



May 2-3, 2014

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Athletics FAX

(920) 424-1035

Athletics website

www.uwoshkoshtitans.com

MEET INFORMATION

Date/Time: Friday, May 2, 11:00 a.m. (10:45 a.m. Decathlon)
Saturday, May 3, 10:00 a.m.
(See pages 9-10 for complete schedule)

Location: University of Wisconsin Oshkosh
Oshkosh Sports Complex
450 Josslyn St.
Oshkosh, WI 54902

Meet Website: www.wiacsports.com

Admission:	Two Day Pass:	One Day Pass:
Adults	\$12.00	\$7.00
Senior	\$8.00	\$5.00
WIAC Students/Youth	\$5.00	\$3.00

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, April 28. In addition, each institution will be allowed to enter one relay team in each relay event and up to four wild card participants. Furthermore, no institution is permitted more than eight (8) declared athletes in any one event.

Entries will be done online by PT Timing (www.pttiming.com) starting Monday, April 28. Entries must be received by NOON on Wednesday, April 30th. No mark should be submitted for wild card athletes. Please identify your wild card entries in an e-mail to Victoria Stimac (stimacv@uwosh.edu) by NOON on Wednesday, April 30. After NOON on Wednesday, April 30 only scratches will be allowed, with that athlete being scratched from all events.

Heat Sheets: Heat sheets will be posted on the WIAC site (www.wiacsports.com) no later than 4:00 p.m. on Thursday, May 1.

Results: Following the protest period, results will be posted directly across from the concession stand, track level. Final results will be posted on the WIAC website (www.wiacsports.com), the UW-Oshkosh website (www.uwoshkoshtitans.com) and on PT Timing (www.pttiming.com). Unofficial results will also be posted on the videoboard after each event.

Timing: PT Timing will be the official timing system of the championships.

- Coaches Meeting:** The men's and women's coaches meeting will take place on Friday at 10:00 a.m. in the National O Room located at the south end of the stadium.
- Hospitality Room:** National O Room located at the south end of the stadium. Coaches will receive vouchers for the concessions stand to eat over the two days.
- Apparel:** Championship apparel will be available to order online through KollegeTown. Online ordering information will be provided the week prior to the championship.
- Credentials:** EACH INSTITUTION MUST REQUEST CREDENTIALS FOR EACH MEMBER OF THEIR COACHING STAFF. Credentials can be requested until NOON on Monday, April 21. Competing student-athletes will receive bibs and must bring bibs to gain entrance into the championships. Credentials and bibs must be presented to gain entry into the facility.
- Implements/
Weigh-ins:** Implement weigh-ins will take place in the Russ Young Team Room located in the lower level on the north end of the stadium. Implements must be weighed in during the following times:
Friday: 9:00 a.m.-11:00 a.m.
Saturday: 9:00 a.m.-11:00 a.m.
- Athletic Training:** The athletic training room located in the lower level of Titan Stadium across from the concession stand. It will open up 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.
- Bus Parking:** Busses will drop off athletes at the ticket booths in front of the Oshkosh Sports Complex on Josslyn Street. Bus drivers will be directed to the parking lot located directly next to the baseball field.
- Games Committee:** **WOMEN**
Gary Karner, WIAC Commissioner
Pat Healy, UW-La Crosse
Ben Dorsey, UW-Oshkosh
Matthew Cole, UW-River Falls

MEN
Gary Karner, WIAC Commissioner
Josh Buchholz, UW-La Crosse
Eamon McKenna, UW-Oshkosh
Matthew Cole, UW-River Falls
- Awards:** The awards stand will be located on the infield near the 50-yard line. Student-athletes must be dressed in team warm-ups during the awards ceremony. Following the finals of each event, student-athletes will be ushered to the awards staging area located in the infield. Awards will be

presented to the top eight individual finishers in each event as well as the top six relay teams.

