

2015 WIAC Outdoor Track & Field Championships



Hosted by the University of Wisconsin – La Crosse
Roger Harring Stadium
at Veteran's Memorial Field Sports Complex

WELCOME TO UW-LA CROSSE!

The University of Wisconsin-La Crosse is proud to host the 2015 WIAC Outdoor Track & Field Championships. Our university, staff, student-athletes, and community are excited to provide a first-class championship experience for the inspiring men and women competing across our conference -- among the best Division III track and field athletes in the country. Our goal is to provide a fun, safe, and enjoyable experience for all our competitors.

An important part of our championship experience is our venue, Roger Harring Stadium at Veterans Memorial Field Sports Complex, which was opened in May 2009. The facility is named in recognition of UW-L's Hall of Fame football coach, Roger Harring, who led the Eagles from 1969 to 1999, and it also highlights many significant features honoring our nation's veterans, including, most notably, the memorial outside the stadium's main entrance and the Veterans' Hall of Honor. In addition to the WIAC Championships, this spring our university will, for the 26th year, host the WIAA Track & Field Championships for our state's high school track and field athletes.

We would not be able to host these championship events without tremendous support from our community and, in particular, from our corporate partners. Please make an effort to use their services while you are here. For your reference, a listing of local restaurants and hotels is included on the final page of this meet packet.

If there is anything anyone on our staff can do to make your visit to La Crosse more enjoyable, please be sure to let us know.

Good luck to all the competitors!



Kim Blum
Director of Athletics



Meet Management Directory

WIAC Commissioner**Gary Karner**

Office: 608-263-4402

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kbuss@uwsa.edu**Meet Director/
Events Coordinator****Emily Schweitz**

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eschweitz@uwlax.edu**Director of Athletics****Kim Blum**

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ethacker@uwlax.edu**Assistant Athletic Director
For Media Relations****Dave Johnson**

Office: 608-785-8493

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djohnson@uwlax.edu**Assistant Athletic Trainer****Kari Emineth, ATC**

Cell: 608-785-6532

kemineth@uwlax.edu

Meet Information

Date/Time: Friday, May 1st 12:00 PM
 Saturday, May 2nd 10:00 AM
 (See pages 7-8 for complete schedule)

Location: University of Wisconsin- La Crosse
 Roger Harring Stadium at Veteran's Memorial Field Sports Complex
 410 East Avenue North, La Crosse, WI 54601

Meet Website: www.wiacsports.com

Admission:	<u>Two Day Pass:</u>	<u>One Day Pass:</u>
Adults-	\$14.00	\$8.00
Youth/Senior/WIAC Student-	\$10.00	\$6.00

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 27th. 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 Direct Athletics (www.directathletics.com). Entries must be received by NOON on Tuesday, April 28th. No mark should be submitted for wild card athletes. Please identify your wild card entries in an e-mail to Emily Schweitz (eschweitz@uwlax.edu) by NOON on Tuesday, April 28th.

A performance list and preliminary heat sheet will be distributed to head coaches no later than Tuesday, April 28th at 4pm. All changes must be submitted to Emily Schweitz (eschweitz@uwlax.edu) by Wednesday, April 29th at 10am.

Heat Sheets: Final Heat sheets will be posted on the WIAC site (www.wiacsports.com) no later than 2:00pm on Wednesday, April 29th.

Results: Following the protest period, results will be posted on the south end of the facility, track level. Final results will be posted on the WIAC website (www.wiacsports.com), the UW-La Crosse Athletics website (www.uwlathletics.com) and on PT Timing (www.pttiming.com). Unofficial results will also be posted on the video board 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 11:00AM in the home team locker room located at the south end of the stadium.
- Credentials:** EACH INSTITUTION MUST REQUEST CREDENTIALS FOR EACH MEMBER OF THEIR COACHING STAFF. Credentials can be requested until 12pm on Wednesday, April 29th to the Meet Director, Emily Schweitz, via email at eschweitz@uwlax.edu. 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 visiting team locker room located on the north end of the stadium. Implements must be weighed in during the following times:
Friday: 10:00AM-11:30AM
Saturday: 9:00AM-10:30AM
- Athletic Training:** The athletic training room located in Mitchell Hall will be available for pre-race treatment. The training room located at the south end of the stadium will provide post-race treatment.
- Bus Parking:** Spectator parking will be available in the C-2 on Friday, May 1st on campus. Spectator Parking will be available in the C-2 and C-3 lots on campus on Saturday. Bus and van parking will ONLY be available on 17th Street across from University Police. Buses and vans will not be allowed in the spectator parking lots or on main campus streets.
- | | | |
|------------------|--|---|
| Games | <u>WOMEN</u> | <u>MEN</u> |
| Committee | Gary Karner – WIAC Commissioner
Ben Dorsey – UW-Oshkosh
Pat Healy – UW-La Crosse
Chip Schneider - UW-Eau Claire | Gary Karner – WIAC Commissioner
Eamon McKenna – UW-Oshkosh
Josh Buchholz – UW-La Crosse
Chip Schneider - UW-Eau Claire |
- 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. Following the 30 minute protest period, awards will be presented to the top 8 finishers.
- Clerking:** All student-athletes must check-in at the clerking booth prior to their events. The clerking tent will be located behind the starting blocks at the northwest track straightaway.

