



2011 OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
DIVISION III • DELAWARE, OHIO

2011

PARTICIPATION



2011 OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
DIVISION III • DELAWARE, OHIO
OHIO WESLEYAN UNIVERSITY, HOST

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INTRODUCTION

In the event you are selected for the 2011 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 2011 NCAA Division III Outdoor Track and Field Handbook 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 championship site. This annual event occurs May 26-28 in Delaware, Ohio. Ohio Wesleyan University will serve as the host institution.

Similar to your team, we understand thorough preparation is the key to success. That is why we are most excited about the upcoming championships. Good luck!

CHAMPIONSHIPS HISTORY

Men's History

1990	Lincoln University (Pennsylvania)
1991	University of Wisconsin, La Crosse
1992	University of Wisconsin, La Crosse
1993	University of Wisconsin, La Crosse
1994	North Central College
1995	Lincoln University (Pennsylvania)
1996	Lincoln University (Pennsylvania)
1997	University of Wisconsin, La Crosse
1998	Lincoln University (Pennsylvania)
1999	North Central College
2000	Lincoln University (Pennsylvania)/ North Central College
2001	University of Wisconsin, La Crosse
2002	University of Wisconsin, La Crosse
2003	University of Wisconsin, La Crosse
2004	University of Wisconsin, La Crosse
2005	Lincoln University (Pennsylvania)
2006	University of Wisconsin, La Crosse
2007	University of Wisconsin, La Crosse
2008	McMurry University
2009	University of Wisconsin, Oshkosh
2010	North Central College

Women's History

1990	University of Wisconsin, Oshkosh
1991	University of Wisconsin, Oshkosh
1992	Christopher Newport University
1993	Lincoln University (Pennsylvania)
1994	Christopher Newport University
1995	University of Wisconsin, Oshkosh
1996	University of Wisconsin, Oshkosh
1997	University of Wisconsin, Oshkosh
1998	Christopher Newport University
1999	Lincoln University (Pennsylvania)
2000	Lincoln University (Pennsylvania)
2001	Wheaton College (Massachusetts)
2002	Wheaton College (Massachusetts)
2003	Wheaton College (Massachusetts)
2004	University of Wisconsin, Oshkosh
2005	Wartburg College
2006	University of Wisconsin, Oshkosh
2007	University of Wisconsin, Oshkosh
2008	Illinois Wesleyan University/ University of Wisconsin, River Falls
2009	Wartburg College (Iowa)
2010	University of Wisconsin, Oshkosh

2011 NCAA Outdoor Track and Field Championships – hosted by Ohio Wesleyan University

Tournament Personnel

Title	Name	E-mail	Contact Numbers
Co-Meet Director Director of T&F/XC	Kris Boey	kwboey@owu.edu	740.368.3731 (office) 614.266.6405 (cell)
Co-Meet Director Assistant Coach T&F	Seth McGuffin	sdmcguff@owu.edu	740.368.3756 (office) 540.435.0662 (cell)
Tournament Director Director of Athletics	Roger Ingles	rdingles@owu.edu	740.368.3738 (office)
Assistant Director NCAA Intern	Ashley Shaffer	anshaffe@owu.edu	740.974.7590 (cell)
NCAA Division III Committee Chair	Chuck Wilcoxon	Chuck.wilcoxon@principia.edu	618.374.5032 (office) 618.917.1091 (cell)
Assistant Director of Championships	Holly Sheilley	hsheilley@ncaa.org	317.917.6503 (office)
Assistant Director of Media Relations/Sports Information Director	Mark Beckenbach	mlbecken@owu.edu	740.368.3340 (office)
Head Athletic Trainer	Todd Miller	tmiller@owu.edu	740.368.3747 (office)
Ticket Manager	Tracey Coleman	tcolema@owu.edu	740.368.3726
Committee Room	Schimmel-Conrades Science Center - 218		740.368.2956 (room) 740.368.2957 (fax)

