3888
Fax: 715-346-4655
Website: <http://athletics.uwsp.edu>

Directions can be found at:
<http://www.uwsp.edu/landingPages/Pages/tour/directions.aspx>

KEY CONTACTS

WIAC Commissioner	Gary Karner Office: 608-263-4402 gkarner@uwsa.edu
Asst. Commissioner	Matt Stanek Office: 608-265-6406 mstanek@uwsa.edu
Director of Athletics	Daron Montgomery Office: 715-346-4494 daron.montgomery@uwsp.edu
Men's Track & Field Coach	Rick Witt Co-Meet Director Office: 715-346-3677 rwitt@uwsp.edu
Women's Track & Field Coach	Megan Craig Co-Meet Director Office: 715-346-4868 mcraig@uwsp.edu
Media Relations Director	Mitch Capelle Office: 715-346-2840 mcapelle@uwsp.edu
Facilities Management	David Foemmel Office: 715-342-5223 dfoemmel@uwsp.edu
Head Athletic Trainer	Amanda Helt Office: 715-346-4772 amanda.helt@uwsp.edu

ADMISSION

Admission: An admission fee will be charged at the gate for all spectators.

Friday	Adults: \$8 Student: \$5
Saturday	Adults: \$8 Students: \$5

Children 5 & under will be admitted free.

CAMPUS PARKING

Team buses should plan to arrive and drop-off championship participants in Parking Lot F-West (see attached campus map). Participating student-athletes and coaches may enter the Health Enhancement Center using the south doors.

Campus lots and metered lots will not be enforced after noon on Friday, Feb. 22 and will be open all day on Saturday, Feb. 23.

VOLUNTEER/CREDENTIALS

All championship volunteers, conference personnel, and meet workers will pick up their staff shirt and credential adjacent to the MAC entrance near the ticket sales table. Participating student-athletes will receive their credential and race bib in a packet provided at the coaches meeting.

WIAC HOSPITALITY

A hospitality room will be available for coaches, officials, and volunteers.

Friday 11:30 a.m. - 3 p.m.
Saturday 9 a.m. - 1 p.m.

The hospitality room will be located in the Broadhagen-Counsell Room in the Quandt hallway.

GENERAL MEET INFORMATION

Entries: Entries into the meet must be listed in the top 24 performances on the final WIAC Honor Roll. Final submissions to qualify in the top 24 performances must be received by NOON on Monday, February 18. In addition, each institution will be allowed to enter one relay team in each relay event and up to four wild card participants. No institution is permitted more than six declared athletes in any one event.

Entries will be done online by PT-Timing (www.pttiming.com) starting Monday, Feb. 18. Entries must be received by NOON on Wednesday, Feb. 20. No mark should be submitted for wild carded athletes. Please identify your wild card entries in an e-mail to Rick Witt (rwitt@uwsp.edu) by NOON on Wednesday, Feb. 20. After NOON on Wednesday, Feb 20, only scratches will be allowed, with that athlete being scratched from all events.

Heat Sheets: Heat sheets will be posted on the WIAC site no later than 4 p.m. on Thursday, Feb. 21.

Results: Following the protest period, results will be posted near the track facility. Final results will be posted immediately after the competition on the WIAC site (www.wiacsports.com) as well as the UW-Stevens Point track and field website (athletics.uwsp.edu).

Timing: Finish Lynx fully automatic timing will be used.

Shot & Wt: Circle is synthetic plywood.

Implements: Weigh-in and inspection of throwing implements will take place near the throwing area at the east end of the facility at the following times: Friday 10-11 a.m. (men) and 2:30-3:30 p.m. (women); Saturday 10-11 a.m.

Track: 200 Meter MONDO track. Six lanes all the way around and 8 sprint/hurdle lanes on the straight. Quarter inch pyramid spikes are allowed and may be worn on both the track and the infield.

HJ/PV: Quarter inch pyramid spikes allowed. Will use five-alive method as long as there are more than 8 competitors at a given height. Opening heights will be determined at the Coaches' Meeting. Only one high jump pit will be used for the heptathlon/pentathlon.

LJ/TJ: Men's heptathlon long jump will use the triple jump runway. Approach length is unlimited. Both men's and women's open long jump will utilize the West Pit. Triple jump will use the south pit (back stretch). Distances from the track surface takeoff boards are 28, 32, 36, and 40 feet. Long jump boards are 8 feet. Approach length is unlimited for the south pit.

