

2013 Women's Gymnastics
WIAC Championships & NCGA West
Regional Championships



Information
Manual



Kolf Sports Center
Saturday, March 9, 2013
5:30 pm

On behalf of the Director of Intercollegiate Athletics, Darryl Sims, and University of Wisconsin-Oshkosh, we would like to welcome you to the WIAC Women's Gymnastics Championship and NCGA West Regional Championship!

Administration Information

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WIAC Assistant Commissioner
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Ticket Office

Susie Gustke
Office: (920) 424-1383
gustke@uwosh.edu

Campus Police
Non-Emergency
Emergency

(920) 424-1216
(920) 424-1212

Directions to UW-Oshkosh's Kolf Sports Center

Address: Kolf Sports Center
785 High Avenue
Oshkosh, WI 54901

From Highway 41 and/or Highway 21

Exit at Highway 21 (Exit #119). Follow Highway 21 east (Oshkosh Avenue) to High Avenue (first stoplight after crossing the Fox River). Turn right onto High Avenue (one-way street) and then proceed about five blocks to Kolf Sports Center.

Meet Information

Site: University of Wisconsin-Oshkosh
Kolf Sports Center
785 High Avenue
Oshkosh, WI 54901

Meet Website: www.wiacsports.com
www.uwoshkoshtitans.com

Results: Results will be displayed online periodically throughout the meet. Scores will be verified after each event.

Awards: Medals will be presented to the top six individual finishers for each event as well as the top six in the all around competition. Awards will be presented following the conclusion of the final event, please have your athletes meet behind the bleachers on the south end of the Fieldhouse for March-In.

Concessions: Concessions will be located in the north end of the fieldhouse in the competition gym. A variety of food and drinks, including hot dogs, brats, popcorn, candy, water, Gatorade and soda will be sold.

Hospitality Area: A hospitality area will be located in the warm-up gyms in Kolf B and C. This area will be limited to coaches and student-athletes only. The judge's hospitality area will be located in Kolf 135.

Parking: See attached map. Drop off teams in Lot 12 and buses will park in Lot 6.

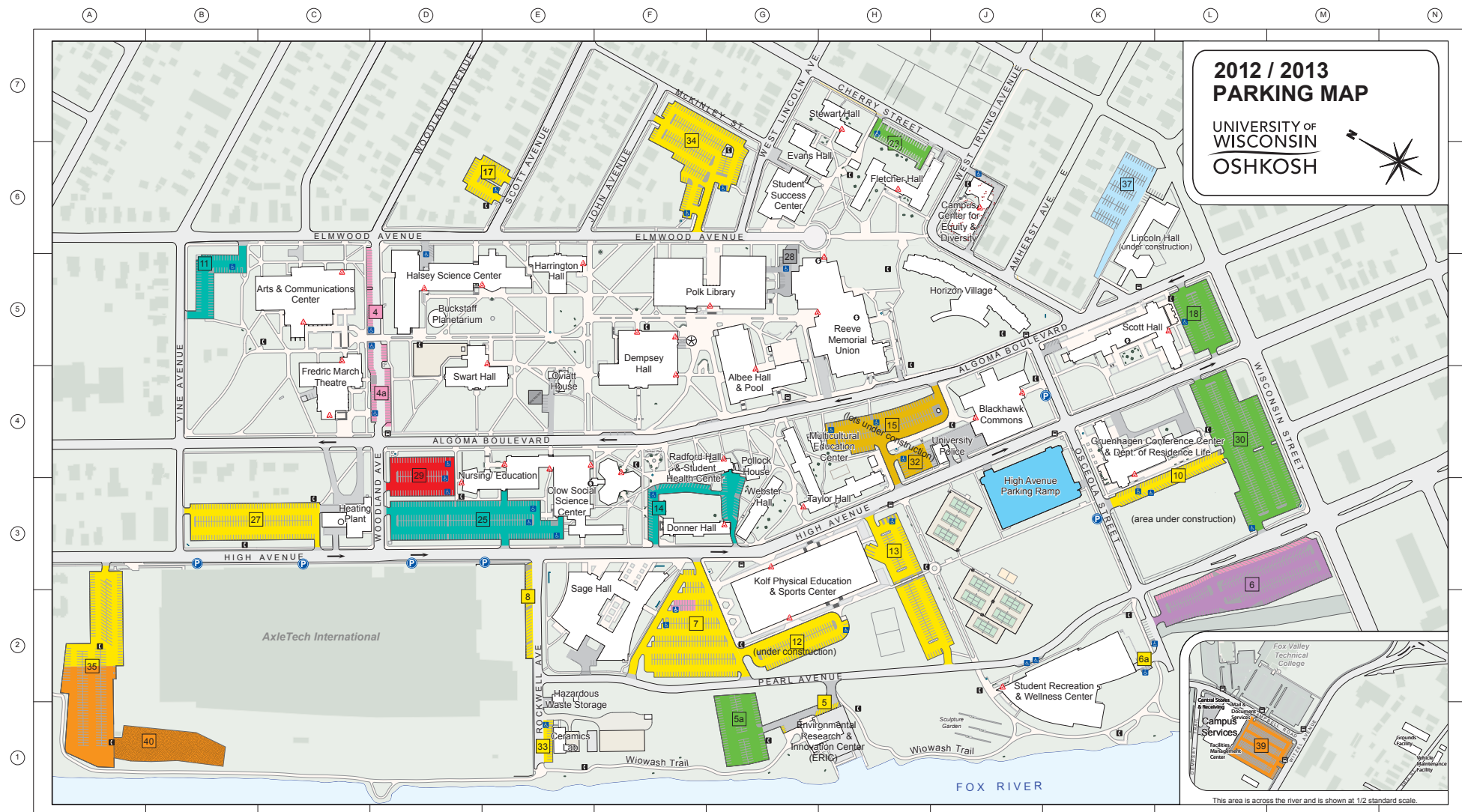
Admission: Adult admission is \$8. Senior citizens are \$6. Children under the age of 18 are \$4. College students are admitted free with their student ID.