2010-2011 Division III Men’s and Women’s Track and Field Committee

<p style="text-align: center;">Atlantic</p> <p>Jennifer Potter Indoor Liaison Head Track and Field Coach Ithaca College 204 Ceracche Center Ithaca, New York 14850 Phone: 607.274.1757 Fax: 607.274.1667 Cell: 607.423.4061 E-mail: jpotter@ithaca.edu</p>	<p style="text-align: center;">Central</p> <p>Will Freeman Cross Country Liaison Head Track and Field Coach Grinnell Coach 1118 10th Avenue Grinnell, Iowa 50112 Phone: 641.269.3812 Fax: 641.269.3818 Cell: 641.821.8628 E-mail: Freemanw@grinnell.edu</p>	<p style="text-align: center;">Great Lakes</p> <p>Kris Boey Outdoor Liaison Director of Track & Field/Cross Country Ohio Wesleyan University 61 South Sandusky Street Delaware, Ohio 43015 Phone: 740.368.3731 Fax: 740.368.3751 Cell: 614.266.6405 E-mail: kwboey@owu.edu</p>
<p style="text-align: center;">Mideast</p> <p>Chris Bayless Cross Country Liaison Head M/W Track & Field/Cross Country Coach Ursinus College P.O. Box 1000 Collegeville, Pennsylvania 19426 Phone: 610.409.3000 x2457 Fax: 610.409.3620 Cell: 484.941.1952 E-mail: cbayless@ursinus.edu</p>	<p style="text-align: center;">Midwest</p> <p>Chuck Wilcoxon, Chair Cross Country/Indoor/Outdoor Liaison Head Track & Field/Cross Country Coach Principia College 100 Maybeck Place Elsah, Illinois 62028 Phone: 618.374.5032 Fax: 618.374.5221 Cell: 618.917.1091 E-mail: chuck.wilcoxon@principia.edu</p>	<p style="text-align: center;">New England</p> <p>Jon Hird Indoor Liaison Head Cross Country/Assistant Track & Field Coach University of Massachusetts, Dartmouth 285 Old Westport Road North Dartmouth, Massachusetts 02747 Phone: 508.999.8725 Fax: 508.999.8867 Cell: 401.580.0167 E-mail: jhird@umassd.edu</p>
<p style="text-align: center;">South/Southeast</p> <p>Barbara Crousen Outdoor Liaison Head Track & Field Coach/Senior Women’s Administrator McMurry University McM 188 Abilene, Texas 79697 Phone: 325.793.4646 Fax: 325.793.4659 Cell: 325.829.4925 E-mail: crousenb@mcmurryadm.mcm.edu</p>		<p style="text-align: center;">West</p> <p>John Goldhamer Head Cross Country / Assistant Track and Field Coach / Assoc. AD Claremont Mudd-Scripps 500 E. Ninth Street Claremont, CA 91711 Office: 909.607.3564 Fax: 909.621.8848 E-mail: jgoldhammer@cmc.edu</p>
<p>Holly Sheilley, PhD Assistant Director of Championships NCAA P.O. Box 6222 Indianapolis, IN 46206-6222 Office: 317.917.6503 Fax: 317.917.6237 Cell: 317.966.0489 E-mail: hsheilley@ncaa.org</p>		<p>Linda Godby Assistant Coordinator for Championships National Collegiate Athletic Association P.O. Box 6222 Indianapolis, Indiana 46206-6222 Phone: 317.917.6507 Fax: 317.917.6237 E-mail: lgodby@ncaa.org</p>

Schedule of Events

Thursday, May 26	
All qualifying events except for Field Events, Heptathlon, Decathlon and 10,000 meters	
Time	Event
12:00 p.m.	Heptathlon - 100m Hurdles**
1:00 p.m.	Decathlon - 100m*
3:00 p.m.	Men's Hammer
3:00 p.m.	Women's Long Jump
5:00 p.m.	Women's Pole Vault
5:55 p.m.	National Anthem
6:00 p.m.	Women's Hammer
6:15 p.m.	Men's 400m Relay
6:30 p.m.	Women's 400m Relay
6:45 p.m.	Men's 1500m Run
7:00 p.m.	Women's 1500m Run
7:00 p.m.	Men's Long Jump
7:15 p.m.	Men's 400m Hurdles
7:30 p.m.	Women's 400m Hurdles
7:45 p.m.	Men's 200m Dash
8:00 p.m.	Women's 200m Dash
8:15 p.m.	Men's 10,000m Run
8:55 p.m.	Men's 1600m Relay
9:05 p.m.	Women's 1600m Relay
9:20 p.m.	Women's 10,000m Run
*Decathlon will be on a rolling time schedule with 30 minutes between events. Thursday's events are: 100m, long jump, shot put, high jump and 400m.	
**Heptathlon will be on a rolling time schedule with 30 minutes between events. Thursday's events are: 100m hurdles, high jump, shot put and 200m.	

Friday, May 27	
All qualifying events except for Field Events, Heptathlon, Decathlon and Steeplechase	
Time	Event
12:00 p.m.	Heptathlon - Long Jump
1:00 p.m.	Decathlon - 110m Hurdles
4:30 p.m.	Men's Shot Put
4:55 p.m.	National Anthem
5:10 p.m.	Men's High Jump
5:20 p.m.	Women's Triple Jump
5:30 p.m.	Men's Pole Vault
6:30 p.m.	Men's 110m Hurdles
6:45 p.m.	Women's 100m Hurdles
7:00 p.m.	Men's 400m Run
7:00 p.m.	Women's Shot Put
7:15 p.m.	Women's 400m Run
7:30 p.m.	Men's 100m Dash
7:45 p.m.	Women's 100m Dash
8:00 p.m.	Men's 800m Run
8:15 p.m.	Women's 800m Run
8:30 p.m.	Men's 3000m Steeplechase
9:00 p.m.	Women's 3000m Steeplechase
*Decathlon Friday events are: 110m hurdles, discus, pole vault, javelin and 1500m.	
**Heptathlon Friday events are: long jump, javelin and 800m.	