Games Committee:

Gary Karner – WIAC Commissioner
Rick Witt (men) – UW-Stevens Point
Megan Craig (women) – UW-Stevens Point
Glen Drexler (both men and women) – UW-Superior
Mike Johnson (both men and women) – UW-Whitewater

Coaches' Meeting: On Friday, the men's coaches' meeting will take place at 11 a.m. and the women's coaches' meeting will take place at 2:30 p.m. in room 146 HEC. There will be an informal coaches meeting on Saturday, 8:30 a.m. to finalize any details.

Locker Rooms: Locker rooms and showers will be available. Please provide your own towel and do not leave unattended items in the locker room. Men's and women's locker rooms are located next to the pool.

Training Room: A certified athletic trainer will be available on Friday from 10 a.m.-8 p.m. and on Saturday from 8 a.m.-6 p.m.

Concessions: Concessions will be available in the track area. A variety of food and drinks, snacks, popcorn, candy, water, soda, and Powerade will be sold.

Apparel: WIAC T-shirts and apparel will be available at the meet for fans to purchase.

Photos: Photos will be available for purchase on the WIAC website.

Awards: Medals will be presented to the top eight individual finishers for each event and the top six teams for each relay. Awards will be presented following the conclusion of the finals for each event. It is mandatory for each athlete to be wearing team issued apparel. Awards will take place in the infield.

RECOMMENDED LODGING

Comfort Suites 300 N. Division St.	715-341-6000
Country Inn and Suites 301 N. Division St.	715-345-7000
Fairfield Inn & Suites 5317 Hwy. 10 East	715-342-9300
Holiday Inn Convention Center 1001 Amber Ave.	715-344-0200
Hampton Inn - Plover 3090 Village Park Dr.	715-295-9900

GROUND TRANSPORTATION

Lamers Bus Lines
2415 Trailwood Lane
Mosinee, WI 54455
715-241-7799
Fax: 715-241-8866
Enterprise Rent a Car
5110 Main St.
715-341-1200
800-736-8222

Courtesy Cab
5622 Cty Tk B
715-342-8863

RECOMMENDED RESTAURANTS

Domino's Pizza 3033 Church St.	715-345-0901
Rocky Rococo Pizza & Pasta 135 Division St.	715-342-8885
Cousin's Subs 641 Division St.	715-295-9650
Hardee's 617 Division St.	715-344-3331
McDonald's 127 Division St.	715-341-0042
Subway 135 Division St. 28 Park Ridge Dr.	715-341-7777 715-342-4408
Hilltop Pub & Grill 4901 Hwy. 10 East	715-341-3037
Perkins 143 Division St.	715-341-5044

OTHER SERVICES

ATM Locations

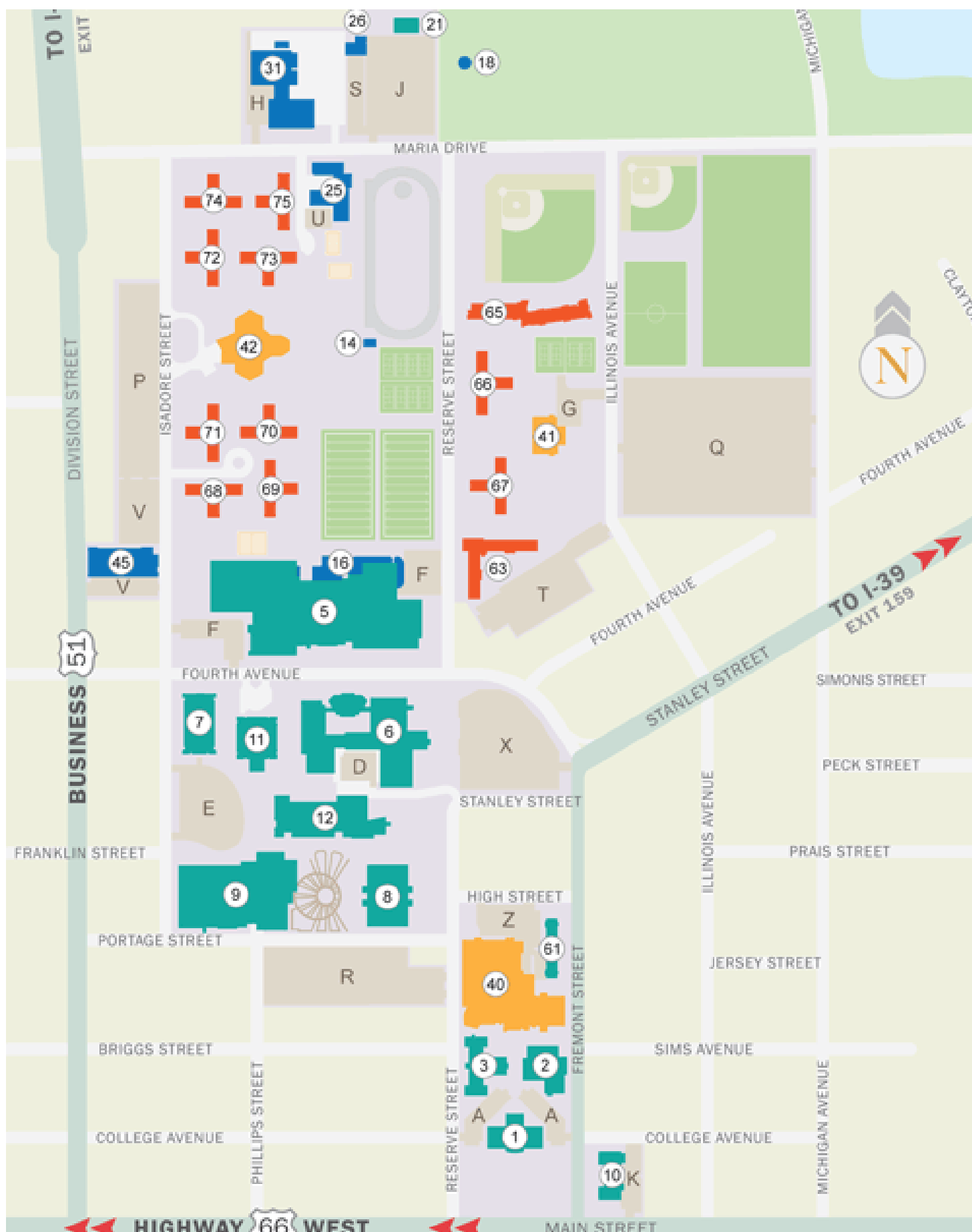
On Campus:
Health Enhancement Center
(Outside Quandt Gym)
2050 Fourth Ave.