Warm ups/ Team Camps:	Team camps will be available in the Mitchell Hall. There will be hurdles in the warm-up area. Blocks will be available in the grass field to the west side of the hammer cage for warm-ups. Team tents will be allowed in designated areas outside (see facility map on page 11). Student-athletes and team camps will not be allowed on the infield of the competition 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 located in Mitchell Hall. General locker room #5 is reserved for men and general locker room #13 is reserved for women. Please provide your own locks and towels. No items should be left unlocked in the locker rooms.
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 Veterans Memorial Field and Sports Complex outdoor track is a 10 lanes Beynon BSS 1000 Embedded Performance Surface track. The throwing rings are cement.
Spikes:	¼ inch pyramid or tree spikes will be allowed on all rubberized surfaces. NO pins allowed.
High Jump:	The high jump will be located at the south end zone of the facility. Opening heights will be determined at the coaches meeting.
Pole Vault:	Two pole vault runways are located on the East end of the infield. We will determine locations based on favorable wind conditions/safety. Approach is approximately 150'.
LJ/TJ:	The women's long and triple jump venue is located on the east side of the infield closest to the field. Runways run north/south with long jump boards set at 10' and triple jump boards set at 24', 28', 32' and 36'. The men's long jump and triple jump venue is located on the east side of the venue, closest to the track. Runways run north/south with long jump boards set at 10' and triple jump boards set at 28', 32', 36' and 41'. We will determine which direction to jump based on wind conditions.
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 southeast side of the complex.
Javelin:	The javelin runway is located on the northeast side of the complex. The runway surface is a <u>grass runway</u> . Approach is approximately 116'.

2015 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Friday, May 1st, 2015

(Men's running events will compete first)

11:00am	WIAC Women's and Men's Coaches' Meeting
12:00pm	Men's Decathlon 100m Dash
	Women's Long Jump (Men to follow) (T/F)
	Women's Javelin Throw (Men to follow) (T/F)
	Men's Hammer Throw (Women to follow) (T/F)
	Men's Pole Vault (Women to follow) (T/F)
12:15pm	Women's Heptathlon 100m High Hurdles
12:30pm	Men's 3,000m Steeplechase (F)
12:50pm	Women's 3,000m Steeplechase (F)
1:10pm	Men's 110m High Hurdles (T)
1:25pm	Women's 100m High Hurdles (T)
1:40pm	Men's 400m Dash (T)
1:55pm	Women's 400m Dash (T)
2:10pm	Men's 100m Dash (T)
2:25pm	Women's 100m Dash (T)
2:40pm	Men's 800m Run (T)
2:55pm	Women's 800m Run (T)
3:10pm	Men's 400m Hurdles (T)
3:30pm	Women's 400m Hurdles (T)
3:50pm	Men's 200m Dash (T)
4:05pm	Women's 200m Dash (T)
4:20pm	Men's 10,000m Run (F)
5:00pm	Women's 10,000m Run (F)
5:45pm	Men's 4x800m Relay (F)
6:00pm	Women's 4x800m Relay (F)

Heptathlon Order and Tentative Time Schedule

100m Hurdles	12:15pm
High Jump	1:00pm
Shot Put	2:30pm
200m Dash	4:00pm

Decathlon Order and Tentative Time Schedule

100m Dash	12:00pm
Long Jump	12:45pm
Shot Put	2:15pm
High Jump	3:30pm
400m Dash	5:00pm

Note: Women's 10,000 Meter Run 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)

2015 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, May 2nd, 2015

(Men's running events will compete first)

9:30am	Coaches Meeting (if needed)
10:00am	Men's Decathlon 110m High Hurdles
10:30am	Women's Triple Jump (T/F)
11:00am	Women's Heptathlon Long Jump
	Women's Shot Put (T/F)
	Men's Discus (T/F)
	Men's High Jump (T/F)
1:00pm	Men's Shot Put (T/F)
	Women's Discus (T/F)
1:15pm	Women's High Jump (T/F)
1:30pm	Men's Triple Jump (T/F)
	Men's 4x100m Relay (F)
1:35pm	Women's 4x100m Relay (F)
1:45pm	Men's 1,500m Run (F)
2:00pm	Women's 1,500m Run (F)
2:15pm	Men's 110m High Hurdles (F)
2:25pm	Women's 100m High Hurdles (F)
2:35pm	Men's 400m Dash (F)
2:40pm	Women's 400m Dash (F)
2:50pm	Men's 100m Dash (F)
2:55pm	Women's 100m Dash (F)
3:00pm	Men's 800m Run (F)
3:10pm	Women's 800m Run (F)
3:20pm	Men's 400m Hurdles (F)
3:30pm	Women's 400m Hurdles (F)
3:40pm	Men's 200m Dash (F)
3:45pm	Women's 200m Dash (F)
3:50pm	Men's 5,000m Run (F)
4:10pm	Women's 5,000m Run (F)
4:40pm	Men's 4x400m Relay (F)
4:50pm	Women's 4x400m Relay (F)
	*Presentation of Team and Special Awards

