2011 NCAA Division III Men’s and Women’s Indoor Track and Field Championships

Participation Manual

March 11 and 12

Capital University
Capital Center Fieldhouse
Bexley, Ohio
Introduction

In the event that you are selected for the 2011 NCAA Division III Men’s and Women’s Indoor Track and Field Championships, this participant manual will be helpful as a guide to the policies and procedures governing the administration and conduct of the championships event. Further, this official participant manual will provide specific information on hotel arrangements, travel, tickets and a schedule of events at the championships site. This annual championships event occurs March 11-12, 2011, in Bexley, Ohio. Capital University will serve as the host institution.

We wish you continual success throughout the 2011 season, and look forward to putting on a first class championship event for you and your student-athletes.

Championships History
Since 1993

<table>
<thead>
<tr>
<th>Men’s History</th>
<th>Women’s History</th>
</tr>
</thead>
<tbody>
<tr>
<td>1993  University of Wisconsin, La Crosse</td>
<td>1993  Lincoln University (Pennsylvania)</td>
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<tr>
<td>1994  University of Wisconsin, La Crosse</td>
<td>1994  University of Wisconsin, Oshkosh</td>
</tr>
<tr>
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<td>1995  University of Wisconsin, Oshkosh</td>
</tr>
<tr>
<td>1996  Lincoln University (Pennsylvania)</td>
<td>1996  University of Wisconsin, Oshkosh</td>
</tr>
<tr>
<td>1997  University of Wisconsin, La Crosse</td>
<td>1997  Christopher Newport University</td>
</tr>
<tr>
<td>1998  Lincoln University (Pennsylvania)</td>
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<tr>
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<td>1999  Wheaton College (Massachusetts)</td>
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<td>2002  University of Wisconsin, La Crosse</td>
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<td>2005  University of Wisconsin, La Crosse</td>
<td>2005  University of Wisconsin, Oshkosh</td>
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<tr>
<td>2007  Lincoln University (Pennsylvania)</td>
<td>2007  Williams College</td>
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<tr>
<td>2008  University of Wisconsin, La Crosse</td>
<td>2008  Illinois Wesleyan University</td>
</tr>
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<td>2009  University of Wisconsin, La Crosse/University of Wisconsin, Oshkosh (Tie)</td>
<td>2009  Wartburg College</td>
</tr>
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<td>2010  North Central College</td>
<td>2010  Wartburg College</td>
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## Division III Men’s and Women’s Track and Field Committee Members

### Atlantic

<table>
<thead>
<tr>
<th>Team</th>
<th>Member</th>
<th>Position</th>
<th>College/University</th>
<th>Address</th>
<th>Office</th>
<th>Fax</th>
<th>Cell</th>
<th>E-mail</th>
<th>Term Expires</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Jennifer Potter</td>
<td>Indoor Track and Field Liaison</td>
<td>Ithaca College</td>
<td>204 Ceracche Center, Ithaca, New York 14850</td>
<td>607/274-1757</td>
<td>607/274-1667</td>
<td>607/423-4061</td>
<td><a href="mailto:jpotter@ithaca.edu">jpotter@ithaca.edu</a></td>
<td>September 2011</td>
</tr>
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</table>

### Central

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td>Will Freeman</td>
<td>Cross Country/Rules Committee Liaison</td>
<td>Grinnell College</td>
<td>1118 10th Avenue, Grinnell, Iowa 50112</td>
<td>641/269-3812</td>
<td>641/269-3818</td>
<td>641/821-8628</td>
<td><a href="mailto:freemanw@grinnell.edu">freemanw@grinnell.edu</a></td>
<td>September 2012</td>
</tr>
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</table>

### Great Lakes

<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>Kris Boey</td>
<td>Outdoor Track and Field Liaison</td>
<td>Ohio Wesleyan University</td>
<td>61 South Sandusky Street, Delaware, Ohio 43015</td>
<td>740/368-3731</td>
<td>740/368-3751</td>
<td>614/266-7405</td>
<td><a href="mailto:kwboey@owu.edu">kwboey@owu.edu</a></td>
<td>September 2011</td>
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### Mideast

<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>Chris Bayless</td>
<td>Indoor Track and Field Liaison</td>
<td>Ursinus College</td>
<td>P.O. Box 1000</td>
<td>610/409-3457</td>
<td>610/409-3620</td>
<td>484/941-1952</td>
<td><a href="mailto:cbayless@ursinus.edu">cbayless@ursinus.edu</a></td>
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### Midwest

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<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td>Chuck Wilcoxen, chair</td>
<td>Head Cross Country/Track and Field Coach</td>
<td>Principia College</td>
<td>100 Maybeck Place, Elsah, Illinois 62028</td>
<td>618/374-5032</td>
<td>618/374-5221</td>
<td>618/917-1091</td>
<td><a href="mailto:chuck.wilcoxen@principia.edu">chuck.wilcoxen@principia.edu</a></td>
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### New England

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<tr>
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<tbody>
<tr>
<td></td>
<td>Jon Hird</td>
<td>Cross Country Liaison</td>
<td>University of Massachusetts, Dartmouth</td>
<td>285 Old Westport Road, North Dartmouth, Massachusetts 02747</td>
<td>508/999-8725</td>
<td>508/999-8867</td>
<td>401/580-1670</td>
<td><a href="mailto:jhird@umassd.edu">jhird@umassd.edu</a></td>
<td>September 2013</td>
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### South/Southeast

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<thead>
<tr>
<th>Team</th>
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<tbody>
<tr>
<td></td>
<td>Barbara Crousen</td>
<td>Outdoor Track and Field Liaison</td>
<td>McMurry University</td>
<td>McM 188, Abilene, Texas 79697</td>
<td>325/793-4646</td>
<td>325/793-4659</td>
<td>325/829-4925</td>
<td><a href="mailto:crousenb@mcmurryadm.mcm.edu">crousenb@mcmurryadm.mcm.edu</a></td>
<td>September 2012</td>
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### West

<table>
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<tbody>
<tr>
<td></td>
<td>John Goldhammer</td>
<td>Cross Country Liaison</td>
<td>Claremont Mudd-Scripps, Claremont, California 91711</td>
<td>500 E. Ninth Street</td>
<td>909/607-3564</td>
<td>909/621-8848</td>
<td>TBD</td>
<td><a href="mailto:jgoldhammer@cmc.edu">jgoldhammer@cmc.edu</a></td>
<td>September 2014</td>
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### Secretary Rules Editor