University Center
1015 Reserve St.

Shopping

Kmart 111 Division St.	715-341-6060
Shopko 1200 Main St.	715-344-5600
Trig's 1600 Academy Ave.	715-341-0200

CAMPUS MAP



2013 WIAC INDOOR TRACK & FIELD CHAMPIONSHIPS MEET MANUAL

MENS WIAC INDOOR CHAMPIONSHIP MEET RECORDS

Event	Performance	Name	School	Year
55m/60m Dash	6.32/8.80c (Prelims)	Matt Pagel	La Crosse	2004
55m/60m Hurdles	7.47/8.05c	Norris Thomas	La Crosse	1993
200m Dash	21.34	Andrew Rock	La Crosse	2003
400m Dash	48.23	Dean Bryan	Stevens Point	1991
800m Run	1:50.03	Matt Groose	Oshkosh	2002
Mile Run	4:10.24	Ryan Kleimenhagen	Platteville	2005
3,000m Run	8:22.25	Jeremy Burks	Whitewater	2001
5,000m Run	14:33.00	Dan Held	Eau Claire	1988
High Jump	2.15m (7' 0 1/2")	Jase Graber	Eau Claire	1993
		Mike Kunderling	Stout	1993
Long Jump	7.49m (24' 7")	Bill Schroeder	La Crosse	1993
Triple Jump	15.34m (50' 3 3/4")	Dean Cash	La Crosse	1990
Shot Put	19.29m (63' 3 1/2")	Tom Newberry	La Crosse	1985
35lb Throw	20.6m (67' 7")	Kevin Becker	La Crosse	2005
Pole Vault	5.38m (17' 7 3/4")	Mike Schnur	La Crosse	1996
Pentathlon	3,933 points	Bill Schroeder	La Crosse	1993
4x200m Relay	1:27.99	A. Rock, N. Olson, A. Buchberger, C. Sellers	La Crosse	2004
4x400m Relay	3:18.07	Witcraft, Hallingstad, Boldt, Anders	Stout	1996
Distance Medley Relay	9:56.38	D. Cisewski, K. Klueger, J. LeRoy, M. Groose	Oshkosh	2002