- Clerking:** All student-athletes must check-in at the clerking tent (blue and white tent) located on the infield of the Oshkosh B’Gosh track prior to their events.
- Team Camps/
Warm-ups:** Team camps will be available on the north end of the Oshkosh Sports Complex on the grass field on the outer fence.
The Oshkosh b’ Gosh Track will be used for warm-ups. Starter blocks will be available on the warm-up track to use. **Student-athletes will not be allowed on the infield of the competition facility or practice facility.** We ask that you keep your team camps out of the stadium bleachers to allow spectators to watch the meet.
- Locker Room:** Locker rooms and showers are available and labeled underneath Titan Stadium at the Oshkosh Sports Complex.
- Competition Area:** The infield and portions of the field events will have limited access to coaches and competing athletes. This will be STRICTLY enforced. ENTRANCE TO THE TRACK FACILITY WILL BE STRICTLY MONITORED.
- Track:** The Oshkosh Sports Complex is a 400-meter track, featuring nine 48” wide lanes on a Mondo surface. All races will utilize Finish Lynx Automatic timing system as primary and back up.
- Track/ Spike Issues:** Spikes must be pyramid or tree shaped with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump, javelin and pole vault as well as all running events.
All spikes with permanent pins will not be allowed (ie: Asics Japan will not be allowed.) Meet officials will enforce this rule. The penalty for this infraction is disqualification. Also please no spitting of gum or sunflower seeds on the track or infield.
- High Jump:** The high jump will be contested on the infield and has 70 feet of approach. Additional room can be made.
- Pole Vault:** The pole vault will be contested on the infield on the front stretch runway. The runway is 135 feet in length.
- LJ/TJ:** The long jump/triple jump will be contested on the infield on the backstretch runway. The approach is 140 feet in length with boards located at 5, 12, 28, 32, 36 and 40 feet. The facility is equipped with four separate pits.
- Hammer/Discus:** The hammer and discus cages are located on northeast side of the complex.
- Shot Put:** Two shot put venues are located on the north side of the complex.

Javelin: The javelin runway is located on the southwest side of the complex. The runway surface is the same as the track surface. Approach is approximately 116'.

Concessions: Concessions will be sold in the concourse for the duration of the meet.

WIAC OUTDOOR TRACK AND FIELD CHAMPIONSHIP RULES FOR PRELIMINARY AND FINAL HEATS

- A. The number of finalists for all field events shall be nine (9) (ties per NCAA rules).
- B. All sprints (100, 100 hurdles, 200, 400, 400 hurdles) at the outdoor championships shall be contested and seeded in accordance with NCAA Rules 5-10 and 5-11.
- C. All relays contested at the outdoor championships shall be seeded into “preferred lanes.”
- D. In instances in which it has determined that unfavorable wind or weather conditions exist, the games committee may reverse the direction of running events (provided it is at least ½ hour prior to the start of the event) and designate the site or runway of field events (provided it is at least one hour prior to the start of the event. track
- E. The distance races shall be seeded as follows:
 - 1. 1500M: One (1) section for 15 or fewer competitors; two (2) sections for more than 15 competitors with 12 in the fast section.
 - 2. The 5000M and 10,000M: One (1) section only.
 - 3. Steeplechase: The steeplechase will be conducted in one (1) section regardless of the location of the barrier.
- F. Advancing to finals:
 - 1. The method for advancing runners to finals in events with preliminaries at distances of 400m or less will be to advance heat winners and all others on times.
 - 2. The method for advancing runners to finals in the 800m will be to advance the top two (2) place finishers in each heat and all others on times.
- G. Seeding combined events:
 - 1. All combined events are to be grouped and seeded in accordance with NCAA Rules 9-2.4 and 9-2.5.

2014 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Friday, May 2

(Women Compete First)

10:00 a.m.	WIAC Coaches Meeting
11:00 a.m.	Decathlon 100m Dash
	Women's Long Jump (T/F)
	Women's Javelin Throw (T/F)
	Women's Hammer Throw (T/F)
	Women's Pole Vault (T/F)
11:15 a.m.	Heptathlon 100m High Hurdles
11:30 a.m.	3,000m Steeplechase (F)
11:45 a.m.	Decathlon Long Jump
12:00 p.m.	Heptathlon High Jump
12:10 p.m.	100m High Hurdles (T)
12:40 p.m.	400m Dash (T)
1:10 p.m.	100m Dash (T)
1:15 p.m.	Decathlon Shot Put
1:30 p.m.	Heptathlon Shot Put
1:40 p.m.	800m Run (T)
2:00 p.m.	Men's Long Jump (T/F)
	Men's Javelin Throw (T/F)
	Men's Hammer Throw (T/F)
2:10 p.m.	400m Intermediate Hurdles (T)
2:30 p.m.	Men's Pole Vault (T/F)
	Decathlon High Jump
2:50 p.m.	200m Dash (T)
3:00 p.m.	Heptathlon 200m Dash
3:20 p.m.	10,000m Run (F)
4:00 p.m.	Decathlon 400m Dash
4:40 p.m.	4x800m Relay (F)