<table>
<thead>
<tr>
<th>Team</th>
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<tbody>
<tr>
<td></td>
<td>Bob Podkaminer</td>
<td>Owner</td>
<td>Tournament Specialist, Inc.</td>
<td>P.O. Box 9221</td>
<td>707/545-1791</td>
<td>707/545-1781</td>
<td>TBD</td>
<td><a href="mailto:rpodkam@aol.com">rpodkam@aol.com</a></td>
<td>September 2013</td>
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### Data Services

<table>
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<tr>
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<th>College/University</th>
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<th>Term Expires</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Jack Moran</td>
<td></td>
<td>Raceberry Jam</td>
<td>5429 Wooddale Avenue, Edina, Minnesota 55424</td>
<td>952/920-0558</td>
<td>952/920-9872</td>
<td>612/720-6446</td>
<td><a href="mailto:jack@raceberryjam.com">jack@raceberryjam.com</a></td>
<td>September 2015</td>
</tr>
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### Tournament Personnel

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Meet Director</td>
<td>Fred Barends</td>
<td>WORK: 614/236-6919</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 614/736-0320</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 614/236-6178</td>
</tr>
<tr>
<td>Assistant Meet Director</td>
<td>Dawn Stewart</td>
<td>WORK: 614/236-6528</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 614/327-2449</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 614/236-6178</td>
</tr>
<tr>
<td>NCAA Intern Ticket Manager</td>
<td>Lizzy Stanton</td>
<td>WORK: 614/236-6920</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 513/807-1243</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 614/236-6178</td>
</tr>
<tr>
<td>NCAA Championships Manager</td>
<td>Holly Sheilley</td>
<td>WORK: 317/917-6503</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 317/966-0489</td>
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<tr>
<td></td>
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<td>FAX: 317/917-6237</td>
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<tr>
<td>NCAA Championships Assistant Coordinator</td>
<td>Linda Godby</td>
<td>WORK: 317/917-6507</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 317/917-6237</td>
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<tr>
<td>NCAA Division III Men’s and Women’s Track</td>
<td>Jen Potter</td>
<td>WORK: 618/374-5032</td>
</tr>
<tr>
<td>and Field Committee Member</td>
<td></td>
<td>CELL: n/a</td>
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<tr>
<td></td>
<td></td>
<td>FAX: 618/374-5221</td>
</tr>
<tr>
<td>Local Media Coordinator</td>
<td>Chris Woodley</td>
<td>WORK: 614/236-6174</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 850/384-2847</td>
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<tr>
<td></td>
<td></td>
<td>FAX: 614/236-6178</td>
</tr>
<tr>
<td>Facility Manager</td>
<td>Nan Payne</td>
<td>WORK: 614/236-6487</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 614/832-3224</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 614-236-6178</td>
</tr>
<tr>
<td>Promotions/Marketing</td>
<td>Erin Mowrey</td>
<td>WORK: 614/236-4938</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 614/236-0275</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FAX: 614-236-6178</td>
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<tr>
<td>On-Site Athletic Trainer</td>
<td>Robert Thorne</td>
<td>WORK: 614/236-6588</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CELL: 614/507-6716</td>
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<td></td>
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<td>FAX: 614/236-6624</td>
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<tr>
<td>Committee Room</td>
<td></td>
<td>WORK: 614/236-6795</td>
</tr>
<tr>
<td></td>
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<td>FAX: 614/236-6796</td>
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### Meet Schedule

**Friday, March 11 (Eastern Time)**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:30 a.m.</td>
<td>Women’s Long Jump</td>
</tr>
<tr>
<td>10:15 a.m.</td>
<td>*Indoor Pentathlon: Women’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Women’s Weight Throw</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Men’s Long Jump</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Men’s High Jump</td>
</tr>
<tr>
<td>3:30 p.m.</td>
<td>Men’s Weight Throw</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Women’s 1 Mile Run</td>
</tr>
<tr>
<td>5:50 p.m.</td>
<td>Men’s 1 Mile Run</td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Men’s Pole Vault</td>
</tr>
<tr>
<td>6:05 p.m.</td>
<td>Women’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>6:20 p.m.</td>
<td>Men’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>6:35 p.m.</td>
<td>Women’s 400 Meter Dash</td>
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<tr>
<td>6:55 p.m.</td>
<td>Men’s 400 Meter Dash</td>
</tr>
<tr>
<td>7:05 p.m.</td>
<td>Women’s 55 Meter Dash</td>
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<tr>
<td>7:20 p.m.</td>
<td>Men’s 55 Meter Dash</td>
</tr>
<tr>
<td>7:35 p.m.</td>
<td>Women’s 800 Meter Run</td>
</tr>
<tr>
<td>7:45 p.m.</td>
<td>Men’s 800 Meter Run</td>
</tr>
<tr>
<td>7:55 p.m.</td>
<td>Women’s Distance Medley</td>
</tr>
<tr>
<td>8:15 p.m.</td>
<td>Men’s Distance Medley</td>
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**Saturday, March 12 (Eastern Time)**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9 a.m.</td>
<td>*Indoor Pentathlon: Men’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>10 a.m.</td>
<td>Women’s High Jump</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Women’s Triple Jump</td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Women’s Shot Put</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Men’s Triple Jump</td>
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<tr>
<td>3:30 p.m.</td>
<td>Men’s Shot Put</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>Women’s Pole Vault</td>
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<tr>
<td>4:45 p.m.</td>
<td>Women’s 1 Mile Run</td>
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<tr>
<td>4:55 p.m.</td>
<td>Men’s 1 Mile Run</td>
</tr>
<tr>
<td>5:10 p.m.</td>
<td>Women’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>5:20 p.m.</td>
<td>Men’s 55 Meter Hurdles</td>
</tr>
<tr>
<td>5:35 p.m.</td>
<td>Women’s 400 Meter Dash</td>
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<tr>
<td>5:45 p.m.</td>
<td>Men’s 400 Meter Dash</td>
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<tr>
<td>5:55 p.m.</td>
<td>Women’s 55 Meter Dash</td>
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<tr>
<td>6:05 p.m.</td>
<td>Men’s 55 Meter Dash</td>
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<tr>
<td>6:20 p.m.</td>
<td>Women’s 800 Meter Run</td>
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<tr>
<td>6:30 p.m.</td>
<td>Men’s 800 Meter Run</td>
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<tr>
<td>6:40 p.m.</td>
<td>Women’s 5000 Meter Run</td>
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<tr>
<td>7:05 p.m.</td>
<td>Men’s 5000 Meter Run</td>
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<tr>
<td>7:25 p.m.</td>
<td>Women’s 4x400 Meter Relay</td>
</tr>
<tr>
<td>7:40 p.m.</td>
<td>Men’s 4x400 Meter Relay</td>
</tr>
</tbody>
</table>

*Pentathlon event to begin 30 minutes after the conclusion of the previous event.*

NCAA/12/1/10/HS:Img
Accommodations
The following is a list of area hotels and their contact information. Each qualifying institution is responsible for contacting the hotel to make all arrangements and providing the hotel with a rooming list. Please ask about the specific event week and mention the track championships when making a reservation.