MENS MULTI-ACTIVITY CENTER RECORDS

Event	Performance	Name	School	Year
55m Dash	6.31	B. Jones	Lincoln, PA	1992
55 Hurdles	7.37	J. York	SUNY Albany	1992
200m Dash	21.84	A. Rock	La Crosse	2001
400m Dash	47.73	D. Stevens	Montclair, NJ	1992
600m Run	01:19.6	K. Murphy	Olivet Nazarene	1996
800m Run	01:49.9	C. Terrelonge	Lincoln, PA	1992
1,000m Run	02:29.3	J. Kelsey	Oshkosh	1999
1,500m Run	03:52.3	M. Groose	Oshkosh	2001
3,000m Run	08:18.1	D. Schwamberger	UWSP/Club Men	2004
5,000 Meters	14:25.9	G. Wasserman	NB Wesleyan	1992
200m Hurdles	24.64	C. Larsen	Stevens Point	1992
Long Jump	24' 6 1/2"	L. Jones	St. Thomas	1992
High Jump	7' 0 1/4"	L. Jones	St. Thomas	1992
Triple Jump	50' 3 1/2"	D. Cash	LaCrosse	1991
Pole Vault	17' 0 3/4"	N. Pergande	LaCrosse	2006
Shot Put	58' 1 3/4"	P. Conlin	Platteville	1992
35lb Throw	63' 2"	N. Eschenbach	Stevens Point	2003
Heptathlon	5101	K. Steiner	Stevens Point	2006
4x200 Relay	01:28.0	Tuskey, Rock, Wittlemder, McKahan	La Crosse	2001
4x400 Relay	03:12.8	Deterville, Svesta, Toshner, Rock	La Crosse	2004
Distance Medley Relay	09:56.9	D. Litsheim, N. Dax, A. Land, P. Richert	Stevens Point	2010

WOMENS WIAA INDOOR CHAMPIONSHIP MEET RECORDS

Event	Performance	Name	School	Year
55/60m Dash	7.11/7.66c	Camille Ross	Whitewater	2000
55/60m Hurdles	8.28/8.90c	Jennifer Stafslie	Eau Claire	2004
200m Dash	24.94	Camille Davis	Oshkosh	2011
400m Dash	55.96	Amanda Donath	Oshkosh	2007
800m Run	2:10.35	Marcia Taddy	Platteville	2008
Mile Run	4:51.05	Marcia Taddy	Platteville	2007
3,000m Run	9:54.79	Cheryl Niederberger	Oshkosh	1989
5,000m Run	17:05.81	Julia Rudd	La Crosse	2006
High Jump	1.75m (5' 9")	Michelle Riedi	Stevens Point	1983
Long Jump	5.82m (19' 1 1/4")	Margie Tremear	Milwaukee	1983
Triple Jump	12.29m (40' 4")	Laura Verdegan	Stout	2003
Shot Put	15.59m (51' 1 3/4")	Robyn Jarocki	Oshkosh	2006
20lb Throw	20.52m (67' 4")	Robyn Jarocki	Oshkosh	2006
Pole Vault	3.90m (12' 9.50")	Danielle Carrigan	Oshkosh	2011
Pentathlon	3,559.5 points	Sherri Odlevak	Superior	1981
4 x 200m Relay	1:41.73	C. Weise, A. Lindblad, J. Loe, L. Mickelson	La Crosse	2000
4 x 400m Relay	3:55.28	L. Faller, L. Broner, S. Huth, L. Kooistra	Eau Claire	2007
Distance Medley Relay	11:51.50	J. Munoz, N. Pieske, E. Steinhafel, E. Woodworth	Oshkosh	2004

WOMENS MULTI-ACTIVITY CENTER RECORDS

Event	Performance	Name	School	Year
55m Dash	7.19	Ross/ Durnin	Whitewater/La Crosse	99/06
60m Hurdles	8.99	E. Kline	Stevens Point	12
200m Dash	25.26	A. Klatt	La Crosse	01
400m Dash	57.36	A. Donath	Oshkosh	06
600m Run	1:35.1	J. Bushman	Stevens Point	94
800m Run	2:12.60	M. Keilar	Whitewater	06
1,000m Run	2:55.99	L. Schmidt	MN-Duluth	00
Mile Run	4:56.32	C. Roberts	Stevens Point	11
3,000m Run	9:43.61	J. Mitchler	SP Alumni	07
5,000m Run	16:53.64	L. Horejs	Oshkosh	92
200m Hurdles	28.61	D. Bitz	Mankato	96
Long Jump	18'9 1/4"	K. Kotka	Eau Claire	06
High Jump	5' 8.5"	K. Oden	Neb. Wesleyan	92
Triple Jump	39' 7.25"	P. Chambers	Marquette	91
Pole Vault	12'09"	A. Hilgers	La Crosse	03
Shot Put	54'7 1/4"	R. Jarocki	Osh. Alumni	07
20lb Throw	67' 04"	R. Jarocki	Oshkosh	06
Pentathlon	3,397	M. Banker	Oshkosh	99
4x200m Relay	1:42.93.	Linblad, Weise, Porter, Mickelson	LaCrosse	99
4x400m Relay	3:53.11	S. Heizer, S. Wright, K. Springer, K. Fimmel	Coe	11
Distance Medley Relay	11:49.8	K. Haen, K. Folbrecht, S. Glunn, C. Roberts	Stevens Point	10