Heptathlon Order and Tentative Time Schedule

Long Jump	11:00am
Javelin Throw	12:30pm
800m Run	2:00pm

Decathlon Order and Tentative Time Schedule

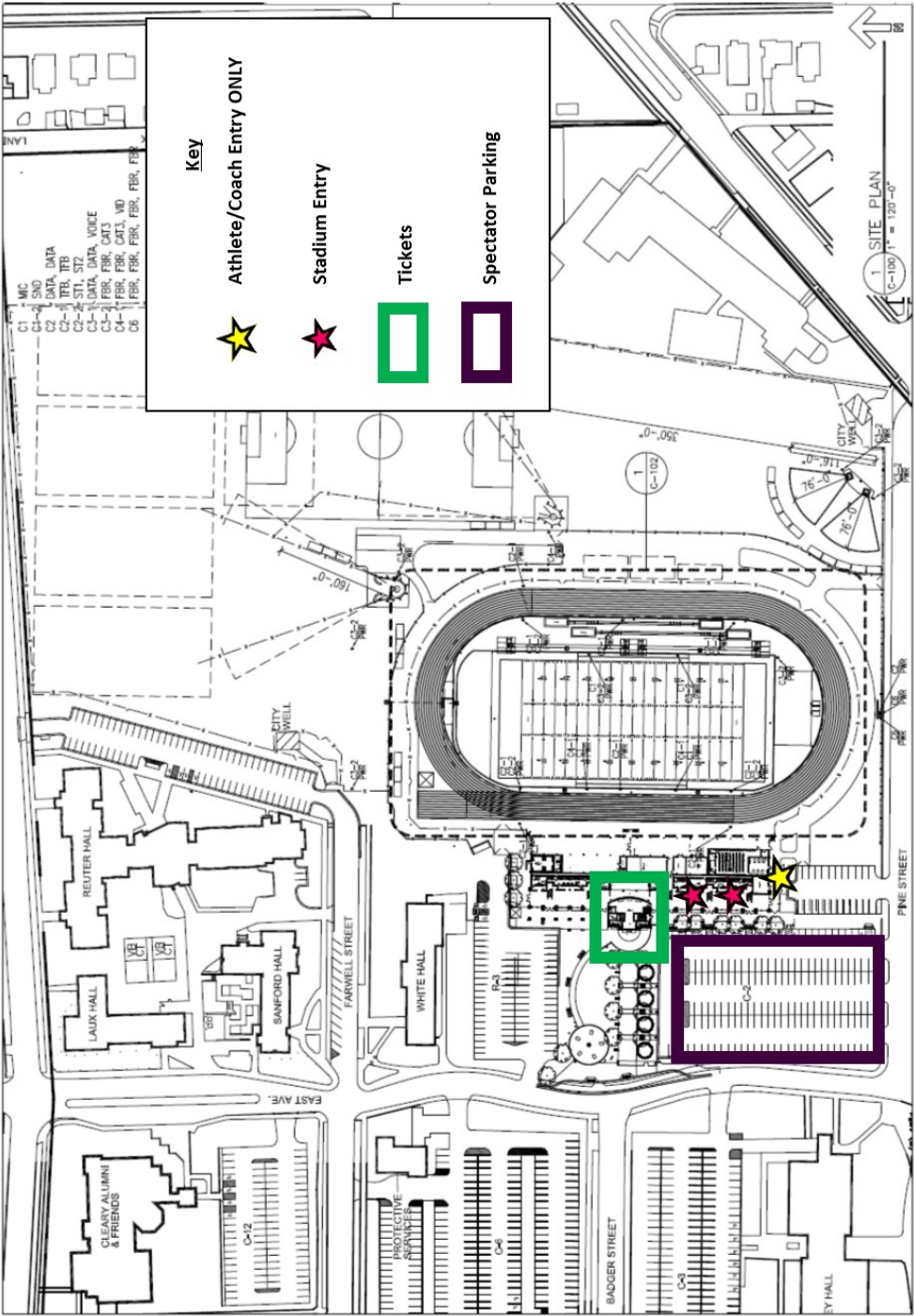
110m Hurdles	10:00am
Discus	10:45pm
Pole Vault	12:15pm
Javelin Throw	2:45pm
1,500m Run	4:15pm

*The Men's or Women's 4 x 400 Meter Relay will be contested when scheduled regardless of whether all other events of the same gender have been completed.

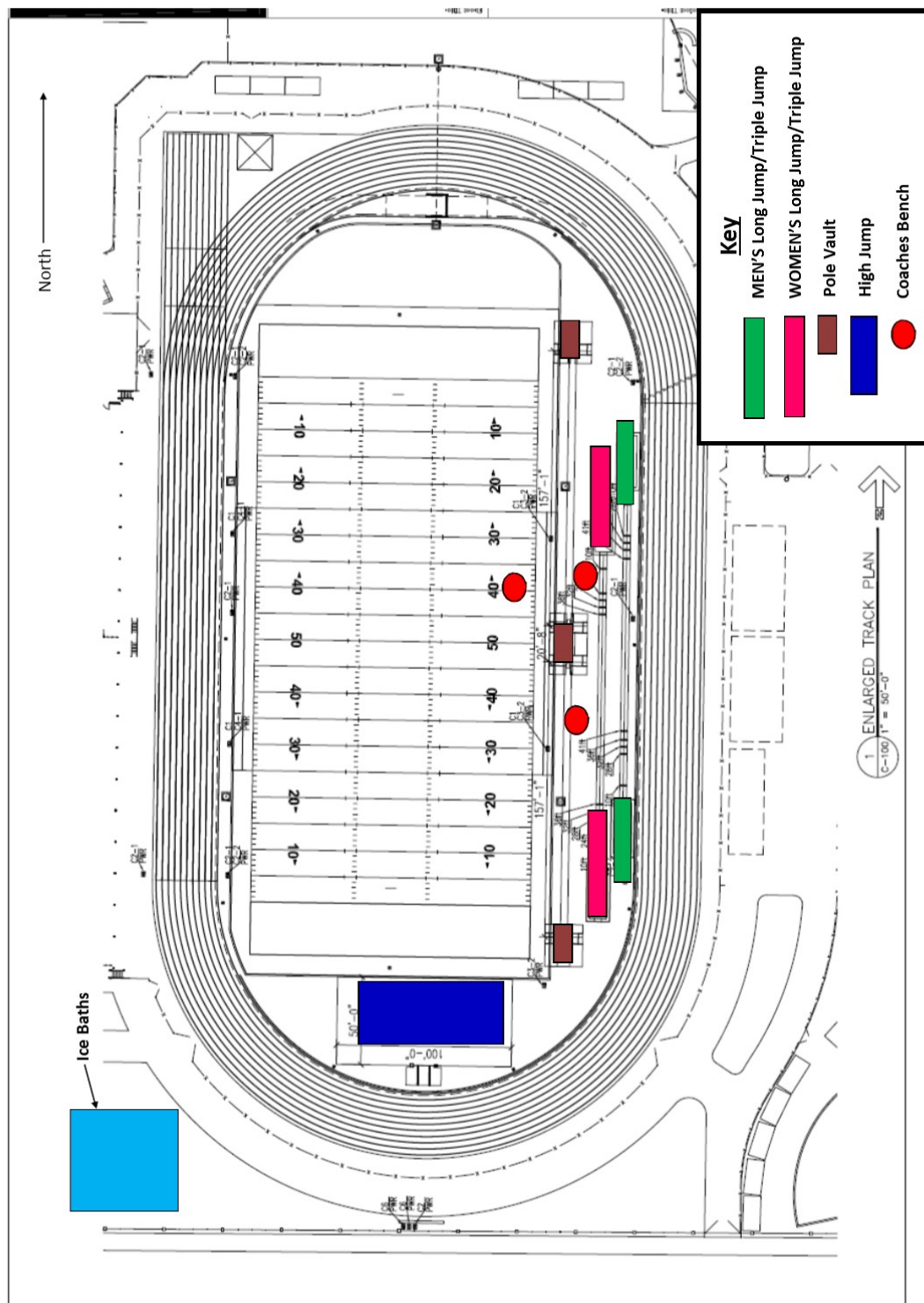
(T = Trials; F = Finals; T/F = Trials followed by Finals)