Headquarter Hotels

COLUMBUS MARRIOTT - AIRPORT - HOST

PHONE  
(614) 475-7551

LOCATION  
1375 N. Cassady Avenue  
Columbus, OH 43219

CONTACT Debbie Edmiston - (614) 383-3687

RATE $99 per night
Stay in the center of it all at the Columbus Airport Marriott, the closest full-service Marriott to downtown Columbus and the airport. With corporate convenience and vacation comfort, Columbus Airport Marriott offers amenities for all guests. Make your trip easier with a complimentary airport shuttle, as well as transportation to the shops, restaurants and entertainment of Easton Town Center.

http://www.marriott.com/hotels/travel/cmham-columbus-airport-marriott/?groupCode=tratraa&app=resvlink&fromDate=3/6/11&toDate=3/13/11

COURTYARD BY MARRIOTT - AIRPORT - HOST

PHONE  
(614) 475-8530

LOCATION  
2901 Airport Drive  
Columbus, OH 43219

CONTACT Jody Zitsman - (614) 475-6807

RATE $99 per night
Courtyard Columbus Airport hotel is ideally located just 2.5 miles west of Columbus Airport (CMH), 5 miles to Columbus Convention Center and downtown Columbus. Experience fantastic dining, shopping and nightlife at exciting Easton Towne Center with our complimentary shuttle service. One of the best values with superior hospitality among Columbus Airport hotels, the Courtyard Columbus Airport hotel looks forward to exceeding your expectations!

http://www.marriott.com/hotels/travel/cmhap-courtyard-columbus-airport/?groupCode=NCANCAB&app=resvlink&fromDate=3/6/11&toDate=3/14/11

FORT RAPIDS INDOOR WATERPARK RESORT

PHONE  
(614) 868-1380

LOCATION  
4560 Hilton Corporate Drive  
Columbus, Ohio 43232

RATE $89 per night
At Fort Rapids Indoor Waterpark Resort, you'll find a restaurant, bar, gift shop, arcade and several activities including Old Tyme Photos and Gold Mining. We offer everything to make your stay as fun and convenient as possible.
## ADDITIONAL LODGING

<table>
<thead>
<tr>
<th>Hotel Name</th>
<th>Address</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RAMADA EAST</strong></td>
<td>4801 East Broad Street Columbus 43213</td>
<td>(614) 861-0321</td>
</tr>
<tr>
<td><strong>BAYMONT INN AND SUITES - AIRPORT</strong></td>
<td>4240 International Gateway Columbus 43219</td>
<td>(614) 237-3403</td>
</tr>
<tr>
<td><strong>BEST WESTERN - AIRPORT</strong></td>
<td>1450 Airpointe Drive, Columbus 43219</td>
<td>(614) 337-8400</td>
</tr>
<tr>
<td><strong>CANDLEWOOD SUITES - AIRPORT</strong></td>
<td>590 Taylor Rd., Gahanna 43230</td>
<td>(888) 299-2208</td>
</tr>
<tr>
<td><strong>COMFORT SUITES - AIRPORT</strong></td>
<td>4270 Sawyer Rd., Columbus 43219</td>
<td>(614) 237-5847</td>
</tr>
<tr>
<td><strong>CONCOURSE HOTEL &amp; CONFERENCE CENTER - AIRPORT</strong></td>
<td>4300 International Gateway Columbus 43219</td>
<td>(614) 237-2515</td>
</tr>
<tr>
<td><strong>COUNTRY INN &amp; SUITES - AIRPORT</strong></td>
<td>2900 Airport Drive, Columbus 43219</td>
<td>(614) 478-2900</td>
</tr>
<tr>
<td><strong>COUNTRY INN &amp; SUITES - AIRPORT EAST</strong></td>
<td>6305 E. Broad Street, Columbus 43213</td>
<td>(614) 322-8000</td>
</tr>
<tr>
<td><strong>COURTYARD BY MARRIOTT - DOWNTOWN</strong></td>
<td>35 W. Spring Street, Columbus 43215</td>
<td>(614) 228-3200</td>
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<tr>
<td><strong>EMBASSY SUITES COLUMBUS - AIRPORT</strong></td>
<td>2886 Airport Drive, Columbus 43219</td>
<td>(614) 536-0500</td>
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<tr>
<td><strong>FOUR POINTS BY SHERATON - AIRPORT</strong></td>
<td>3030 Plaza Properties Blvd., Columbus 43219</td>
<td>(614) 475-8383</td>
</tr>
<tr>
<td><strong>HAMPTON INN &amp; SUITES - AIRPORT</strong></td>
<td>4280 International Gateway, Columbus 43219</td>
<td>(614) 235-0717</td>
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<tr>
<td><strong>HILTON GARDEN INN - AIRPORT</strong></td>
<td>4265 Sawyer Road, Columbus 43219</td>
<td>(614) 231-2869</td>
</tr>
<tr>
<td><strong>HILTON GARDEN INN – DUBLIN</strong></td>
<td>500 Metro Place North, Dublin 43017</td>
<td>(614) 766-9900</td>
</tr>
<tr>
<td><strong>HOLIDAY INN HOTEL &amp; SUITES - AIRPORT</strong></td>
<td>750 Stelzer Road, Columbus 43219</td>
<td>(614) 237-6360</td>
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<tr>
<td><strong>HOMEWOOD SUITES BY HILTON - AIRPORT</strong></td>
<td>2880 Airport Drive, Columbus 43219</td>
<td>(614) 428-8800</td>
</tr>
<tr>
<td><strong>HYATT CAPITOL SQUARE</strong></td>
<td>East State Street, Columbus 43215</td>
<td>(614) 228-123475</td>
</tr>
<tr>
<td><strong>RENAISSANCE COLUMBUS DOWNTOWN</strong></td>
<td>50 North 3rd Street, Columbus 43215</td>
<td>(614) 228-5050</td>
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<tr>
<td><strong>STAYBRIDGE SUITES BY HOLIDAY INN - AIRPORT</strong></td>
<td>2890 Airport Drive, Columbus 43219</td>
<td>(614) 473-9888</td>
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<tr>
<td><strong>COURTYARD BY MARRIOTT</strong></td>
<td>3900 Morse Crossing, Columbus 43219</td>
<td>(614) 414-1000</td>
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<tr>
<td><strong>HILTON COLUMBUS</strong></td>
<td>3900 Chagrin Drive, Columbus 43219</td>
<td>(614) 414-5000</td>
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<tr>
<td><strong>HAMPTON INN &amp; SUITES - EASTON</strong></td>
<td>4150 Stelzer Road, Columbus 43230</td>
<td>(614) 473-9911</td>
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<tr>
<td><strong>RESIDENCE INN AT EASTON</strong></td>
<td>3999 Easton Loop W, Columbus 43219</td>
<td>(614) 414-1000</td>
</tr>
</tbody>
</table>
BEXLEY DINING