SCHEDULE OF EVENTS

Friday, Feb. 22

11:00 a.m.	WIAC Men's Coaches Meeting	
11:30 a.m.	Men's Heptathlon 60 Meter Dash (F)	Men's Heptathlon Order
11:30 a.m.	Men's Long Jump (TF)	60 Meter Dash
12:00 p.m.	Men's Shot Put (TF)	Long Jump (TJ runway)
	Men's Pole Vault (TF)	Shot Put (east ring)
12:45 p.m.	Men's 5000 Meter Run (slow section) (F)	High Jump
1:15 p.m.	Men's 60 Meter High Hurdles (T)	(allow 1/2 hour between events)
1:30 p.m.	Men's 60 Meter Dash (T)	
1:45 p.m.	Men's 400 Meter Dash (T)	
2:05 p.m.	Men's 800 Meter Run (T)	
2:25 p.m.	Men's 5000 Meter Run (F)	
2:30 p.m.	WIAC Women's Coaches Meeting	
2:55 p.m.	Men's 200 Meter Dash (T)	
3:15 p.m.	Men's Distance Medley Relay (F)	
4:00 p.m.	Women's Long Jump (TF)	
	Women's Shot Put (TF)	
	Women's Pole Vault (F)	
4:30 p.m.	Women 5000 Meter Run (slow section) (F)	
5:00 p.m.	Women's 60 Meter High Hurdles (T)	
5:15 p.m.	Women's 60 Meter Dash (T)	
5:30 p.m.	Women's 400 Meter Dash (T)	
5:30 p.m.	Women's High Jump (TF)	
5:50 p.m.	Women's 800 Meter Dash (T)	
6:10 p.m.	Women's 5000 Meter Run (F)	
6:40 p.m.	Women's 200 Meter Dash (T)	
7:00 p.m.	Women's Distance Medley Relay (F)	

(T = Trials; F = Finals; TF = Trials followed by Finals)