Saturday, May 28	
All events Final	
Time	Event
12:00 p.m.	Women's Javelin
12:00 p.m.	Men's Discus
12:00 p.m.	Men's Triple Jump
12:00 p.m.	Women's High Jump
1:20 p.m.	National Anthem
1:30 p.m.	Men's 400m Relay
1:40 p.m.	Women's 400m Relay
1:50 p.m.	Men's 1500m Run
2:00 p.m.	Women's 1500m Run
2:15 p.m.	Men's 110m Hurdles
2:25 p.m.	Women's 100m Hurdles
2:40 p.m.	Men's 400m Dash
2:50 p.m.	Women's 400m Dash
3:00 p.m.	Men's 100m Dash
3:00 p.m.	Women's Discus
3:00 p.m.	Men's Javelin
3:10 p.m.	Women's 100m Dash
3:20 p.m.	Men's 800m Run
3:30 p.m.	Women's 800m Run
3:45 p.m.	Men's 400m Hurdles
3:55 p.m.	Women's 400m Hurdles
4:05 p.m.	Men's 200m Dash
4:15 p.m.	Women's 200m Dash
4:25 p.m.	Men's 5000m Run
4:40 p.m.	Women's 5000m Run
5:15 p.m.	Men's 1600m Relay
5:25 p.m.	Women's 1600m Relay
5:35 p.m.	Awards Presentation



Accommodations – Championships Hotels

The following is a list of area hotels and their contact information. Each institution is responsible for contacting the hotel to make arrangements and providing the hotel with a rooming list.

Hilton Garden Inn				
8535 Lyra Drive, Columbus	614.846.8884	20 min.		\$99
Hampton Inn				
8411 Pulsar Drive, Columbus	614.885.8400	20 min.		\$99
Candlewood Suites				
8515 Lyra Drive, Columbus	614.436.6600	20 min.		\$79-99
Wingate by Wyndham				
8505 Pulsar Drive, Columbus	614.844.5888	20 min.		\$92
Best Western				
2045 Polaris Parkway, Columbus	614.396.5100	20 min.		\$89
Comfort Inn				
8400 Lyra Drive, Columbus	614.791.9700	20 min.		\$89
Cambria Suites				
9100 Lyra Drive, Columbus	614.841.9100	20 min.		\$109
Fairfield Inn & Suites				
9000 Worthington Road, Columbus	614.568.0770	20 min.		\$109
Extended Stay				
8555 Lyra Drive, Columbus	614.431.5522	20 min.		\$109
Best Western				
1720 Columbus Pike, Delaware	740.363.3510	5 min.		\$80
Comfort Inn				
1251 Columbus Pike, Delaware	740.363.8869	5 min.		\$79
Smith Hall				
Ohio Wesleyan University	740.368.3376	On Campus		\$29/person/night

Please see the Championship Website (www.ncaa.com) for links to all available lodging opportunities.

Area Restaurants & Attractions

Delaware Restaurants

Name	Address	Phone	Website
Amato's Wood-Fired Pizza	8 S. Sandusky St.	740.369.8797	http://amatoswoodfiredpizza.com
Bun's Restaurant	14 W. Winter St.	740.363.3731	www.bunsrestaurant.net
Chandra's Bistro	10 N. Sandusky St.	740.362.9227	www.chandrasbistro.com/
Domino's Pizza	90 W. William Street	740.363.9824	
Gulla's Lunch	12 W. William Street	740.369.9040	
Hamburger Inn	16 N. Sandusky St.	740.369.3850	
Hoggy's	13 W. William St.	740.369.3471	http://hoggys.com/index.cfm
Mean Bean Caffeine Lounge	2 N. Sandusky St.	740.369.5282	
NOVA Restaurant	5 N. Sandusky St.	740.362.4810	
Old Bag of Nails Pub	66 N. Sandusky St.	740.368.8083	www.oldbagofnails.com
Ollie's Fine Ice Cream	19 S. Franklin St.	740.363.6554	
Rocky's Gourmet Italian Ice	120 W. William St.	740.362.8000	
Subway	16 S. Sandusky St.	740.513.2990	www.subway.com
Tim Horton's/Coldstone	89 W. William St.	740.362.3203	
West End Grill	14 W. William St.	740.363.4106	
Vaqueros Restaurant	259 S. Sandusky St.	740.362.0919	http://www.vaquerosrestaurant.com/
KFC	130 S. Sandusky St.	740.362.9853	www.kfc.com/
Bob Evans	1301 Columbus Pike	740.363.0231	www.bobevans.com/
Marco's Pizza	219 S. Sandusky St.	740.368.9000	www.marcos.com
Chipotle	1710 Columbus Pike	740.369.6360	www.chipotle.com
Tian Fu Buffet	850 Sunbury Road	740.363.3200	
En Super Buffet	1139 Columbus Pike	740.363.8899	

Restaurants in **Red Text** located Downtown Delaware approximately 1/3 mile walk from Stadium