Aladdin's Eatery
(614) 586-1440
2400 E. Main St., Bexley 43209

Anthony's Family Pizza-Bexley
(614) 231-6628
602 Pleasant Ridge Ave., Bexley 43209

Bexley Pizza Plus
(614) 237-3305
2540 E. Main St., Bexley 43209

Bruegger's Bagels
(614) 236-4000
2500 East Main Street, Bexley 43209

Chipotle Mexican Grill
(614) 236-8733
2484 E. Main St., Bexley 43209

Cosi
(614) 238-2674
2212 E. Main St., Bexley 43209

Cup O' Joe
(614) 239-6563
2418 E. Main St., Bexley 43209

Grill & Skillet
(614) 231-1702
2924 E. Main St., Bexley 43209

Graeter's Ice Cream
(614) 236-2663
2282 E. Main St., Bexley 43209

Giuseppe's Ritrovo
(614) 235-4300
2268 E. Main St., Bexley 43209

Drexel Radio Cafe
(614) 231-0498
2256 E. Main St., Bexley 43209

Donato's Pizza
(614) 235-4477
2800 E. Main St., Bexley 43209

Jeni's Ice Creams
2156 E. Main St., Bexley 43209

Moshi Sushi Bar
(614) 732-0641
2152 E. Main St., Bexley 43209

Old 40 Tavern
(614) 236-0040
2882 E. Main St., Bexley 43209

Penn Station East Coast Subs
(614) 231-7366
2500 E. Main St., Bexley 43209

Red Snapper West Indian
(614) 251-0640
1870 E. Main St., Bexley 43205

Rubino's Pizza
(614) 235-1700
2643 E. Main St., Bexley 43209

Rusty Bucket Corner Tavern
(614) 236-2426
2158 E. Main St., Bexley 43209

Taipei Gourmet
(614) 235-3988
2882 E. Main St., Bexley 43209

Top Steakhouse
(614) 231-8238
2891 E. Main St., Bexley 43209

Two For Tea
(614) 237-4134
291 S. Cassady Ave., Bexley 43209

W G Grinders
(614) 236-8261
2801 E. Main St., Bexley 43209

GAHANNA DINING

Rick's Coaches
230 Granville St. Gahanna 43230
614-476-4496

94th Aero Squadron
5030 Sawyer Rd., Columbus, 43219
614-237-8887

Aladdin's Eatery
1309 Stoneridge Dr., Gahanna 43230
614-472-2500

Cap City Diner-Gahanna
1301 Stoneridge Drive, Gahanna 43230
614-478-9999

China Gourmet
393 Stoneridge Lane, Gahanna 43230
614-471-8871
### GAHANNA DINING CONTINUED

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td><strong>Chinese Express</strong></td>
<td>366 S. Hamilton Rd., Gahanna 43230</td>
<td>614-418-9128</td>
</tr>
<tr>
<td><strong>Creekside Grill</strong></td>
<td>53 Granville St., Gahanna 43230</td>
<td>614-478-2904</td>
</tr>
<tr>
<td><strong>Damon's</strong></td>
<td>358 S. Hamilton Rd, Gahanna 43230</td>
<td>614-337-7427</td>
</tr>
<tr>
<td><strong>El Rayo Family Mexican Restaurant</strong></td>
<td>111 N. Stygler Rd., Gahanna 43230</td>
<td>614-428-5631</td>
</tr>
<tr>
<td><strong>Frisch's Big Boy Restaurant</strong></td>
<td>455 Morrison Rd., Gahanna 43230</td>
<td>614-478-9866</td>
</tr>
<tr>
<td><strong>Gahanna Pizza Plus</strong></td>
<td>104 Granville St., Gahanna 43230</td>
<td>614-428-9878</td>
</tr>
<tr>
<td><strong>Gatsby Pizza</strong></td>
<td>151 N. Hamilton Rd., Gahanna 43230</td>
<td>614-476-6428</td>
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<tr>
<td><strong>Golden China Express</strong></td>
<td>240 Granville St., Gahanna 43230</td>
<td>614-478-8008</td>
</tr>
<tr>
<td><strong>Greek Island</strong></td>
<td>1376 Cherry Bottom Rd., Gahanna 43230</td>
<td>474-0099</td>
</tr>
<tr>
<td><strong>Heavenly Ham</strong></td>
<td>1394 Cherry Bottom Rd., Gahanna 43230</td>
<td>614-473-0085</td>
</tr>
<tr>
<td><strong>Ianazone's Homemade Pizza</strong></td>
<td>4357 Morse Rd., Gahanna 43209</td>
<td>(614) 536-0002</td>
</tr>
<tr>
<td><strong>Italian Eatery</strong></td>
<td>93 N. High St., Gahanna 43230</td>
<td>614-471-3995</td>
</tr>
<tr>
<td><strong>Jersey Mike's Submarines</strong></td>
<td>332 S. Hamilton Rd., Gahanna 43230</td>
<td>614-337-1884</td>
</tr>
<tr>
<td><strong>Katie's Pizza</strong></td>
<td>78 N. Hamilton Rd., # 4, Gahanna 43230</td>
<td>614-471-7576</td>
</tr>
<tr>
<td><strong>Kristino's Pizza</strong></td>
<td>220 Granville St., Gahanna 43230</td>
<td>614-471-2800</td>
</tr>
<tr>
<td><strong>Magic Wok</strong></td>
<td>931 E. Johnstown Rd., Gahanna 43230</td>
<td>614-478-9367</td>
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<tr>
<td><strong>Massey's Pizza</strong></td>
<td>261 Lincoln Circle, Gahanna, 43230</td>
<td>614-559-1000</td>
</tr>
<tr>
<td><strong>Max &amp; Erma's</strong></td>
<td>1317 N. Hamilton Rd., Gahanna 43230</td>
<td>614-471-0009</td>
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<tr>
<td><strong>Milano's Italian Food Express</strong></td>
<td>100 Granville St., Gahanna</td>
<td>614-473-9931</td>
</tr>
<tr>
<td><strong>Montana Mining Co</strong></td>
<td>550 Office Center Place, Gahanna 43230</td>
<td>614-428-2885</td>
</tr>
<tr>
<td><strong>Signatures Bar &amp; Grille</strong></td>
<td>94 Mill St., Gahanna 43230</td>
<td>614-475-2220</td>
</tr>
<tr>
<td><strong>The Sky Box</strong></td>
<td>161 Mill St., Gahanna 43230</td>
<td>614-471-7269</td>
</tr>
<tr>
<td><strong>W G Grinders</strong></td>
<td>921 E. Johnstown Rd., Gahanna 43230</td>
<td>614-428-9272</td>
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<tr>
<td><strong>Bellacino's Pizza &amp; Grinders</strong></td>
<td>4926 Morse Rd., Columbus 43230</td>
<td>614 855-5858</td>
</tr>
<tr>
<td><strong>Frankie's Pizza</strong></td>
<td>129 N. Stygler Rd., Gahanna, 43230</td>
<td>614-476-5555</td>
</tr>
<tr>
<td><strong>Graeter's Ice Cream</strong></td>
<td>325 Beacher Rd., Gahanna 43230</td>
<td>855-5508</td>
</tr>
<tr>
<td><strong>Pomegranate Mediterranean Cuisine</strong></td>
<td>5239 N. Hamilton Rd, Gahanna, 43230</td>
<td>614-478-1595</td>
</tr>
<tr>
<td><strong>Rotelli Pizza Pasta Perfekt</strong></td>
<td>1344 Cherry Bottom Rd., Gahanna 43230</td>
<td>614-476-1900</td>
</tr>
<tr>
<td><strong>Signatures DeliCafe</strong></td>
<td>94 Mill St., Gahanna 43230</td>
<td>614-475-2220</td>
</tr>
</tbody>
</table>
EASTON DINING