Veteran's Memorial Field Sports Complex

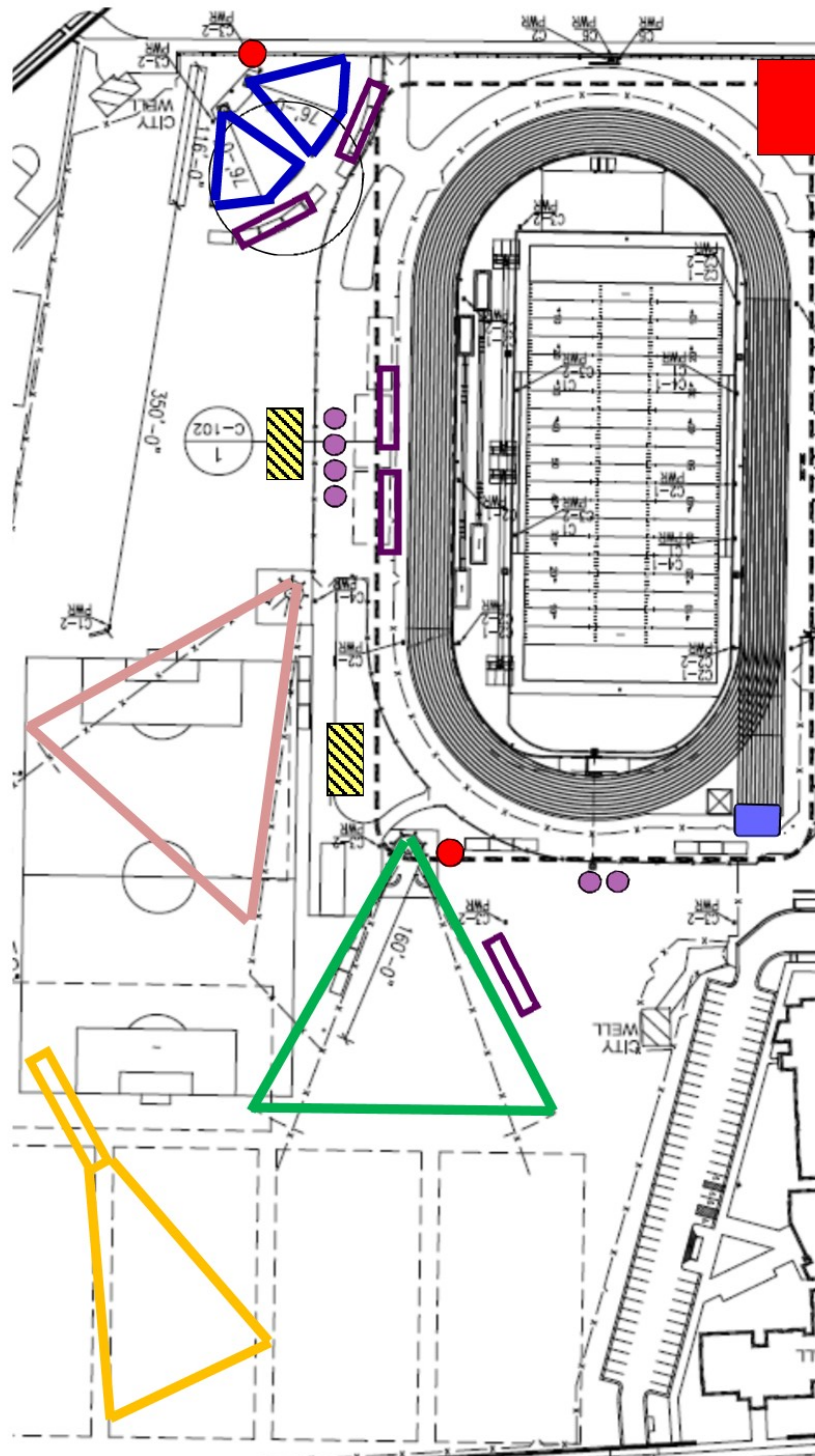
2015 WIAC CONFERENCE CHAMPIONSHIPS



Veteran's Memorial Field Sports Complex

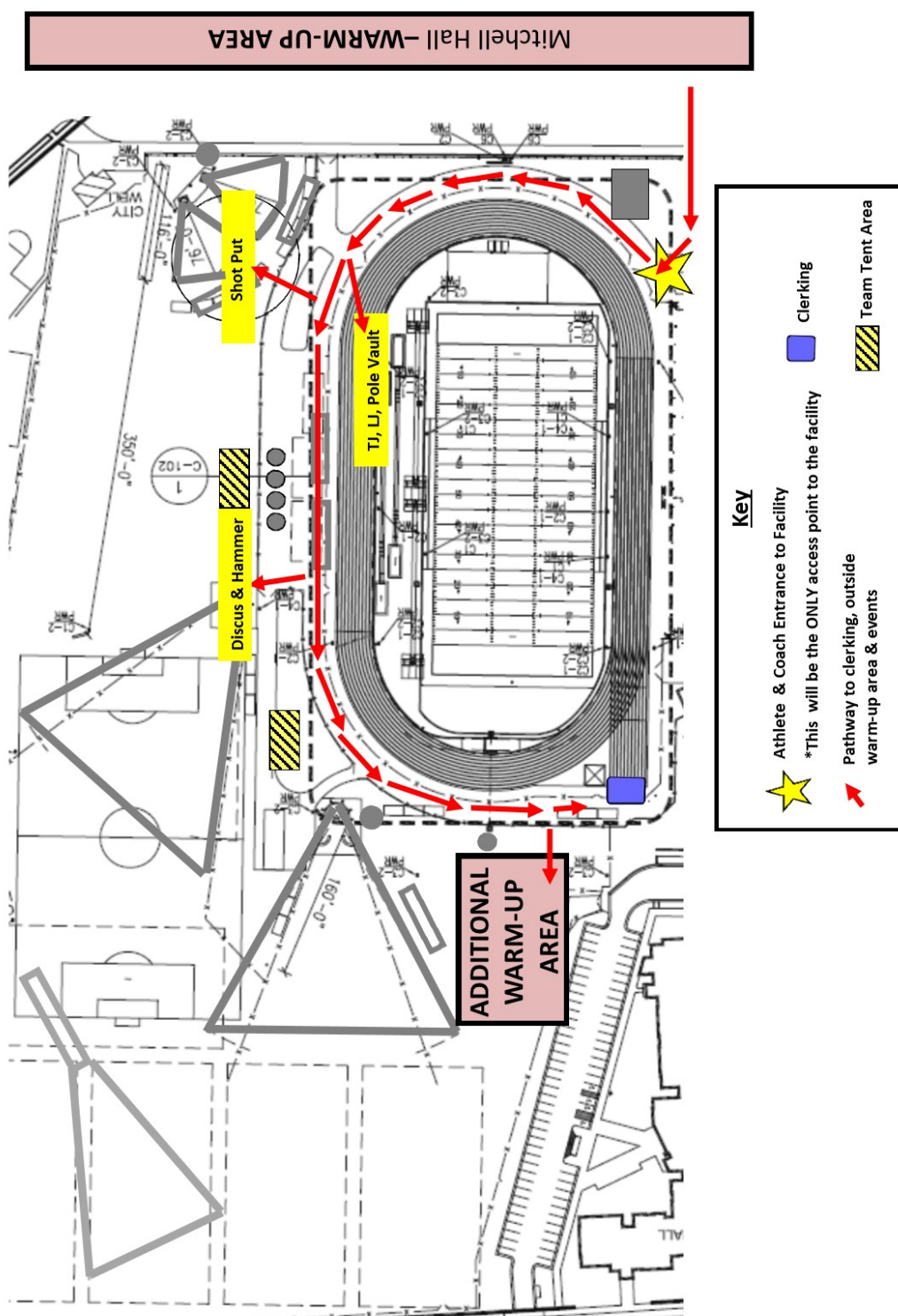


Veteran's Memorial Field Sports Complex

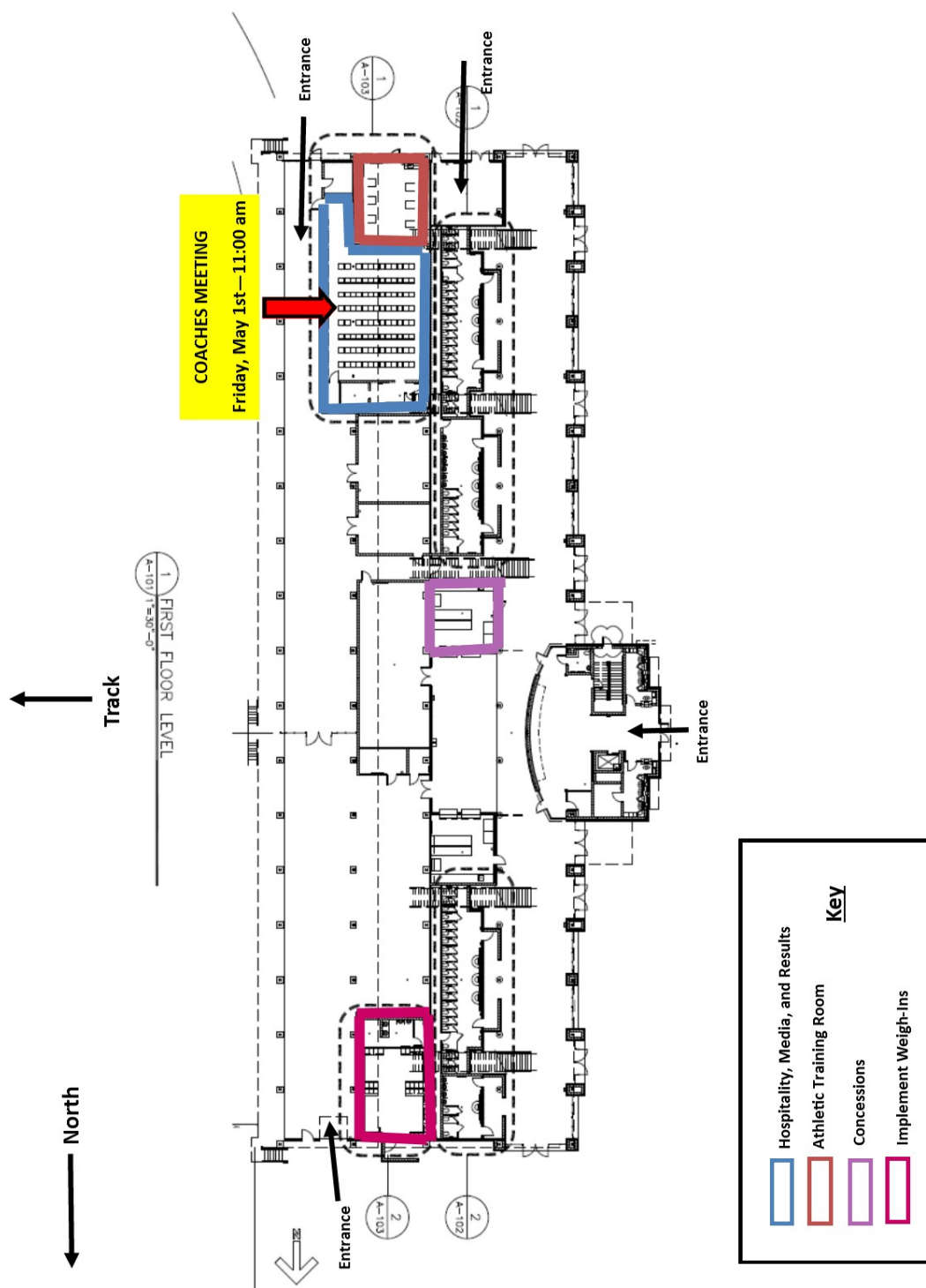


Key	
●	Coaches Bench
△	Hammer
△	Discus
△	Shot put
△	Javelin
●	Port-a-pottys
■	Clerking
■	Ice Baths