Apparel: WIAC shirts and apparel will be available at the meet.

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

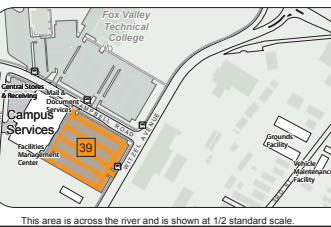
Video: All teams must provide their own equipment, cords, and tape. We ask that you tape down any cords and use battery for your equipment.

Banners: Please turn in your banners at the coaches meeting so they can be hung in the competition gym.



2012 / 2013 PARKING MAP

UNIVERSITY OF
WISCONSIN
OSHKOSH



This area is across the river and is shown at 1/2 standard scale.

LOT DESIGNATION

Metered Parking:

(75 cents/hour) in Lots:

11, 12, 14, 15, 25, 28, 29, 33

Permits are not a substitute for meter payments.

Motorcycle Spaces:

(from April 15 to Nov. 15) in Lots:
7, 11, 13, 18, 23, 25, South Gruenhagen Area
and Parking Ramp

Pay Stations:

High Avenue, Osceola Street and Parking Ramp
Post-Construction: Lots 15 and 32

Notes:

No parking midnight - 6 a.m. in any commuter, student and faculty/staff lots (year-round).

Parking lots are shown as representations only, individual spaces may not be completely accurate.

Parking in any legal space is free from 4 p.m. on Friday through 6 a.m. on Monday.

Disabled Parking:

(State Permit and UW Oshkosh Permit required)

in Lots:
7, 10, 11, 12, 13, 14, 15, 17, 18, 22, 23, 25, 28,
29, 30, 32, 34 and Parking Ramp

Van Accessible Disabled Spaces in Lots: *

11, 12, 14, 15, 17, 18, 22, 23, 25, 28, 29, 30, 32, 34

* The van accessibility area of a disabled parking
area (striped area) is part of the disabled space
as defined by Wisconsin law and is subject to a
\$100 fine.