Columbus (Polaris Parkway) Restaurants

Name	Address	Phone	Website
Bob Evans	1611 Polaris Parkway	614.841.9917	www.bobevans.com
Carrabba's Italian Grill	8460 Lyra Drive	614.880.2426	www.carrabbas.com/
Quaker Steak and Lube	8500 Lyra Drive	614.430.9464	www.quakersteakandlube.com/
Tim Horton's	1555 Polaris Parkway	614.825.0001	www.timhortons.com
Max & Ermas Restaurant	1515 Polaris Parkway	614.840.9466	www.maxandermas.com
Cheesecake Factory	1566 Polaris Parkway	614.848.8646	www.thecheesecakefactory.com/
Texas Roadhouse	8440 Lyra Drive	614.436.8300	www.texasroadhouse.com
Dave and Buster's	1554 Polaris Parkway	614.310.6800	www.daveandbusters.com/
Arby's	1575 Polaris Parkway	614.430.3189	www.arbys.com
Smokey Bones BBQ & Grill	1481 Polaris Parkway	614.430.0572	www.smokeybones.com
Potbelly Sandwich Shop	1380 Polaris Parkway	614.846.2745	www.potbelly.com
T.G.I.Friday's	1330 Polaris Parkway	614.824.1496	www.tgifridays.com/
O'Charley's	1425 Polaris Parkway	614.846.9744	www.ocharleys.com/
Mitchell's Steakhouse	1408 Polaris Parkway	614.888.2467	www.mitchellssteakhouse.com
Red Lobster	1270 Polaris Parkway	614.433.7175	www.redlobster.com
Olive Garden	1250 Polaris Parkway	614.885.0080	www.olivegarden.com
Panera Bread	1391 Polaris Parkway	614.410.6200	www.panerabread.com/

AWARDS

Official NCAA awards will be presented to the top eight finishers in each event of the championships. First, second, third and fourth place team trophies will also be awarded. Participants that do not receive an NCAA award at the meet will be given participation medallions, which will be shipped directly to the participating institution's athletics director and will arrive approximately four to six weeks after the championships.

NCAA Academic Recognition Program – Elite 88. The ELITE 88, an award founded by the NCAA, recognizes the true essence of the student-athlete by honoring the individual who has reached the pinnacle of competition at the national championship level in his or her sport, while also achieving the highest academic standard among his or her peers. The Elite 88 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's 88 championships. For more information regarding this program or to receive a copy of the nomination form, please contact Mark Bedics, Ryan Hall and Juliette Kenny at elite88@ncaa.org or 317/917-6222. All documents and nomination forms can be obtained at the following location, http://www.ncaa.org/wps/myportal/ncaahome?WCM_GLOBAL_CONTEXT=/ncaa/ncaa/media+and+events/awards/elite+88+award+program. You must be logged into the site to access the page. The submission deadline for nomination for outdoor track and field is 5 p.m., Tuesday, May 24.

BANQUET

The student-athletes' and coaches' banquet will be held Wednesday, May 25, at 6:30 p.m. at Ohio Wesleyan University, Gordon Field House, Delaware, Ohio 43015. Entrance to the facility will be on the north side of Branch Rickey Arena. Doors will open at 5:30 p.m. for the pre-banquet social. Banquet tickets will be provided to each qualifying student-athlete and to coaches based on the same criteria as credential distribution (See Page 10). Extra banquet tickets will be sold on a first-come, first-served basis for \$30 each at packet pick-up. Food will be served buffet style. The award presentations and entertainment will begin approximately at 7:30 p.m.

BANQUET MEAL

Field Greens Salad with choice of dressings (ranch or vinaigrette based)
Mediterranean Tomato Salad - Feta, Kalamata Olives and Balsamic Vinaigrette
NY Cheesecake and Chocolate Cake with Berry Compote
Fresh Baked Rolls and Butter

Chicken Marsala
Roasted Potatoes
Sautéed Green Beans Amandine
Penne Pasta with Roasted Vegetables in an Herb Infused Vegetable Broth

Ice water and Ice tea

Hors D'oeuvres and refreshments will be provided at the Social Gathering before the banquet along with a live animal exhibit presented by the Columbus Zoo

COACHES' SOCIAL

A coaches' social will be held Wednesday evening after the championships banquet at the Hilton Garden Inn located at 8535 Lyra Drive, Columbus, Ohio, 43240. The social is sponsored by M-F Athletics, UCS, Asics, and Mondo.

CREDENTIALS

The following credentials will be distributed at packet pick-up at the Branch Rickey Arena located on the campus of Ohio Wesleyan University.

1. Coaches' credentials will be distributed by team according to the following formula:

NUMBER OF STUDENT-ATHLETES	NUMBER OF CREDENTIALS
1-5	1
6-10	2
11-15	3
16 or more	4

2. Each student-athlete registered to compete will receive one credential for access to the championships.
3. 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 Committee.
4. Coaches' shot put, high jump and pole vault (to include decathlon and heptathlon high jump and pole vault) box passes will be distributed at packet pick-up. Coaches will receive one pass (pass on lanyard with event name) for one coach to enter the coaches' box. If you do not present pass, you will not be allowed access.
5. Extra coaches' credentials may be purchased at packet pick-up for \$20 (cost of an adult full session pass).