**ABUELO’S**
(614) 337-9006
3950 Gramercy St., Columbus 43219

**ADOBÉ GILA’S**
(614) 418-7134
3978 Easton Station, Columbus 43219

**BAR LOUIE**
(614) 475-4800
3970 The Strand East, Columbus 43219

**BD’S MONGOLIAN BARBEQUE**
(614) 471-1000
3977 Worth Ave., Columbus 43219

**BON VIE BISTRO**
(614) 416-0463
4089 The Strand East, Columbus 43219

**BROIO TUSCAN GRILLE**
(614) 416-4745
3993 Easton Station, Columbus 43219

**CAFÉ BISTRO AT NORDSTROM**
(614) 416-7111, ext. 1610
4000 Worth Ave., Level 2, Columbus 43219

**CAFÉ ISTANBUL**
(614) 473-9144
3983 Worth Ave., Columbus 43219

**CALIFORNIA PIZZA KITCHEN**
(614) 475-1952
4007 Gramercy St., Columbus 43219

**CHEESECAKE FACTORY**
(614) 418-7600
3975 Townsfair Way, Columbus 43219

**CHIPOTLE MEXICAN GRILL**
(614) 337-8044
4034 Townsfair Way, Columbus 43219

**COSI**
(614) 472-2600
4074 The Strand West, Columbus 43219

**FADÓ IRISH PUB**
(614) 418-0066
4022 Townsfair Way, Columbus 43219

**FIVE GUYS BURGERS AND FRIES**
(614) 532-5985
220 Easton Town Ctr., Columbus 43219

**HAMA JAPANESE RESTAURANT**
(614) 478-9543
3945 Easton Station, Columbus 43219

**MCCORMICK & SCHMICK’S SEAFOOD RESTAURANT**
(614) 476-3663
3965 New Bond St., Columbus 43219

**MAX & ERMA’S**
(614) 337-9090
178 Easton Town Ctr., Columbus 43219

**MELTING POT**
(614) 476-5500
4014 Townsfair Way, Columbus 43219

**MCCORMICK & SCHMICK’S SEAFOOD RESTAURANT**
(614) 476-5500
4014 Townsfair Way, Columbus 43219

**MITCHELL’S OCEAN CLUB**
(614) 416-2582
4002 Easton Station, Columbus 43219

**NORTHSTAR CAFÉ**
(614) 532-5444
4015 Townsfair Way, Columbus 43219

**P.F. CHANG’S CHINA BISTRO**
(614) 416-4100
4040 Townsfair Way, Columbus 43219

**PANERA BREAD**
(614) 416-2600
3942 Townsfair Way, Columbus 43219

**PANDA EXPRESS**
(614) 337-0196
120 Easton Town Ctr., Columbus 43219

**POTBELLY SANDWICH WORKS**
(614) 418-5838
4025 Easton Station, Columbus 43219

**SBARRO**
(614) 342-2017
119 Easton Town Ctr., Columbus 43219

**SMITH & WOLLENSKY**
(614) 416-2400
4145 The Strand West, Columbus 43219
EASTON DINING CONTINUED

APPLEBEE’S
(614) 337-8230
3894 Morse Rd., Columbus 43219

CHAMPPS AMERICANA
(614) 476-2333
3993 Morse Crossing, Columbus 43219

CHARLEY’S STEAKERY
(614) 416-1681
3983 Morse Crossing, Columbus 43219

DONATO’S PIZZA
(614) 470-6001
4053 Morse Crossing, Columbus 43219

EDAMAME SUSHI AND GRILL
(614) 471-0007
3946 Morse Crossing, Columbus 43219

HOMETOWN BUFFET
(614) 471-8777
3874 Morse Rd., Columbus 43219

KOBE JAPANESE STEAKHOUSE
(614) 428-8880
3884 Morse Rd., Columbus 43219

LOGAN’S ROADHOUSE
(614) 337-2819
3969 Morse Crossing, Columbus 43219

MCDONALD’S
(614) 418-7047
4131 Morse Circle, Columbus 43219

ON THE BORDER
(614) 471-4416
4175 Morse Crossing, Columbus 43219

PEI WEI ASIAN DINER
(614) 418-9825
4155 Morse Crossing, Columbus 43219

RED ROBIN
(614) 475-5200
3977 Morse Crossing, Columbus 43219

SAKURA JAPANESE STEAKHOUSE
(614) 471-0007
3946 Morse Crossing, Columbus 43219

SMOKEY BONES BBQ & GRILL
(614) 476-2668
3939 Morse Crossing, Columbus 43219

STEAK & SHAKE
(614) 471-5047
4047 Morse Crossing, Columbus 43219

TACO BELL/PIZZA HUT
(614) 478-4596
3834 Morse Road, Columbus 43219

WENDY’S
(614) 478-1502
3906 Morse Road, Columbus 43219
Championships Information

Athlete Flow
Drop off: Student athletes and coaches will enter through the main doors facing East Mound Street. Address is 2360 East Mound Street, Bexley, Ohio 43209.