BUILDING KEY

ACADEMIC BUILDINGS

Albee Hall & Pool G4
Arts & Communication Center C5
Buckstaff Planetarium F4
Campus Center for Equity & Diversity J6
Ceramics Lab E1
Clow Social Science Center E3
Dempsey Hall F5
Environmental Research and Information Center (ERIC) H1
Fredric March Theatre C4
Halsey Science Center D5
Harrington Hall E5
Kolf Physical Education & Sports Center G2
Nursing & Education Building E4
Polk Library G5
Radford Hall F4
Sage Hall E2
Swart Hall D4

ADMINISTRATIVE SERVICES

Campus Police J4
Dempsey Hall (Administration) F5
Facilities Management L1
Grounds & Auto Shop N1
Heating Plant C3
Oviatt House (UW Oshkosh Foundation) E4
High Avenue Parking Ramp J3

RESIDENCE HALLS

Donner Hall F3
Evans Hall G6
Fletcher Hall H6
Horizon Village J5
Polk Library K5
Scott Hall H7
Stewart Hall H3
Taylor Hall G3
Webster Hall G3

STUDENT SERVICES & UNIVERSITY DINING

Blackhawk Commons J4
Parking Office (lower level) J4
Lincoln Hall K6
Multicultural Education Center H4
Pollock Alumni House C4
Reeve Memorial Union H5
University Books & More
Student Health Center (Radford Hall) F4
Student Recreation & Wellness Center K2
Student Success Center G6

CONFERENCE CENTER

Gruenhagen Conference Center & Department of Residence Life K4

PARKING KEY

Restricted Lot
Resident Lot
Staff Lot
Commuter/Student Lot
Remote Lot
Storage Lot Permit
Staff/Commuter / Student Lot / Visitor
See Ramp Diagram
Premium Resident Permit Required
Reserved Permits Only
Lot 6
Any valid permits are allowed except
Lots 30, 31 and 40. **The first use
of Lot 6 along Pearl Ave. is reserved
for Dept. of Corrections
Lot 37

SYMBOL KEY

Emergency Phone
City Bus & Stop
Accessible Entry
Accessible Parking
Parking Pay Station
Parking in the Dempsey Mall
area between Dempsey Hall
and Albee Hall is by special
UW Oshkosh Service Permit
only. All others will be
ticketed and towed.

High Avenue Parking Ramp

Resident Parking Permit in Stalls #281 and above.
Premium Resident Permit Parking in Stalls #159 to #280
Staff / Commuter / Student Permit or use Pay Stations
Parking in the Dempsey Mall
area between Dempsey Hall
and Albee Hall is by special
UW Oshkosh Service Permit
only. All others will be
ticketed and towed.

2013 NCGA Regional WIAC Championship Schedule

Saturday, March 9, 2013

Time	Flight A	Time	Flight B
1:30PM	Athletic Training Room Opens		
		2:30PM	Athletic Training Room Opens
3:50-4:20PM	Open Stretch (Gyms B&C)		
4:25-4:45PM	Line Tumble (Fieldhouse)	4:20-4:50PM	Open Stretch (Gyms B&C)
4:50-5:10PM	Warm-up First* Rotation (Gyms B&C)	4:55-5:15PM	Line Tumble (Fieldhouse)
5:15-5:25PM	Prepare for March-In		
5:30-5:45PM	March-In		
5:50-5:55PM	4 Minute Touch** (Fieldhouse)	5:50-6:10PM	Warm-up First* Rotation (Gyms B&C)
9:15PM (approx.)	Awards Ceremony		

***Warm-Ups:** 15 minutes per rotation in order of competition with 5 minute rotation time

****Competition:** 4 minute touch prior to competition on each event per team

Coaches Meeting: 2:30-3:30 pm in Athletic Conference Room 120

Judges Meeting: 4:30-5:30 pm in Kolf Sports Center Room 135

Music: We will have capability for both CDs and iPods. An audio specialist will be available to assist with music.

March-In: Enter Fieldhouse through Pearl St. doors and exit field house through High St. doors. We will be announcing the participating teams and coaches.

****** We ask all athletes to wear their march-in apparel for the awards ceremony.

Tentative Line-Ups: Please email or fax your tentative line-up to Kennan Timm at timmk@uwosh.edu or (920) 424-0365 two days prior to the meet.

Athletic Training: The athletic training room is located on the lower level of the Kolf Sports Center in room 169. Two certified athletic trainers from UW-Oshkosh will be on site in the competition gym and the warm-up gym.

Items available in the athletic training room include:

- Ice machine, cold whirlpool
- Hot packs
- Ultrasound/Electrical Stimulation/TENS (with visting teams ATC's notification and instructions)
- Taping and Treatment Tables

Teams are asked to bring with them and use their own supplies for the purposes of taping, including flexi- wrap. The host institution will supply cups, water, ice bags, and biohazard materials. We ask that your athletes refrain from bringing any bags, clothing or other miscellaneous items including food or drinks into the training room. We also wish to remind them that our training room is co-ed, so appropriate dress is required including a shirt/shorts.