SCHEDULE OF EVENTS

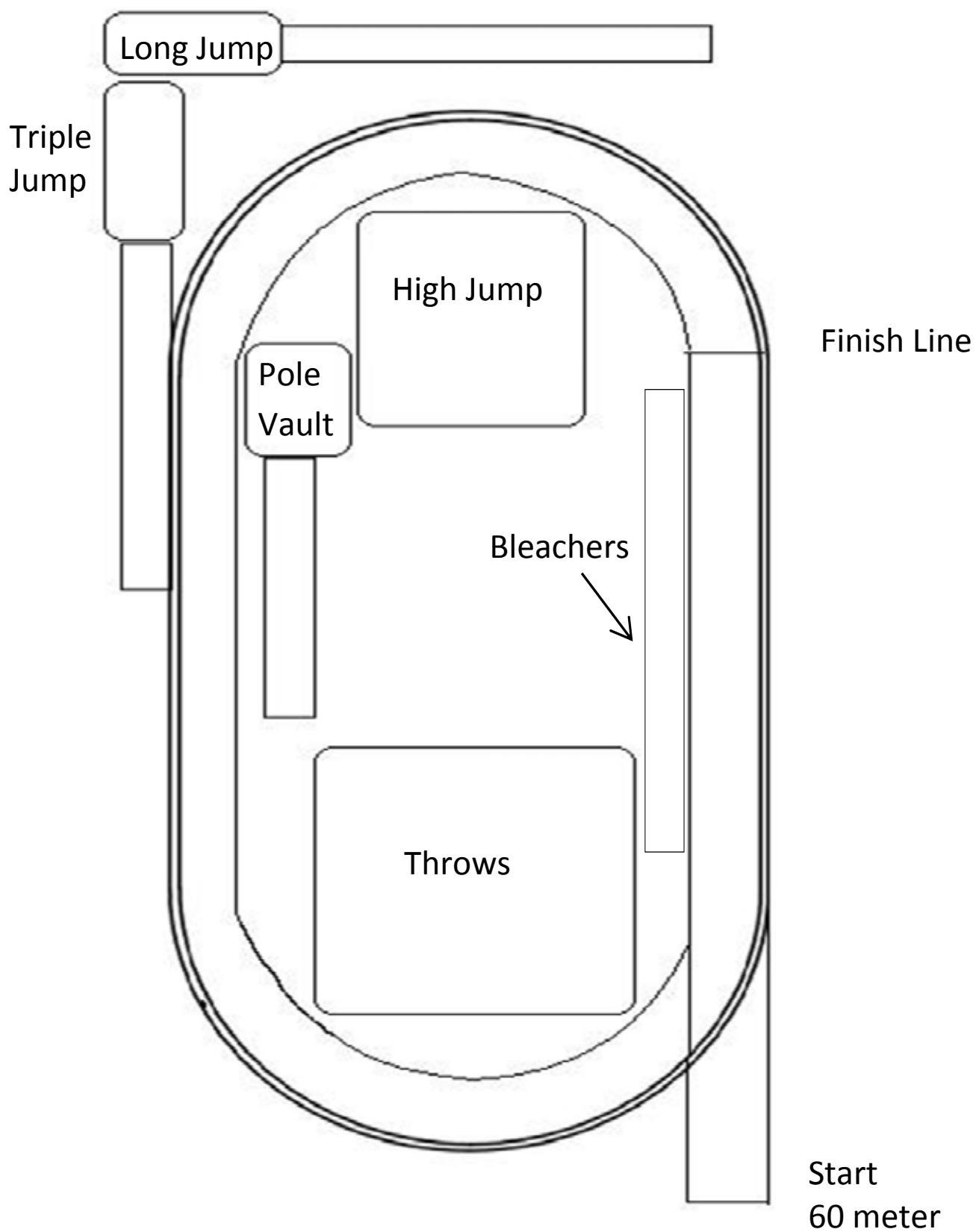
Saturday, Feb. 23

8:30 a.m.	Coaches' Meeting	
9:00 a.m.	Women's Pentathlon Hurdles	Women's Pentathlon Order
9:20 a.m.	Men's Heptathlon Hurdles	60 Meter High Hurdles
12:00 p.m.	Men's Triple Jump (TF)	High Jump
	Men's 35 # Weight Throw (TF)	Shot Put (east ring)
1:00 p.m.	Men's 4 X 200 Meter Relay (F)	Long Jump (west pit)
	Men's High Jump (F)	800 Meter Run
1:15 p.m.	Women's 4 X 200 Meter Relay (F)	(allow 1/2 hour between events)
1:30 p.m.	Men's Mile Run (F)	
1:50 p.m.	Women's Mile Run (F)	Men's Heptathlon Order
2:15 p.m.	Men's 60 Meter High Hurdles (F)	60 Meter High Hurdles
2:20 p.m.	Women's 60 Meter High Hurdles (F)	Pole Vault
2:25 p.m.	Men's 60 Meter Dash (F)	1000 Meter Run
2:30 p.m.	Women's 60 Meter Dash (F)	(allow 1/2 hour between events)
	Women's Triple Jump	
	Women's 20# Weight Throw	
2:40 p.m.	Men's 400 Meter Dash (F)	
2:50 p.m.	Women's 400 Meter Dash (F)	
3:00 p.m.	Men's 800 Meter Run (F)	
3:05 p.m.	Women's 800 Meter Run (F)	
3:40 p.m.	Men's 200 Meter Dash (F)	
3:50 p.m.	Women's 200 Meter Dash (F)	
4:00 p.m.	Men's 3000 Meter Run (F)	
4:15 p.m.	Women's 3000 Meter Run (F)	
4:30 p.m.*	Men's 4x400 Meter Relay (F)	
4:45 p.m.*	Women's 4x400 Meter Relay (F)	
5:05 p.m.	Presentation of Team and Special Awards	