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.

EVACUATION/SEVERE WEATHER PLAN

Lightning

In the case of lightning, all competition will be stopped until 30 minutes after the last strike recorded by the athletic training staff. Spectators and athletes will be directed to the locker rooms and restrooms underneath Selby Stadium. Those individuals at the hammer /discus / javelin throw area will be directed to the Meek Aquatics and Recreation Center on Henry Street or Haycock Hall directly adjacent to the venue or to their vehicles.

Tornado Watch/Warning

In the case of a tornado, spectators and athletes will be directed to the locker rooms and restrooms underneath Selby Stadium. Those individuals at the hammer /discus / javelin throw area will be directed to Meek Aquatics and Recreation Center on Henry Street or Haycock Hall directly adjacent to the venue or to their vehicles.

QUALIFYING STANDARDS

Qualifying standards for the outdoor championships are listed below and in the 2011 NCAA Division III Men's and Women's Outdoor Track and Field Championships Handbook. They can also be found at the NCAA official host Web site at <http://www.ncaa.com/>.

CHAMPIONSHIP ENTRY DATES AND TIMELINES

See 2011 Division III Men's and Women's Outdoor Track and Field Handbook on the www.ncaa.org.

PACKET PICK-UP

Packet pick-up will be held Wednesday, May 25 from 1 to 3 p.m. EST at the Branch Rickey Arena. Please enter through the north entrance. No student-athletes will be allowed in the packet pick-up area. Late packet pick-up will be at the same location before the banquet and from 9 to 10:30 a.m. Thursday, Friday and Saturday mornings at the ticket window at Selby Stadium. Parking will be available at the lots shown on the Parking Map.

NCAA MERCHANDISE

NCAA merchandise will be available for sale at the southwest corner of Selby Stadium from 8 a.m. to 4 p.m. on Wednesday, May 25. Merchandise will also be available for sale Thursday-Saturday, May 26-28 from 10 a.m. until the end of the last event of the day at the southwest corner of Selby Stadium.

OFFICIALS

The track and field committee is responsible for the assignment of officials to the championships. The head officials will conduct a track and field inspection the day before the championships. Officials should check in each day prior to competition at the officials' check-in table located at the tent located on the northeast side of Selby Stadium.

POSTING AND PICK-UP OF RESULTS

Results will be posted on the board in the breezeway on each side of the grandstands. Final daily results and next day heat sheets will be available for coaches (with a ticket) and media representatives (with a credential) no later than one hour after the conclusion of each day's competition at the protest table, which is located on the southwest corner of the stadium. (Please see map provided at packet pick-up)

PRACTICE SCHEDULE

COMPETITION FACILITY

Practice on the actual competition track/field event venues will be available Tuesday, May 24, 2011 from 9:00 AM – 7:00 PM and Wednesday, May 25, 2011 from 9:00 AM – 4 PM. Please see below for available times for field event practice.

WARM-UP/PRACTICE TRACK

The Gordon Field House, located to the west of the competition track will be available for practice during the entire championships. The facility will be open; Thursday, May 26 – Saturday, May 28 from 9:00 AM through the duration of the championships each day. Hurdles and blocks will be provided on the practice track for participant use. **The tennis courts may be used but NO SPIKES will be allowed on the surface (TRACK SURFACE ONLY).** No implements may be used in the field house. Please see field event schedule below. Under no circumstances, may an individual or team use their own starting blocks during practice or competition. Starting blocks will be provided by UCS and Ohio Wesleyan University.

FIELD EVENTS

Please note practice for all field events will only be available at the actual competition venue at the following times during the championships.

Event	Tuesday	Wednesday	Thursday	Friday	Saturday
Javelin	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.	7 a.m. – 10 a.m.	7 a.m. – 9 a.m.	
Pole Vault	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.			
High Jump	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.			
Shot Put	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.	7 a.m. – 10 a.m.		
Long/Triple	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.	7 a.m. – 10 a.m.		
Discus/Hammer	9 a.m. – 7 p.m.	9 a.m. – 4 p.m.	7 a.m. – 10 a.m.	7 a.m. – 9 a.m.	

NOTE: High Jump mats will be available at the indoor practice track throughout the championships.

WEIGHTS AND MEASURES

Implements must be presented at the implement inspection room, located in Selby Field no later than the prescribed times as listed below. Once an implement is submitted for certification, it will remain impounded until the completion of the event. Implements passing inspection will be brought to the event site one hour before the start of the event. Athletes can pick up their impounded implements at the implement inspection room following the conclusion of the event.

Implements not passing inspection will be secured until after the event and may be picked up at the conclusion of competition. A list of non-certified implements will be posted at implement inspection room. Athletes must provide their own implements for practice and competition, and all implements must be marked with the athlete’s name. Meet organizers will provide a limited supply of UCS 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. Equipment bags will be inspected at the clerks’ tent.