Heptathlon Order

100m Hurdles
High Jump
Shot Put
200m Dash

(allow ½ hour between events)

Decathlon Order

100m Dash
Long Jump
Shot Put
High Jump
400m Dash

(allow ½ hour between events)

Awards to be presented on Day

One:

Women's/Men's Hammer Throw
Women's/Men's Pole Vault
Women's/Men's Long Jump
Women's/Men's Javelin Throw
Women's 3,000 Meter Steeplechase
Women's 10,000 Meter
Women's 4 x 800 Meter Relay
Men's 3,000 Meter Steeplechase
Men's 10,000 Meter Run
Men's 4 x 800 Meter Relay

NOTES:

- Women's 10,000 meter race will be run as the last event on Friday if necessary due to weather (heat/humidity).
- T = Trials; F = Finals; T/F = Trials followed by Finals

2014 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, May 3

(Women Compete First)

9:30 a.m.	Coaches Meeting <i>(if needed)</i>
10:00 a.m.	Decathlon 110m High Hurdles
10:30 a.m.	Women's Triple Jump (T/F)
10:45 a.m.	Decathlon Discus
11:00 a.m.	Heptathlon Long Jump
	Women's Shot Put (T/F)
	Men's Discus (T/F)
	Women's High Jump (T/F)
12:15 p.m.	Decathlon Pole Vault
12:30 p.m.	Heptathlon Javelin Throw
1:15 p.m.	Men's High Jump (T/F)
1:30 p.m.	Men's Shot Put (T/F)
	Women's Discus (T/F)
	4x100m Relay (F)
	Men's Triple Jump (T/F)
1:45 p.m.	1,500m Run (F)
2:00 p.m.	Heptathlon 800m Run
2:10 p.m.	Women's 100m High Hurdles (F)
2:25 p.m.	Men's 110m High Hurdles (F)
2:30 p.m.	400m Dash (F)
2:45 p.m.	Decathlon Javelin Throw
2:50 p.m.	100m Dash (F)
3:00 p.m.	800m Run (F)
3:20 p.m.	400m Intermediate Hurdles (F)
3:35 p.m.	200m Dash (F)
3:50 p.m.	5,000m Run
4:15 p.m.	Decathlon 1,500m Run
4:35 p.m.	4x400m Relay (F)
	Presentation of Team and Special Awards

NOTES:

- The Men's or Women's 4x400m Relay will be contested when scheduled regardless of whether all other events of the same gender have been completed.
- T = Trials; F = Finals; T/F = Trials followed by Finals

Heptathlon Order

Long Jump
Javelin Throw
800 Meter Run
(allow ½ hour between events)

Decathlon Order

110 Meter Hurdles
Discus
Pole Vault
Javelin Throw
1,500 Meter Run
(allow ½ hour between events)

Awards to be presented on Day

Two:

Women's/Men's Triple Jump
Women's/Men's High Jump
Women's/Men's Discus Throw
Women's/Men's Shot Put
Men's Decathlon
Women's Heptathlon
Women's/Men's 4 x 100 Meter Relay
Women's/Men's 1,500 Meter Run
Men's 110 Meter High Hurdles
Women's 100 Meter Hurdles
Women's/Men's 400 Meter Dash
Women's/Men's 100 Meter Dash
Women's/Men's 800 Meter Run
Women's/Men's 400 Meter Hurdles
Women's/Men's 200 Meter Dash
Women's/Men's 5,000 Meter Run
Women's/Men's 4 x 400 Meter Relay

HOSPITAL AND PHARMACY INFORMATION

Hospitals

Aurora Medical Center Oshkosh

855 N Westhaven Dr.

Oshkosh, WI

General: (920) 456-6000

Emergency Room: (920) 456-7400

Urgent Care: (920) 303-8700

Directions to Aurora Medical Center from Oshkosh Sports Complex

Start out going south on Josslyn St. toward Southland Ave. Take the second right onto Witzel Ave. Pass through two roundabouts. Turn right onto N. Westhaven Dr. 855 N Westhaven Dr. is on the left. Your destination is just past Patriot Ln.