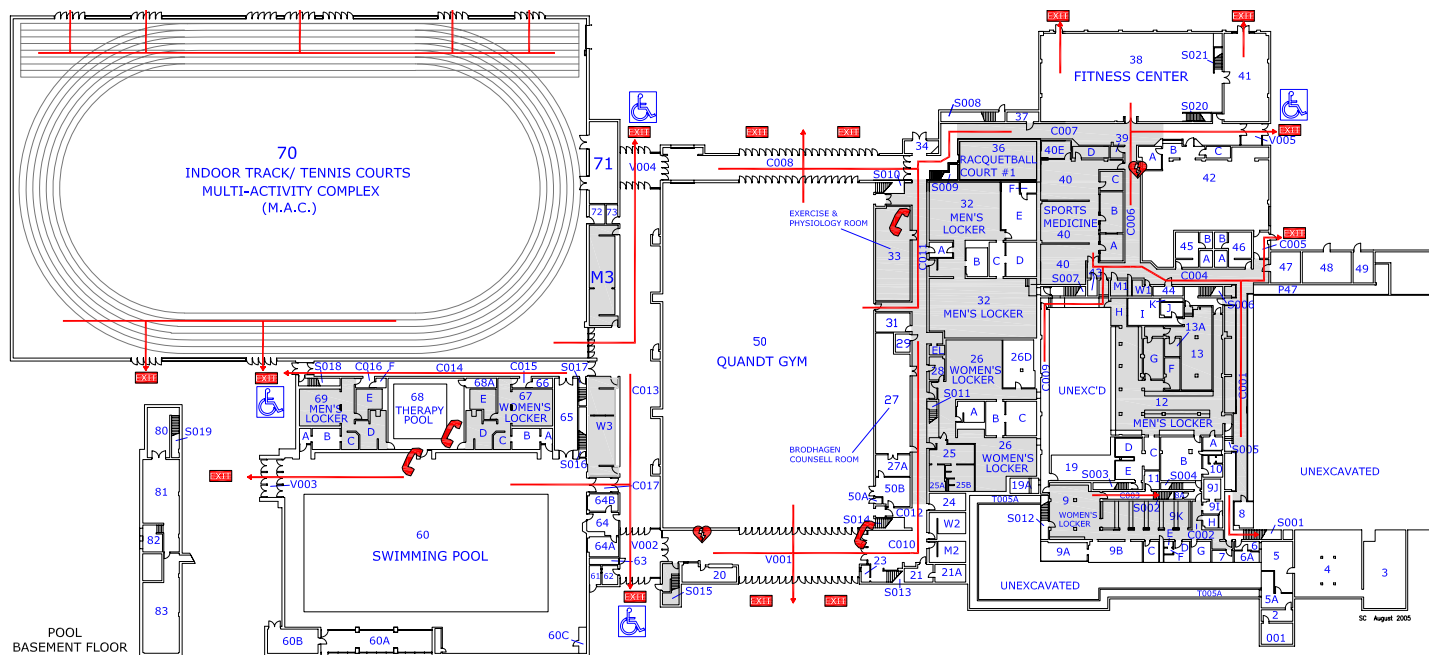
* The men's or women's 4x400 meter relay will be contested when all other events of the same gender have been completed.

(T = Trials; F = Finals; TF = Trials followed by Finals)

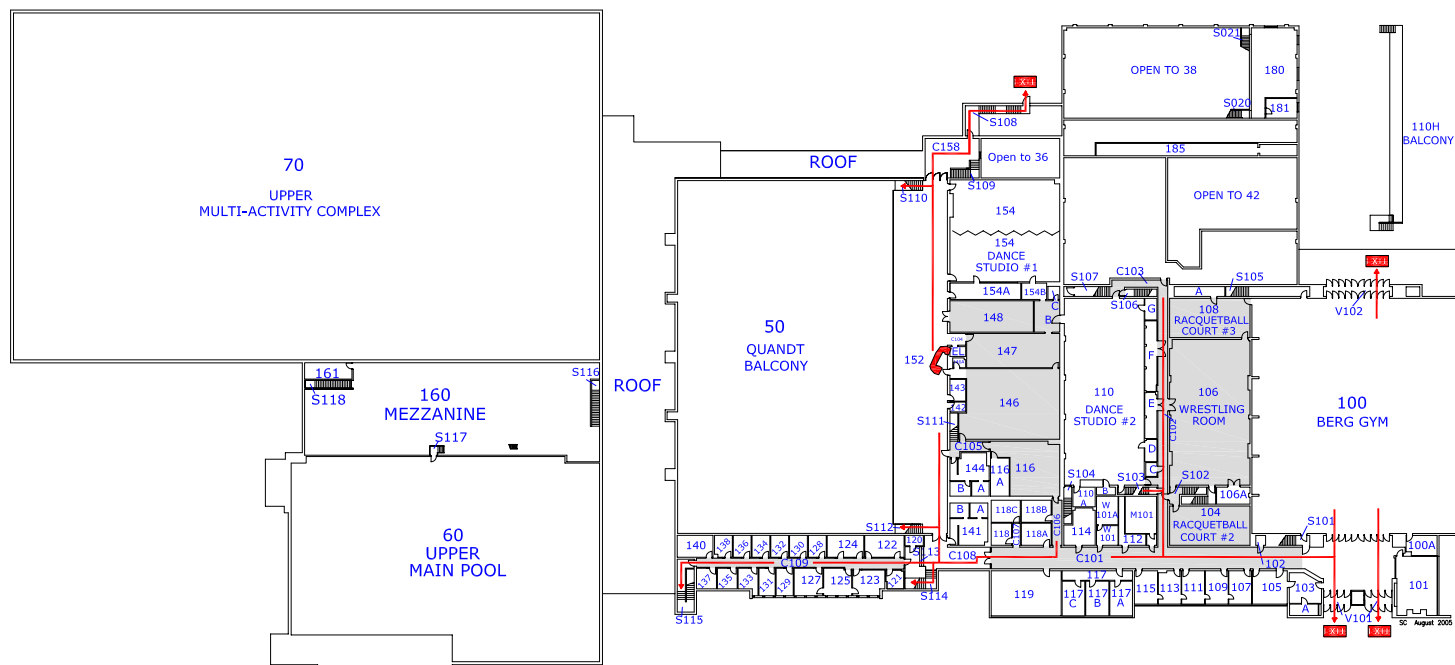
MULTI ACTIVITY CENTER INDOOR TRACK & FIELD LAYOUT