Competition Rotation

Team	Flight A	Flight B
Oshkosh	Vault	-
Winona State	-	Vault
Whitewater	Bars	-
Hamline	-	Bars
Eau Claire	Beam	-
Stout	-	Beam
LaCrosse	Floor	-
Gustavus Adolphus	-	Floor

Judges

Linda Thorberg

Meet Referee

Brystol Powelski

Vault

Judy Schalk

Vault

Jan Adkins

Uneven Bars

Sarah Nelson

Uneven Bars

Kathy Deutsch

Balance Beam

Judy Harwood

Balance Beam

Stacey Mooney

Floor Exercise

Gay-Anne Valkoun

Floor Exercise

Closed Bleachers – Team Banners							
Gustavus Adolphus	Hamline University	UW-EC	UW-LAX	UW-Osh	UW-Stout	UW-WW	Winona State

Winona State

Exit Doors

Concessions

Enter Doors

**Competition
Gym
(Kolf Fieldhouse)**

Tickets

Apparel

Bleachers

Bleachers

Media Booth

Awards

Beam
Corral

Floor
Corral

Bars
Corral

Bleachers

Bleachers

Vault
Corral

Equipment List

Floor	(1)	AAI Stratum Deck	Misc	(1)	Chalk Tray
	(1)	45' x 45' fem carpet		(1)	Tape Measure
	(7)	2" x 6' x 42' Roll Foam		(1)	Wire Brushes
	(1)	Foam Boarder		(1)	Water Bottles
	(1)	Tumble Track		(2)	Spin Bikes
				(1)	Floor Bar
Bars	(2)	AAI Elite bars	Mats	(1)	5 x 10 x 16" Skill Cushion
	(2)	8x12x20cm		(5)	5 x 10 x 8" Skill Cushion
	(2)	5 x 7.5 x 20 cm.		(1)	2 x 6' Sting
	(2)	8 x 15.5 x 20 cm.		(1)	4.5'x10' Sting Mat
Vault				(1)	7'x10'x4" Throw Mat
				(4)	7'x10'x4" Folding Mat
	(1)	LZT Vault Table		(1)	5 x 10 Sting mat
	(1)	4'x8'x20cm slab		(5)	Resi Pit
	(2)	LZT Round off pad		(6)	Panel mats
	(2)	LZT Round off pad		(6)	UCS Red and Blue Blocks
	(1)	Elite Vault Table		(2)	Wedge Mats
	(4)	Stratum board		(2)	Blue/Yellow/Green Blocks
	(1)	1 3/8" Padded runway			
	(1)	20cm Vault anchor system			
	(1)	8X15.5X20cm			
	(2)	Safety Zone			
Beam					
	(3)	AAI Elite high beam			
	(1)	AAI Elite low beam			
	(1)	Speith Anderson beam			
	(1)	20 cm. Leg pad system			
	(1)	8x12x20cm mat			

Oshkosh Restaurants

Becket's

2 Jackson Street
Oshkosh, WI 54901

(920)230-3333

Buffalo Wild Wings

500 South Koeller Street
Oshkosh, WI 54902

(920) 426-8358

Cousin's Subs

1508 South Koeller Street
Oshkosh, WI 54903

(920) 426-2782

Fratello's Waterfront Restaurant

1501 Arboretum Drive
Oshkosh, WI 54901

(920) 232-2337

Golden Corral

580 South Koeller Street
Oshkosh, WI 54902

(920) 230-9000

Politos' Pizza

543 High Avenue
Oshkosh, WI 54901

(920) 385-7863

Red Robin

600 South Koeller Street
Oshkosh, WI 54902

(920) 426-0803

Qdoba

1990 Menard Drive
Oshkosh, WI 54902

(920) 966-0306

Oshkosh Hotels

Holiday Inn Express

2251 Westowne Avenue
Oshkosh, WI 54904

(920) 303-1300

Cobblestone Inn & Suites

1515 Planeview Drive
Oshkosh, WI 54904

(920)230-7400

Fairfield Inn

1800 South Koeller Street
Oshkosh WI 54902

(920) 233-8504

Other Restaurants and Hotels in the area: www.visitoshkosh.com