■	Bleachers
■	Team Tent Area

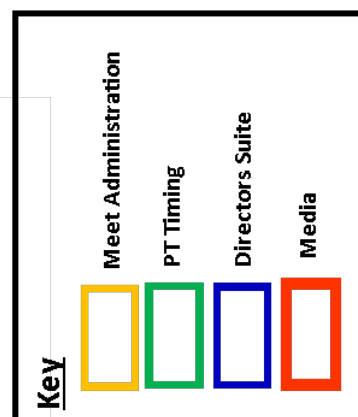
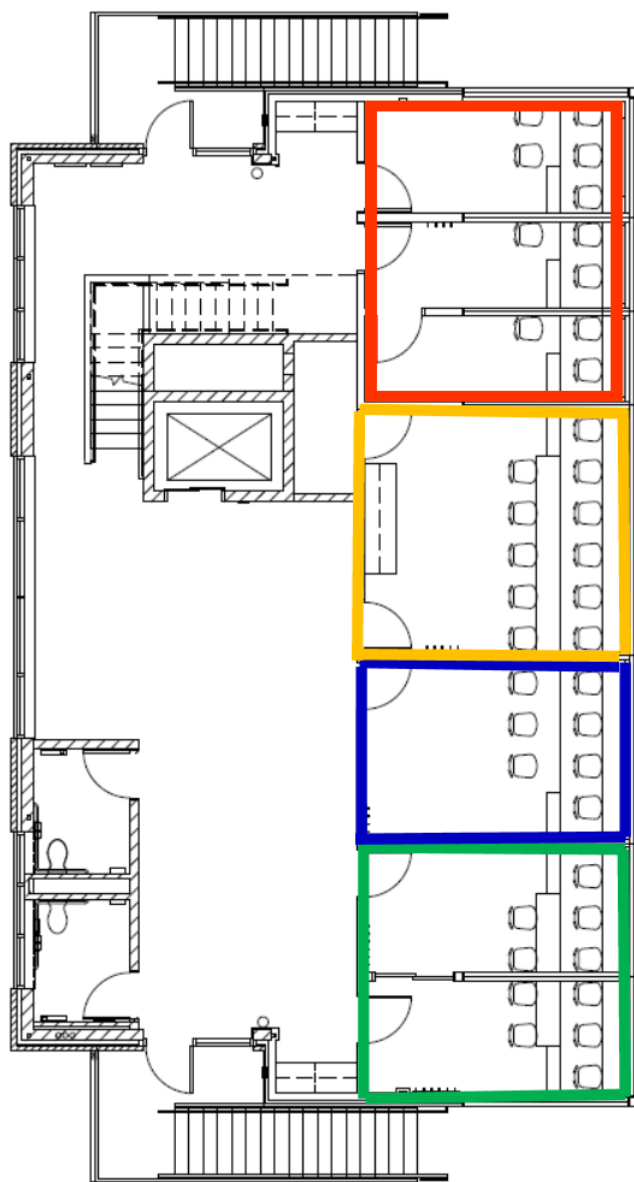
Athlete & Coach Facility Access Points



Concourse Level



3rd Floor Pressbox Level



Athletic Training Services

Memo

To: Participants of the 2015 WIAC Outdoor Track & Field Meet

Fm: Joel Luedke, MSe. ATC

Director of Athletic Training Services

Re: Athletic Training Services

The Athletic Training Staff at the University of Wisconsin-La Crosse would like to congratulate all of the qualifying participants for the 2015 WIAC Men's and Women's Track & Field Outdoor Championships hosted in La Crosse, WI. We welcome you to our majestic campus and our genuine hospitality. Below are the details for our services that will be provided over the weekend.