Awards and Recognition
Official NCAA awards will be presented to the top eight finishers in each event of the championships. First through fourth place team trophies will be awarded in each of the championships. Participation medallions will be provided to student-athletes competing at the championships that do not receive an official NCAA award. These medals will be sent to the institution’s director of athletics after the championships (four to six weeks).

NCAA ACADEMIC RECOGNITION PROGRAM – ELITE 88
Last year, the NCAA instituted the Elite 88 academic recognition program, which was presented to the student-athlete with the highest cumulative grade-point average competing at the finals site for each of the NCAA’s 88 championships. After a successful initial year, the program will continue for its second season in 2010-11. For more information regarding this program, please contact Mark Bedics, Ryan Hall or Juliette Kenny at elite88@ncaa.org or 317/917-6222. All documents and nomination forms are located at the following link: 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 the indoor track and field championships is 8 a.m., Tuesday, March 8.

Banquet
The banquet will be held Thursday evening in the gymnasium at the Capital Center Arena on campus. The buffet will begin at 6:30 p.m. One ticket will be provided for each head coach and participating student-athlete. (Please note the number attending on the declaration form.) Banquet tickets are distributed in the same format as credentials. There are a limited number of tickets available that may be purchased during packet pick-up for $30 on a first-come, first-served basis, cash or check (made out to Capital University) only, no credit cards.

The coach’s social, sponsored by M-F Athletics, Mondo, and UCS will be held at the Columbus Airport Marriott and will follow the banquet at 8:30 p.m.

BANQUET BUFFET MENU
Chicken Marsala, Baked Ziti
Roasted redskin potatoes
Garden salad
Italian garden blend dressing
Cheesecake with raspberry sauce
Freshly baked rolls and butter
Ice water and ice tea
Building Hours
The Capital Center Arena will be available for warm-ups between 7:30 a.m. and 8:30 p.m. Friday and Saturday. The Capital Center fieldhouse doors will be open to competing athletes 90 minutes prior and to spectators 60 minutes prior to the start of competition each day.

Check-in and Clerking
The clerking area will be located in The Capital Center Arena in the northwest corner by the entrance to the track. All student-athletes are required to check in at the clerking area. Please have student-athletes bring their competition spikes to the clerk to be inspected during check-in. Spikes will be impounded until the student-athletes are escorted to the holding area, at which time they may change into their spikes. Spikes for the field events will be checked at the event. Spikes will also be checked between prelims and finals. A clerking schedule will be enclosed in the meet information packet, as well as posted in the warm up area.

Coach’s Boxes
Coach’s boxes will be available for the long, triple and high jumps, pole vault, shot put and weight throw events. Coaches may not use any electronic devices, including video cameras, while in a coach’s box. One coach per institution will be allowed in this area.

Competition Bibs
Competition bibs for each participating student-athlete will be included in each team’s packet along with eight (8) safety pins per competitor. These bibs must be worn on the front and the back of the uniform jersey during competition. In the pole vault, the bids should be worn on the back only. In the high jump, the bib should be worn on the front only.

Credentials
The following credentials will be distributed at packet pick-up Thursday:

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

<table>
<thead>
<tr>
<th>Number of Athletes</th>
<th>Number of Credentials</th>
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</thead>
<tbody>
<tr>
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<tr>
<td>6-10</td>
<td>2</td>
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<tr>
<td>11-15</td>
<td>3</td>
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<td>16 or more</td>
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</table>

*Does not include alternate

2. Each student-athlete (including the declared relay alternate) registered to compete will receive one credential for access to the championships.

3. Credentials are non-transferable. Any student-athlete, coach, administrator, media or training personnel found giving or selling their credential to another person is subject to sanctions by the NCAA Division III Men’s and Women’s Track and Field Committee.
4. Additional credentials will be on sale for $10 at packet pick-up.

**Declarations**

At the end of the season’s qualifying period, the final descending order lists of performances that meet the qualifying standards will be posted at www.tfrrs.org and coaches will declare student-athletes for the championships as has been done in the past. All student-athletes must be declared or scratched in every event in which they qualified. [Note: The declarations form will be provided through DirectAthletics – the same password for roster submission will enable access to the declarations form.] Any institution declaring a student-athlete after the deadline of 5 p.m. Eastern time and before 8 p.m. Eastern time Sunday, March 7, will be charged $100 per institution per gender. There is no opportunity to submit declaration forms after 8 p.m. Eastern time Sunday, March 7.

**Relay Declarations**

With regard to relay events, the following declaration and substitution/alternate policies will apply for the 2011 indoor and outdoor track and field championships.

1. *Only one* qualified relay team per institution, with the names of the individuals who ran the qualifying time and who meet NCAA championships eligibility criteria can be declared during the designated declaration period.

2. Qualified student-athletes who have been declared and are accepted into the championships in another event shall be allowed to run in any relay heat or final.

3. At least two of the originally qualifying student-athletes must be members of the actual competing team.

4. A substitute is any other student-athlete who is at the meet that can be eligible to compete in a relay, and an alternate is a student-athlete who is brought to the meet at the cost of the institution.

**Drug Testing**

If drug testing were to occur the following format would be followed:

- **Number of student-athletes to be tested** – Division III – 68.

- **Test Plan** – Winner and one (1) at random from each individual event; winning team and one (1) at random from each relay after student-athlete’s last event of the day.

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 championship 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.

**Equipment (starting blocks & batons)**

All student-athletes will be required to use blocks supplied by UCS - 3 Moye blocks will be available. Relay teams should supply their own batons.
Evacuations
Fire Action Plan
Should the fire alarm sound, evacuate the building at the nearest emergency exit. Walk, do not run. **Do not use elevators.** Do not panic. Upon exiting the building, proceed to the football field. Remain at least 100 feet away from the building walls and overhangs. Keep streets and walkways clear for emergency vehicles. The cessation of an alarm/departure of the fire department is not an “all clear” to re-enter the building as corrective measures may still be in progress. Stay clear of the building until the authorized Capital personnel have advised you to re-enter the building.

Tornado and Severe Weather Action Plan
A tornado watch/severe weather watch means tornados are likely to develop. Be alert to changing weather situations and be prepared to take appropriate action if upgraded to a WARNING. If a tornado warning is issued, move to hallways downstairs, behind the middle group of stands. **Do not use elevators.** Stay in the designated area and wait for further instructions.

**Please make prior arrangements with members of your travel group on where to check in with you once the all clear has been issued.**

Evaluations
Site Evaluation forms will be distributed in the coaches’ packet. We ask that you return this evaluation to the NCAA championships manager prior to your departure or upon your return to your institution from the championships. Your input is a valuable resource to the continuing improvement of the championships.