Mercy Medical Center

500 S. Oakwood Rd.

Oshkosh, WI 54904

ER and Urgent Care: (920) 223-2000

Directions to MMC from Oshkosh Sports Complex

Start out going south on Josslyn St. toward Southland Ave. Take the second right onto Witzel Ave. Pass through two roundabouts. Turn left onto S Oakwood Rd. 500 S. Oakwood Rd. is on the left.

Pharmacies

Wal-Mart

351 S. Washburn St.

Oshkosh, WI 54904

(920) 231-1575

Aurora Pharmacy

1940 S. Koeller St.

Oshkosh, WI 54902

(920) 236-9494

Walgreens Pharmacy

950 Koeller St.

Oshkosh, WI 54902

(920) 303-1712

Open 24 Hours

Shopko Pharmacy

1300 S. Koeller St.

Oshkosh, WI 54902

(920) 426-5770

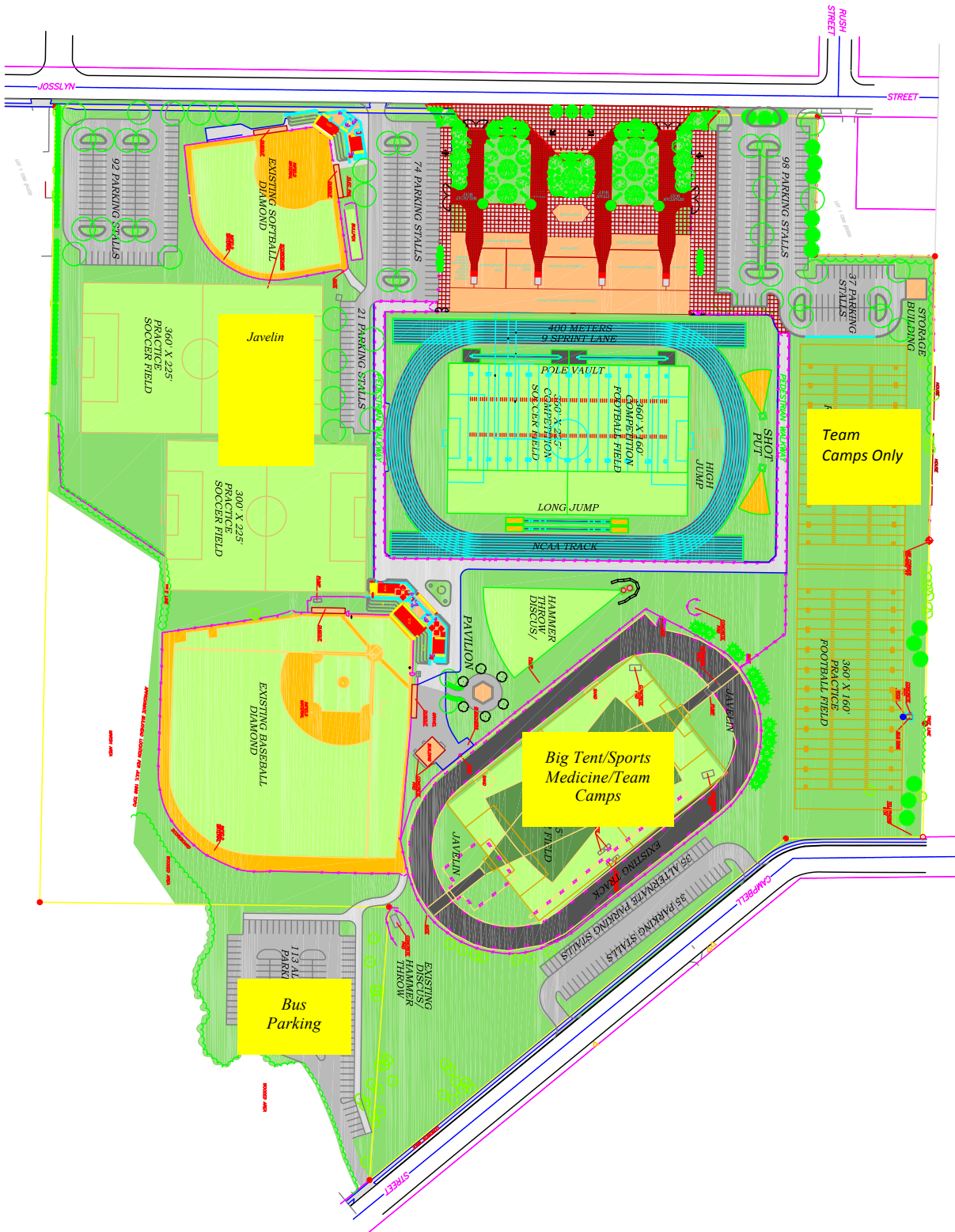
SPORTS MEDICINE INFORMATION

The University of Wisconsin Oshkosh would like to welcome both you and your participants to the WIAC Outdoor Track and Field Championships. The following information pertains to athletic training and medical coverage, which will be supplied throughout the entire meet. Please do not hesitate in asking any questions that you may have. Wade Peitersen and Lyndsey Maves are the contact athletic trainers for this event.