The main treatment area will be located in the basement of Mitchell Hall, room 10. This is located across the street from the stadium and will serve as the main treatment facility throughout the meet. Amenities will include all the basic treatments and modalities found a standard Athletic Training Center. Both certified athletic trainers and students will staff this facility for duration of the event. A secondary treatment area will be at the outdoor track with amenities including tables, first aid supplies and ice bags. Cold baths/tubs will also be available in a tent on the south end adjacent to the track but athletes must provide their own towel. The athletic training staff will be unable to provide massage therapy any kind before, during or after the meet. For any specific cases please see contact person below.

A physician will be on-call but not on-site for the competition. If any emergencies arise, we have two hospitals in La Crosse within a few miles that can be utilized.

The athletic training room(s) will be open 2 hours prior to the first scheduled event and athletic training services will be available for 1 hour following the conclusion of the event.

If your team is traveling without an athletic trainer(s), please provide the necessary supplies and documentation. A letter from a MD or athletic trainer detailing treatment parameters will be needed for any modalities other than hot packs and ice related treatments.

Please feel free to contact Joel Luedke regarding any questions or special accommodation. He can be reached at 608-785-6542 or at jluedke@uwlax.edu.

Best of luck to everyone.

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.

WIAC Men's and Women's Outdoor Track & Field Conference Records

Event	Men's	Women's
100-Meter Dash	Thurgood Dennis (Eau Claire), 10.27, 2014	Meg Heafy (La Crosse), 11.80, 2014
200-Meter Dash	Andrew Rock (La Crosse), 20.84, 2003	Brooke Bell (Whitewater), 23.98, 2009
400-Meter Dash	Andrew Rock (La Crosse), 46.18, 2004	Nadine Pieske (Oshkosh), 55.45, 2006
800-Meter Run	Matt Groose (Oshkosh), 1:51.25, 2003	Christy Cazzola (Oshkosh), 2:08.02, 2011
1,500-Meter Run	Ryan Kleimenhagen (Platteville), 3:48.90, 2003	Marcia Taddy (Platteville), 4:29.77, 2006
3,000-Meter Run		Tori Neubauer (La Crosse), 9:31.80, 1983
5,000-Meter Run	Jeff Wachter (Stout), 14:23.00, 1984	Tori Neubauer (La Crosse), 16:27.53, 1984
10,000-Meter Run	Tom Moris (Stevens Point), 30:13.26, 1988	Wendy Burman (Parkside), 35:25.00, 1981
110-Meter High Hurdles	Marcus Walgrave (La Crosse), 14.27, 2006	
100-Meter Hurdles		Jamie Ludwigson (La Crosse), 14.12, 2014
400-Meter Intermediate Hurdles	Steve Stocker (River Falls), 51.45, 1993	Laura Verdegan (Stout), 1:01.71, 2004
3,000-Meter Steeplechase	Dawson Miller (Whitewater), 8:59.12, 2014	Julia Rudd (La Crosse), 10:32.42, 2005
High Jump	Mike Kundering (Stout), 7-2 1/2, 1993	Michelle Riedi (Stevens Point), 5-9 (1.75 m), 1987
Long Jump	Bill Schroeder (La Crosse), 25-6 1/4, 1993	Jenni Miller (La Crosse), 19-3 (5.86 m), 1991
Triple Jump	Dean Cash (La Crosse), 51-8 1/4, 1991	Kerrie Main (Oshkosh), 40-4 1/4 (12.30 m), 1997
Pole Vault	Hans Schmidt (La Crosse), 17-3, 2003	Angela Hilgers (La Crosse), 13-1 1/2 (4.00m), 2005
Shot Put	Paul Conlin (Platteville), 62-7 1/4, 1993	Robyn Jarocki (Oshkosh), 50-8 (15.44 m), 2006
Discus	Dan Hytinen (Whitewater), 190-10, 2008	Cindy Lensmire (La Crosse), 169-6 (51.66 m), 1983
Hammer Throw	Jeremy Wendt (Whitewater), 218-1, 2004	Alexia Child (Oshkosh), 192-8 (58.74m), 2012
Modern Javelin	Bill Schroeder (La Crosse), 200-1, 1993	Jodi Smiley (La Crosse), 152-8 (46.54 m), 1984
Decathlon	Kevin Deering (Oshkosh), 6,999 points, 2005	
Heptathlon		Sherri Odlevak (Superior), 4,913 points, 1981
400-Meter Relay (4x100)	Darrick Smith, Andrew Rock, Charlie Wittleder, Dan Tutskey (La Crosse), 40.57, 2002	Jaime Ludwigson, Caitlin Wippermann, Claire Elliott, Rebecca Schmidt (La Crosse), 47.11, 2012
1,600-Meter Relay (4x400)	Nick Tehan, Tyson Young, Christian Wendland, Aric Hoeschen (La Crosse), 3:12.48, 2012	Jenna Halvorson, Rebecca Scheuermann, Shannon Klein, Claire Elliott (La Crosse), 3:47.55, 2012
3,200-Meter Relay (4x800)	Losinski, Hernandez, Altergott, Wilson (La Crosse), 7:34.54, 1998	Lindsey Vick, Emma Dreis, Jessica Scott, Marcia Taddy (Platteville), 9:06.06, 2008