Athletes will not be allowed to have any implements in equipment bags taken to the competition venue. Athletes with practice implements must leave them with the clerk’s.

Implements will be weighed and measured in the Weights and Measures Room at the following times:

Wednesday, May 25 **2:00 p.m. – 4:00 p.m.**

Decathlon Shot Put, Heptathlon Shot Put & Men and Women's Hammers

Thursday, May 26 **8:00 a.m. – 11:00 a.m.**

Decathlon Shot Put, Heptathlon Shot Put & Men and Women's Hammers

Friday, May 27 **8:00 a.m. – 11:00 a.m.**

Decathlon Discus, Decathlon Javelin, Heptathlon Javelin, Men and Women's Shot Put

Saturday, May 28 **8:00 a.m. – 11:00 a.m.**

Men and Women's Javelin, Men and Women's Discus

FITNESS FACILITY

The Edwards Gymnasium Weight Room will be available for student-athletes use from May 23-28 during its regular hours of operation (Monday – Thursday: 6 AM – 8PM, Friday 6AM – 6PM). The facility has two elliptical, two treadmills, two stair climbers and four stationery bikes and a full range of dumbbells, Olympic bars and weights.

SEATING

Spectator seating will be available in the main grandstand and bleachers will be set up at the various field events.

CLERKING AREA - *PLEASE NOTE THIS PROCESS* (Please see Athlete Flow sheet included in packet)

The clerking area will be located in Branch Rickey Arena adjacent to Gordon Field House (warm-up area) and about 400m from Selby Stadium. All student-athletes are required to check-in at the clerking area and will be escorted to the staging tent located at Selby Stadium before they are escorted to the starting line or event area. All athletes (with the exception of pole vault competitors who should check in at least 90 minutes prior to the event) must check in with the clerk no later than 60 minutes prior to their respective event. Event and clerking schedules (Athlete Flow Schedule) are provided in your meet packet.

Field event (with the exception of hammer / discus / javelin) competitors will be escorted to the event venue 60 minutes prior to the start of their event or 90 minutes prior to the start of the pole vault. Hammer, Discus and Javelin participants will clerk at the throwing venue. Running event athletes will be escorted to the track 20 minutes prior to the start of their event. There will be a clerking tent located in the parking lot behind the hammer/discus cage. ALL ATHLETES (WITH THE EXCEPTION OF HAMMER / DISCUS / JAVELIN) WILL BE ESCORTED TO THEIR EVENT VENUE.

Athletes are required to bring their competition spikes and uniforms to the clerking area for inspection. Athletes will not be allowed to change into their spikes until they are at the staging tent at Selby Stadium. All running events that do not start at the common start finish line will have bins to deposit all warm-ups, and those will be escorted over to the staging tent where athletes can retrieve them. All running events that start at the common start finish line will leave their warm-ups in the bins over at the staging tent.

All same-day, combined event competitors must clerk for their first event of the day at the clerk tent. At this time, same-day, combined event competitors will be provided the option of clerking/checking in for the individual's remaining events for that day.

TRACK FACILITY SPECIFICATIONS

TRACK	This is a 400-meter track, featuring eight 42" wide lanes on an Ameritan FP surface. All races will use Finish Lynx Automatic timing system as primary and back up.
TRACK ISSUES	Spikes must be pyramid shaped only with a maximum exposed length of ¼ inch. This applies to the long jump, triple jump, high jump, pole vault, and javelin as well as all running events. All spikes with permanent pins will not be allowed (i.e., Asics Japan will not be allowed in 2011). 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.
LONG JUMP/ TRIPLE JUMP	The long jump/triple jump will be contested on the east side just outside of the track. The approach is 196 feet (59.7 meters) for long jump and 170 feet (51.81 meters) for triple jump with boards located at 7 (women), 9 (men), 28 and 32 feet (women), 36 and 40 feet (men). The facility is equipped with four separate pits.
HIGH JUMP	The high jump will be contested on the south infield and has an area 131 x 65 feet (when two pits are being used) and 131 x 95 feet of approach with one pit. Depending on mat placement, athletes may have to transition off artificial turf surface.
POLE VAULT	The pole vault will be contested on the north end of the track. The long runway is 158 feet (48.15 meters) in length and the short runway is 145 feet (44.20 meters) in length. The track D-area allows for two pits to be used.
SHOT PUT	The shot put will be contested on the south end just outside of the track inside the gates. The competition circle is brushed concrete.
DISCUS / HAMMER	The discus/hammer will be contested south of the stadium located on Hayes Street. The competition circle is brushed concrete
JAVELIN	The javelin will be contested south of the stadium located on Hayes Street. The surface is rubberized over asphalt.
STARTING BLOCKS	All student-athletes will be required to use blocks supplied by UCS. UCS Grand Prix starting blocks will be available. Ohio Wesleyan University will supply Moye style starting blocks.

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

Attn: NCAA Track & Field Championships
Ohio Wesleyan University
28 Hayes Street
Delaware, Ohio 43015

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.