Facility
- TRACK – 6 lane, 200 meter IFS-2000 SRI Sports molded floor
- LONG JUMP/TRIPLE JUMP – 150’ runway. 7.5’ from LJ board to pit. Triple jump boards: 27’(painted),30’(painted), 36’(board) and 39’(painted).
- HIGH JUMP - Polyurethane, poured-in-place surface
- POLE VAULT – 6’ wide, 120’ Mondo Super X runway
- SHOT PUT & WEIGHT THROW – In-ground cement throwing ring

**The NCAA will provide the following weights for exclusive use at the championships:**

- 3 – 20lb traditional women’s indoor throwing weights
- 3 – 20lb Tungsten women’s indoor throwing weights
- 3 – 35lb traditional men’s indoor throwing weights
- 3 – 35lb Tungsten men’s indoor throwing weights
- 4 – 4kg hard shell women’s shots
- 4 – 7.2kg hard shell men’s shots

No other weights will be thrown and institutions will not be allowed to use their weight implements for competition.

Finish-Lynx timing systems will be used.
**Hospitality**

**Coaches.** A hospitality area for coaches will be available in The Capital Center second floor, Room 203.

**Student-Athletes.** A hospitality area for student-athletes will be available in The Capital Center second floor, Rooms 201 and 202.

**Lost and Found**

Lost and found will be at the information desk in the lobby of the Capital Center.

**Media**

Credentials will be requested through the local sports information director (SID) via each participating team’s SID. One media credential will be issued, upon request prior to the championships, to each competing institutions’ sports information staff. This person must be an employee of the institution. Those requesting sports information credentials for the 2011 championships may be made on letterhead by mail or by e-mail to cwoodley@capital.edu. We will confirm identity on all e-mail requests. Sports information credential requests will be accepted until 5 p.m., Wednesday, March 9. Media credentials can be obtained at the packet pickup area from 1 – 3 p.m. March 10 and 8:30 a.m. – Noon, March 11 and 12 at the front entrance ticket area.

If you have media wishing to cover the event, please forward this information to the appropriate sports writer or editor. Their requests must come on company letterhead. Media sending photographers should make arrangements well in advance of the championships date. Photographer access will be tightly controlled and limited to professional photographers who have applied for media credentials. Meet information, including accommodation possibilities are currently available on the championship website [http://www.ncaa.com/sports/c-itrack/champpage/c-ittrack-div3-index-2011.html](http://www.ncaa.com/sports/c-ittrack/champpage/c-ittrack-div3-index-2011.html). Links to the results will also be available at this address following the competition. Please contact the host SID.

**Medical Services**

**Athletic Training Room and Medical Information**

The athletic training facility is located on the first floor of the Capital Center in Room 106. There will be a water station located at the finish line/pole vault pit on the west side of the track. Certified athletic trainers will be on duty throughout the meet and located at the finish line/pole vault pit, the throwing ring/men’s long jump pit and inside the athletic training facility. Athletic training students from Capital will also be on hand to assist in first aid and treatment of student athletes as well as communication between certified athletic trainers. Capital athletic training students will not be allowed to evaluate student-athletes and make return to play decisions. Student-athletes are asked to bring their own supplies including plastic wrap for ice application and elastic bandages. Treatments will only be given with written permission from the student athlete’s team physician. Visiting athletic trainers will be allowed in the competition area only under the following conditions:

1. With medical credentials; and
2. If their student-athlete is injured.

Visiting coaches will only be allowed in the athletic training facility with medical credentials. If the a student-athlete is injured and the coach does not have medical credentials he or she will be asked to wait outside the athletic training facility until the certified athletic trainer or on site physician has completed the evaluation or treatment. At this time, the coach will be informed of the student-athlete’s condition and participation status.
If a hospital is necessary, travel to Ohio State University Hospital East, 1492 East Broad Street, Columbus, Ohio 43205, phone 614/257-3060.

**Host Certified Athletic Trainer for the Championships**
Robert Thorne M.Ed., ATC Head Athletic Trainer
Phone: 614/236-6558
Fax: 614/236-6624
Email: rthorne@capital.edu

**Additional Staff Directory**
- Dr. Robert Najarian, M.D., Director of Sport Medicine and Team Physician Phone: 614/366-4332
- Dr. Donald LeMay, M.D., Team Physician Phone: 614/293-2431
- Benjamin Pester M.S., ATC Assistant Athletic Trainer Phone: 614/236-6525
- Bonnie Goodwin M.E.S.S., ATC Assistant Athletic Trainer Phone: 614/236-6664
- Andrea Schimmel M.S., ATC, Assistant Athletic Trainer Phone: 614/236-6622

**Facilities**
- Kline Clinic Student Health Center Phone: 614/236-6114
- Capital Center Athletic Training Facility Phone: 614/236-6622
- Capital Center Phone: 614/236-6791

**Emergency Numbers**
Local Emergency 911
Capital University Public Safety 614/236-6666
Ohio State University Hospital East, phone 614/257 3060 (located 1.7 miles from the Capital Center on East Broad Street).

**General Information**
Athletic training services will be located in the athletic training facility in the Capital Center, Room 106. Services will include the following: electric muscle stimulation, ultrasound, hydro collator, ice, paraffin and cryo-compression.

There will be an athletic training site on the west end of the warm-up and cool down site in the arena. Services here will include the following: first aid, hydro collator, ice, stretching, taping and wrapping.

Please notify us in advance if a certified athletic trainer or athletic training student will be accompanying your team. In the event that your team is not traveling with a certified athletic trainer, please send appropriate written orders from a physician for any application of advanced modalities.

We will be happy to assist your student-athletes with taping, wrapping, and first aid but please bring an athletic training kit with your institution’s own supplies for these needs.

In case of emergency, MEDCARE Ambulance service will be on site and located at the northeast corner of the indoor track. An emergency phone and AED station are located on the west wall outside the facility director’s office on the first floor of the Capital Center, Room 104. There will also be an AED in the athletic training facility room 106. Capital University Public Safety can be dispatched from these phones.

A physician will be in attendance or on call during the meet. If the physician is unavailable, or in the event of an acute medical emergency, Ohio State University Hospital East will be used.

Please refer all athletic training related questions to the host certified athletic trainer listed above.
Athletic training facility hours for the championships will be as follows:

Wednesday, March 9; 8 a.m. to 6 p.m.
Thursday, March 10; 7 a.m. to 5 p.m.
Friday, March 11; 6:30 a.m. to 10 p.m.
Saturday, March 12; 6:30 a.m. to 10 p.m.