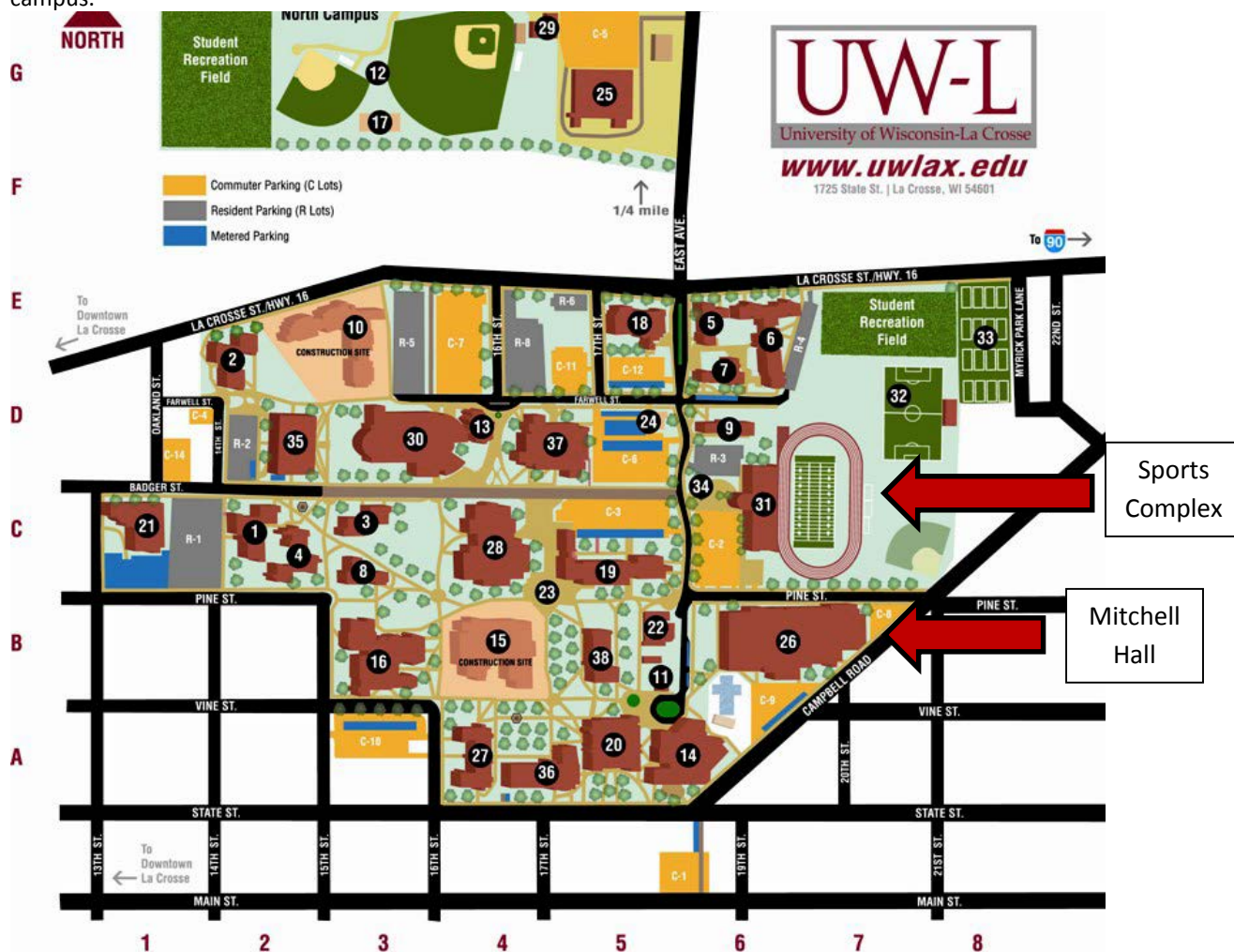
Driving Directions

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 join 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.



Mitchell Hall is Building #26 and the Veteran's Memorial Field and Sports Complex (Track and Field Venue) is #31 on this map.

Recommended Lodging:**Candlewood Suites**

56 Copeland Ave.
 La Crosse, Wisconsin 54603
 (608) 785-1110
 (1.5 miles from UW-L's campus)

Days Inn

101 Sky Harbour Drive
 La Crosse, Wisconsin 54603
 (608) 783-1000
 (5 miles from UW-L's Campus)

Hampton Inn

308 Hampton Court
 Onalaska, Wisconsin 54650
 (608) 779-5000
 (6 miles from UW-L's campus)

Stoney Creek Inn

3060 S. Kinney Coulee Rd.
 Onalaska, Wisconsin 54650
 (608) 781-3060
 (5 miles from UW-L's campus)

Recommended Restaurants:**Dublin Square**

103 3rd Street
 La Crosse, Wisconsin 54601
 (608) 519-2509

Eagles Nest Sports Bar and Grill

1914 Campbell Road
 La Crosse, Wisconsin 54601
 (608) 782-7764

Howie's Restaurant

1128 La Crosse Street
 La Crosse, Wisconsin 54601
 (608) 784-7400

Toppers Pizza

325 West Avenue North
 La Crosse, Wisconsin 54601
 (608) 788-8899