Implements may be picked up and checked out in the Implement Inspection Room located at Selby Stadium. Poles can be picked up, checked out and checked in at the Storage Room located on the Northeast Side of the stadium. Implements then may be taken to be weighed and measured during appropriate times. Pick up times are listed below:

	<i>Pick-up</i>	<i>Drop-Off</i>
Tuesday	10 a.m. – 4 p.m.	
Wednesday	10 a.m. – 4 p.m.	
Thursday	7 a.m. – 11 a.m.	1 p.m. – 6 p.m.
Friday		11 a.m. – 6 p.m.
Saturday		8 a.m. – 12 p.m., 2p.m. – 7 p.m.

SPORTS INFORMATION AND MEDIA CREDENTIALS

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.

Sports information credential request for the 2011 championships may be submitted by e-mail or mailed on institutional letterhead to the address listed below.

We will confirm identity on all e-mail requests and contact via email with status. Credential requests will be accepted until Noon local time, Wednesday May 25. Credentials will be distributed at packet pick-up Wednesday, May 25, from 1 to 3 p.m. local time at Branch Rickey Arena. ***MUST PICK UP WITH PHOTO ID.***

If media in your area wish to cover the championships, please forward a copy of this information to them. Their requests must come on business letterhead or via business email address. Media photographers should make arrangements well in advance. Photographer access will be limited to professional photographers who have applied for credentials.

If you have any questions, please feel free to contact the following:

Mark Beckenbach
Associate Director of Media Relations/Sports Information Director
Ohio Wesleyan University
61 South Sandusky Street
Delaware, OH 43015
740.368.3340
mlbecken@owu.edu

TICKETS

Only members of the official travel party receive credentials and are admitted free of charge. Other coaches/administrators must purchase their additional credentials 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 at 10:30 a.m.

Selby Stadium and all competition venues will open to spectators 90 minutes prior to the beginning of competition each day. The stadium will open to spectators at 10:30 a.m. on Thursday, Friday and Saturday.

Single Session Tickets	All Session Tickets (Thursday, Friday, Saturday)
Seniors, Kids age 4 and older, Student w/ID - \$5	Seniors, Kids age 4 and older, Student w/ID - \$12
Adult - \$8	Adult - \$20

The last day to purchase All Session Tickets will be Friday. Single session tickets will be sold starting Thursday. Student with ID included high school and college with proper school ID or photo ID. Seniors are age 65 and older.

ATHLETIC TRAINING ROOM AND MEDICAL INFORMATION

The Ohio Wesleyan University Athletic Training Staff would like to congratulate both you and your participants on qualifying for this year's NCAA 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.

The main athletic training facility is located at the Selby Stadium Athletic Training Room, which is located underneath the West Stands of Selby Stadium. The main athletic training facility will be supplied with electrical stimulation, ultrasound, combination stim/US, cryo-compression unit, hot packs, ice, along with other general and wound care supplies. Warm and cold whirlpools will also be made available.

If an athletic trainer does not travel with the student-athletes, the student-athlete must provide a letter from a physician or a Certified Athletic Trainer stating the required treatment (i.e., ultrasound, electronic stimulation, etc.).

Ice and water stations will be provided in numerous locations around the main track and within the satellite athletic training tents.

Athletic training 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.

At least one Certified Athletic Trainer will be present throughout the entire meet to assist all teams.

A Certified Athletic Trainer will be present from the host institution in the main athletic training facility inside the Selby Stadium Athletic Training Room during practice times.

If you have any special needs or requests, please notify a host athletic trainer and all efforts will be made to accommodate your request.

Grady Memorial Hospital will provide any emergency needs throughout the championships. Directions to the hospital have been provided in this manual from the stadium.

An Ohio Wesleyan University team physician will be on site throughout the meet.

Each team is responsible for bringing a fully stocked athletic training kit with insurance and emergency contact information.

EMS will be available on-site throughout the meet.

HOSPITAL INFORMATION/ DIRECTIONS

Grady Memorial Hospital
561 W. Central Ave.
Delaware, OH 43015

- Directions to Grady Memorial Hospital from Selby Stadium.
Exit Selby Stadium and go right (north) on Henry Street. Take a Left on Williams St. Take a right on Sandusky St. Take a left onto Central Ave. Proceed to 561 W. Central Ave. Hospital will be on the left.

PHARMACY INFORMATION

CVS Pharmacy
190 S. Sandusky St.
Delaware, OH 43015
740-363-1181

Walgreens Pharmacy
19 London Rd.
Delaware, OH 43015
740-368-9380

ATHLETIC TRAINING/ MEDICAL STAFF & CONTACT INFORMATION

Todd Miller, M.Ed., ATC
Head Athletic Trainer
740-368-3747
tcmiller@owu.edu

Julia Brown, MS, ATC, CSCS
Assistant Athletic Trainer
740-368-3797

Tom Josefowicz, ATC
Assistant Athletic Trainer
740-368-3798

Jason Diehl, MD
Head Team Physician

Joel Shaw, MD
Team Physician

TRANSPORTATION/TRAVEL INFORMATION

All transportation needs will be the responsibility of the participating team. Airline reservations must be made through Short's Travel Management (866/655-9215).