- The main sports medicine facility is located in the stadium across from the concession stand.
- A satellite sports medicine/first aid tent will be located under the big tent of the infield in the center of the Oshkosh B'Gosh Track.
- The main sports medicine facility will be supplied with muscle stim, ultrasound, combination stim/US, jobst compression unit, hot packs, whirlpools, ice, along with other general and wound care supplies.
- Ice and water stations will be provided in numerous locations around the main track and within the big tent of the infield in the center of the Oshkosh B'Gosh Track.
- The sports medicine facility 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.
- Two licensed athletic trainers along with athletic training students will be present throughout the entire meet to assist all teams.
- If you have any special needs or requests, please notify a host athletic trainer and all efforts will be made to accompany your request.
- Mercy Medical Center will provide any emergency needs throughout the entire championship. Directions to the hospital have been provided in this handout.
- University of Wisconsin Oshkosh's team physician will be on call.
- Each team is responsible for bringing a fully stocked athletic training kit with insurance and emergency contact information. For any electrical modality, a signed note from your team physician or licensed athletic trainer along with specific parameters will be needed.
- Any information/treatment notes may be faxed to (920) 424-1068 prior to the meet.



FACILITY DIAGRAM



WIAC Lightning and Inclement Weather Policy

Unquestionably, the underlying basis for decisions related to the starting, suspension and resumption of athletic contests that may be affected by lightning and/or inclement weather is the safety and welfare of the participants and spectators. The following policies are for the purpose of providing general direction to administrators, coaches, athletic training staff and game officials in making these decisions, particularly as it relates to issues of authority. Consequently, each individual institution is encouraged to develop more detailed policies and procedures specific to their institution's unique circumstances (e.g., field locations, personnel).

LIGHTNING / INCLEMENT WEATHER

While lightning is the most consistent and significant weather hazard that may affect an outdoor contest, other types of severe weather conditions (e.g., tornadoes) are not to be ignored. Education and planning are the keys to safely dealing with lightning and inclement weather. Staff members and game officials need to know the dangers and what their responsibilities are in the event lightning and/or inclement weather is evident. Institutions should establish plans for the safe and efficient evacuation of participants and spectators.

In relation to decisions regarding the starting, suspension or resumption of a contest due to lightning or inclement weather, the WIAC conference states the following:

- The host institution's athletic trainer (or other person designated by the host administration who is not a game official or coach) will be the designated spotter. A spotter's responsibilities include monitoring weather reports, employing the Flash-to-Bang method to determine the proximity of the storm, and altering the host administration and game officials of a potentially unsafe weather development.
- Prior to the start of a contest, decisions regarding whether a contest will begin rest with the host administration. The host administration should confer with the participating coaches, game officials, an administrator representing the visiting team (if present) and the athletic training staff of the host institution.
- Once a contest has begun, the decision to suspend and subsequently resume a contest is the responsibility of the game official(s). Game officials are expected to confer with the host administration, an administrator representing the visiting team (if present), participating coaches, and the athletic training staff of the host institution.
- Decisions regarding the starting, suspension and resumption of a contest are to be made independent of considerations related to any team gaining a competitive advantage. Among the factors that should be considered are travel issues such as distance, expenses, and missed class time, severity of the weather conditions, immediate weather forecast, and playing-field conditions. In all cases, the safety and welfare of the participants and spectators is the single most important consideration.
- Weather related decisions involving conference championship events will typically be made by the designated tournament committee.
- The flash-to-bang method described in the NCAA Sports Medicine Handbook is to be employed for estimating how far away lightning is occurring.