EMERGENCY EVACUATION PLAN



HEALTH ENHANCEMENT CENTER GROUND LEVEL



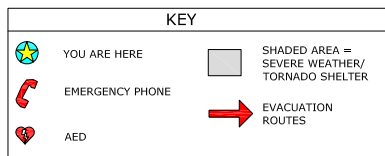
HEALTH ENHANCEMENT CENTER UPPER LEVEL

UWSP Emergency Plan

Arrows Denote Building Evacuation Routes.

Shaded Areas Represent Tornado/
Severe Weather Shelter Areas.

Shelter Areas Are Located On
Floors 1 and 2 Of This Building.



WHAT TO DO DURING:

TORNADO/ SEVERE WEATHER

Notification of severe weather will be relayed to the building. If a siren sounds, building occupants should take cover in the lowest safe location available, preferably in an interior room or basement. Remain in your shelter area until tornado warning is ended.

FIRE

Pull a fire alarm and EVACUATE the building in the event of a fire. Before opening a door, feel if it is warm. If it is warm, leave the door closed and find an alternate path. Stay low if you encounter smoke. Stop, drop, and roll should your clothes catch fire.

EVACUATION

Remain calm. Use stairs and not elevators. Pay close attention to your surroundings as you exit. Incidents such as FIRE or HAZARDOUS MATERIALS RELEASES may require that alternate paths be selected. Stay clear of the building and entry ways after leaving the building in order to facilitate responder access to the emergency.

Call 911 for all Emergencies.
There will seem to be a 10 second delay, but **STAY ON THE LINE!**

Meet first responder for directions.

See UWSP Emergency Management Plan at <http://www.uwsp.edu/ehs/emp/> for details on all emergencies.

Contact Protective Services at 346-3456 for additional questions.

ATHLETIC TRAINING COVERAGE

University of Wisconsin Stevens Point - Athletic Training
2013 WIAC Indoor Track and Field Championship Meet

To: WIAC Student Athletes and Coaches
From: Athletic Training Staff
Re: Athletic Training Coverage

The UW-Stevens Point Athletic Training Staff would like to welcome you to the 2013 WIAC Indoor Track and Field Championships in Stevens Point. We are excited to host this year's conference meet and look forward to helping you in any way possible.

If you have special needs, please notify us prior to your visit. A note from your physician or athletic trainer is required if any modalities are needed for your athletes. Please include detailed parameters for these modalities. Please send appropriate supplies with for any taping needs. Ice, hot packs, water, drinking cups, taping tables, and treatment tables will be provided trackside. All modality treatments will be done in the athletic training room.

The Athletic Training Room will be open two hours before the meet. Urgent Care at Aspirus Clinic in Stevens Point will be open Friday from 10 a.m. to 8 p.m. and Saturday from 8 a.m. to 6 p.m. After hours emergency care is available at St. Michaels Hospital.

Please let us know if we can accommodate any other needs you may have.

Thank you,

Beth Kinslow, MS, LAT
Interim Head Athletic Trainer
UW-Stevens Point
Stevens Point, WI 54481
715-346-2409
Fax 715-295-8938
bkinslow@uwsp.edu

Aspirus Clinic – Stevens Point
Urgent Care – 715-342-6050

St. Michaels Hospital – Stevens Point
Emergency Department—715-346-5100

Amanda Helt, M.ED, LAT
Assistant Athletic Trainer
UW-Stevens Point
Stevens Point, WI 54481
715-346-4772
ahelt@uwsp.edu

Dr. James Banovetz M.D. PhD
Team Orthopedic Physician
Klasinski Clinic