MAPS AND DIRECTIONS

Campus map can be found at <http://visit.owu.edu/pdfs/OWUCampusMap.pdf>.

Directions to OWU Campus

FROM THE NORTHEAST (VIA I-71) » Take I-71 South to exit 131 (route 36/37). Turn west on route 36/37 (toward Delaware). Eventually, route 36 and 37 will split. Continue on route 36 (left at the split) to Henry Street. Turn left on Henry. The stadium will be up ahead on your left.

FROM THE EAST AND SOUTHEAST (VIA I-70) » Take I-70 west to i-270 north (the Columbus outer belt). Take i-270 north to exit 23 (route 23) toward Delaware. Take route 23 north to the south Sandusky street exit (on the left...stay in the far left lane). Continue on Sandusky, and turn left on William Street. Travel to second stop light and turn right onto Henry Street. The stadium will be up ahead on your left.

FROM THE WEST (VIA I-70) » Take I-70 east to I-270 north (the Columbus outer belt). Take i-270 north to exit 23 (route 23) toward Delaware. Take route 23 north to the South Sandusky street exit (on the left...stay in the far left lane). Continue on Sandusky, and turn left on William Street. Travel to second stop light and turn right onto Henry Street. The stadium will be up ahead on your left.

FROM THE NORTHWEST (VIA I-75) » take I-75 south to exit 156 (route 15/23/68). Follow route 23 south to the South Sandusky Street and Central Avenue exit for Delaware. Turn right on Central, then left on Sandusky. Turn left on William Street. Travel to second stop light and turn right onto Henry Street. The stadium will be up ahead on your left.

FROM THE SOUTH AND SOUTHWEST (VIA I-71) » take I-71 north through Columbus to exit 131 (route 36/37). Turn west on route 36/37 (toward Delaware). Eventually, route 36 and 37 will split. Continue on route 36 (left at the split) to Sandusky Street. Turn left on Henry. The stadium will be up ahead on your left.

FROM THE SOUTH AND SOUTHEAST (VIA I-77) » take I-77 north to I-70 west. Take I-70 west to I-270 north (the Columbus outer belt). Take i-270 north to exit 23 (route 23) toward Delaware. Take route 23 north to the south Sandusky street exit (on the left...stay in the far left lane). Continue on Sandusky to William Street. Turn right on to William. Travel to second stop light and turn right onto Henry Street. The stadium will be up ahead on your left.

FROM THE PORT COLUMBUS INTERNATIONAL AIRPORT » from the airport drive, take the right fork to I-270 (the Columbus outer belt). Take I-270 north to exit 23 (route 23) toward Delaware. Take route 23 north to the south Sandusky street exit (on the left...stay in the far left lane). Continue on Sandusky to William Street. Turn right on to William. Travel to second stop light and turn right onto Henry Street. The stadium will be up ahead on your left.

AIRPORT TAXI SERVICE » taxi service is available from the airport to the OWU campus for approximately \$50 each way. Local cab companies include yellow cab at 800-551-4222 or 614-

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444-4444, airport taxi service at 614-262-8800, acme taxi at 614-299-9990, and Northway cab at 614-299-1191.

GENERAL DRIVING NOTES » the Ohio state speed limit on rural/interstate highways is 65 mph. If possible, avoid the Columbus metropolitan area during "rush hour"—approximately 7 - 9 a.m. and 4:30 - 6:30 p.m. On weekdays—due to heavy traffic congestion.

TEAM BUS INSTRUCTIONS

Team Buses are instructed to park at Delaware Fairgrounds. There will be a shuttle provided for driver to and from the fairgrounds and stadium at periodic times. Directions and instructions for bus parking will be distributed at packet pick-up on Wednesday, May 25.

PARKING

Team parking (other than buses or passenger vehicles seating over 15) may park in the designated team parking lot near the stadium. Please refer to campus map.

TRAVEL/PER DIEM REIMBURSEMENT INFORMATION

Please refer to your 2011 championships handbook for championships travel information. This handbook can be found online at <http://www.ncaa.org/wps/ncaa?ContentID=36602>. In addition, per diem forms are available online at <http://www.ncaa.org/wps/ncaa?ContentID=36359> and must be completed for reimbursement. Please be aware that participants whose institution is located within 500 miles of the competition site are required to travel via ground transportation. The NCAA travel department uses the NCAA Travel Expense System to determine mileage (<https://web1.ncaa.org/TES/exec/login?js=true>, and then click "Mileage Calculator"). As a reminder, any institution located over 500 miles from the competition site must book their air transportation through Short's Travel.

UNIFORMS & LOGOS

[Reference: Bylaw 12.5.3 in the 2009-10 NCAA Division III Manual and Rule 4.3.1 in the 2009 and 2010 NCAA Cross Country/Track and Field Rules Book.]