Recommended Hotel Information

Preferred Hotels:

Best Western Premier and Waterfront Hotel & Convention Center

1 N Main St., Oshkosh, WI 54901

Contact: David Helgeson

(920) 230-6288

Holiday Inn Express

2251 Westowne Ave., Oshkosh, WI 54904

(920) 303-1300

Cobblestone Inn and Suites

1515 Planeview Dr., Oshkosh, WI 54904

(920) 230-7400

Fairfield Inn & Suites

1800 S Koeller St., Oshkosh, WI 54902

(920) 233-8504

Other Hotels in the Oshkosh Area:

Hilton Garden Inn

1355 W 20th Ave., Oshkosh, WI 54902

(920) 966-1300

AmericInn Lodge & Suites

1495 W South Park Ave., Oshkosh, WI 54902

(920) 232-0300

Comfort Suites

400 S Koeller St., Oshkosh, WI 54902

(920) 230-7378

La Quinta Inn

1886 Rath Ln, Oshkosh, WI 54902

(920) 233-4190

Super 8

1581 W South Park Ave, Oshkosh, WI 54902

(920) 426-2885

Motel 6

1015 S Washburn St, Oshkosh, WI 54904

(920) 233-4300

Recommended Restaurant Information

- Becket's Restaurant, 2 Jackson St., Oshkosh, WI 54901, (920) 230-3333
- Buffalo Wild Wings, 500 South Koeller St., Oshkosh, WI 54902, (920) 426-8358
- Cousins Subs, 1508 S. Koeller St., Oshkosh, WI 54903, (920) 426-2782
- Cousins Subs, 2231 Westowne Ave., Oshkosh, WI 54904, (920) 230-6711
- Ground Round at Rivers Edge, 1 N. Main St., Oshkosh, WI 54901, (920) 230-6300
- Planeview Restaurant, 1500 Planeview Dr., Oshkosh, WI 54904, (920) 426-2641
- Politos' Pizza, 543 High Ave., Oshkosh, WI 54901, (920) 385-7863
- Qdoba, 1990 Menard Dr., Oshkosh, WI 54902, (920) 966-0306
- Red Robin, 600 S Koeller St., Oshkosh, WI 54902, (920) 426-0803

Post-Meet Restaurant Recommendations (Delivery)

- Cousins Subs: (920) 230-6711, Contact Shelly Hurzler
- Politos Pizza: (920) 385-7863, Contact Jeff Sadlemeyer

Team Credentials

2014 WIAC DIVISION III *WOMEN'S* OUTDOOR TRACK & FIELD CHAMPIONSHIPS Official Travel Party Form

Institution: _____ Date: _____

Please list the name and year in school for each eligible student-athlete who will be participating in the championship meet.

NAME	YEAR
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
16.	
17.	
18.	
19.	
20.	

Please list the additional individuals to receive bench passes.

NAME	TITLE
1.	
2.	(Medical Personnel Only)
3.	(Medical Personnel Only)

Institutional Administrator: _____ Title: _____

Email: _____ Cell: _____

Fax this form to the Vicci Stimac at (920) 424-1035 prior to noon Central time Monday, April 21, and submit this form during the coaches and administrators meeting.

Team Credentials

2014 WIAC DIVISION III *MEN'S* OUTDOOR TRACK & FIELD CHAMPIONSHIPS Official Travel Party Form

Institution: _____ Date: _____

Please list the name and year in school for each eligible student-athlete who will be participating in the championship meet.

NAME	YEAR
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

Please list the additional individuals to receive bench passes.

NAME	TITLE
1. _____	_____
2. _____	(Medical Personnel Only)
3. _____	(Medical Personnel Only)

Institutional Administrator: _____ Title: _____

Email: _____ Cell: _____

Fax this form to the Vicci Stimac at (920) 424-1035 prior to noon Central time Monday, April 21, and submit this form during the coaches and administrators meeting.

Coach Credentials

2014 WIAC DIVISION III OUTDOOR TRACK & FIELD CHAMPIONSHIPS Official Travel Party Form

Institution: _____ Date: _____

Please list the name of all coaches who will be attending and coaching in the championship meet.

NAME	EVENT
1.	_____
2.	_____
3.	_____
4.	_____
5.	_____
6.	_____
7.	_____
8.	_____
9.	_____
10.	_____
11.	_____
12.	_____
13.	_____
14.	_____
16.	_____
17.	_____
18.	_____
19.	_____
20.	_____

Institutional Administrator: _____ Title: _____

Email: _____ Cell: _____

Fax this form to the Vicci Stimac at (920) 424-1035 prior to noon Central time Monday, April 21, and submit this form during the coaches and administrators meeting.