**Mementos**
A picture of the mementos that each student-athlete will be receiving after the championship can be viewed in Appendix F. You will be contacted and asked to supply the sizes needed for this memento following the championship. It will be shipped directly to the address you provide.

**Merchandise and Programs**
Official NCAA merchandise and programs will be sold in the Capital Center lobby from 8:30 a.m. Friday and 8 a.m. Saturday until the last competition each day or merchandise is gone.

**Misconduct**
**Misconduct Incident to Competition.** If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day’s competition, during a break in the continuity of the championship (e.g., between rounds of a basketball tournament) when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing following this action. Other acts of misconduct may be dealt with at the governing sports committee’s convenience.

**Penalty for Misconduct.** A governing sports committee (or the games committee authorized to act for it) may impose any one or a combination of the following penalties on an institution or any student-athlete or representative of an institution guilty of misconduct that occurs incident to, en route to, from or at the locale of the competition or practice:

1. Public or private reprimand of the individual;
2. Disqualification of the individual from further participation in the NCAA championship involved;
3. Banishment of the individual from participation in one or more following championships of the sport involved;
4. Cancellation of payment to the institution of the Association’s travel guarantee for the individuals involved;
5. Withholding of all or a portion of the institution’s share of revenue distribution;
6. Banishment of the institution from participation in one or more following championships in which its team in that sport otherwise would be eligible to participate;
7. Disqualification of an institution for a period of time from serving as host institution for one or more NCAA championships;
8. Cancellation of all or a portion of the honorarium for hosting an NCAA championship; and
9. Financial or other penalties different from (1) through (8) above, but only if they have prior approval of the Championships/Sports Management Cabinet.

**Official Meet Website**
The official meet website will be NCAA.com/trackandfield. All meet information, start lists and results will be available on this website.
**Packet Pick Up**

Team packets are provided for each team and may be picked up Thursday, March 10, 12-2 p.m. at the Capital Center Basketball Arena. Coaches may expect to find the following in each packet:

- Student-athlete credentials
- Final Instruction Sheet
- Competitor Numbers
- Relay Cards
- Parking Passes
- Heat/Flight Sheet Coupons
- Pins
- Results Coupons
- Programs
- Banquet Tickets

No student-athletes will be allowed in the packet pickup area.

Packets not picked up during packet pick-up will be available at the banquet Thursday evening.

**Parking/Directions**

Bus and van drop off area will be 2360 East Mound Street (front of the Capital Center) coming from the east (Main St or Livingston Avenue, to Euclaire Avenue and go west on Mound Street.)

- Vans/cars will park either in the grass field near the tennis courts or on Francis Avenue, which is directly south of the football field. Parking on Francis Avenue will be restricted via NCAA pass in front window or you will be towed.

- Buses will park in the lot across from the Rusty Bucket restaurant going west on Main Street at the corner of Parkview Avenue and Main Street on the south side of the street, three blocks from the drop off.

**Practice Schedule**

The track will be available for practice during the following schedule:

- **Wednesday, March 9** 7 – 10 p.m.
- **Thursday, March 10** 9 a.m. – 4:30 p.m.
- **Friday, March 11** No Practice on track.
- **Saturday, March 12** No Practice on track.

Practice in the Capital Center Arena will be from 6:30 a.m. until the end of the meet Friday and Saturday. Use of the outdoor track is available every day at all times. There will be no use of the weight room.

**Pole Vault/Pole Storage**

Coaches and teams are instructed to make arrangements with their hotels or with Capital staff for the shipping of pole vault poles. Vaulting poles will be stored in the southwest corner storage room at the end of the 55 meter straight. Bring poles in through the front doors of the Capital Center warm-up area 1.5 hours prior to scheduled event or pickup from storage. The pole vault runway is 120 feet (36.57 meters) to the back of the box. Poles may be brought in Wednesday (7-10 p.m.), Thursday (9 a.m. – 4:30 p.m.), Friday (8:30 a.m. – 4:00 p.m.) and Saturday (8:00 a.m. – 7:30 p.m.), and stored.

Capital University Athletics/NCAA Track Meet
1 College and Main
Columbus, Ohio 43209
Protest Table
The protest table will be located in the foyer area of the Capital Center, to the right side of the information desk, against the weight room glass. Protests must be made in writing on the official protest form which will be available at the protest table. Consult the 2011 NCAA Rules Book for explanation. The referee’s decision will be posted at the protest table area as soon as the information is available from the referee.

Results
Results will be posted on the weight room windows and in the coaches’ and student-athletes’ hospitality rooms. Final daily results will be available one hour after competition has concluded. One copy will be available to each head coach.

Spectator Seating
Spectator seating will be available on the backstretch, upper deck and limited infield seating when the high jump competition has concluded. Coaches seating will be available at each field event venue with the proper coach’s field event pass.

Spikes
Spikes with a maximum exposed length of ¼ inch are allowed. No spikes may be worn in the warmup area at any time.

Tickets
Only members of the official travel party receive credentials and are admitted free of charge. The remaining individuals must purchase a ticket. Advanced tickets will not be available. Tickets must be purchased for each session at the main entrance. The ticket manager is Liz Stanton.

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<tr>
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<th>Single Session Tickets</th>
<th>Multi-Day Tickets</th>
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<tr>
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<td>$10</td>
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Implement Weigh-In
Implements will be weighed and measured in the men’s basketball locker room at the south end of the indoor track.

Thursday, March 10, 12 – 4 p.m.
The weights and measures room will be open during his time for anyone who wants to turn in their implements before Friday morning.

Friday, March 11, 8 – 10 a.m.
Saturday, March 12, 9 – 11 a.m.

All implements must be turned in at least three (3) hours before the warm-up period for the first flight. Once an implement is submitted for certification, it will remain impounded until the completion of the event. Implements passing certification will be brought to the event site 45 minutes before the start of the event.
Student-athletes not making the finals can pick up their implements at the venue or at the equipment closet following their event. The implements of those athletes making the finals will be impounded until the finals. Athletes making the finals can pick up their implements at the equipment closet following their last competition in that event.

Competitors who require implements for practice after weigh-in should bring secondary implements. Illegal implements will be secured until after the meet and may be picked up at the conclusion of competition. A list of non-certified implements will be posted at the weigh-in station.

**Transportation**

Any participating institution located within 500 miles of the competition site must drive. Please note mileage is calculated using the shortest route through the NCAA’s Travel Expense System (TES) ([https://web1.ncaa.org/TES/exec/login?is=true](https://web1.ncaa.org/TES/exec/login?is=true)). Click on Mileage Calculator underneath the Login area. All transportation needs will be the responsibility of the participating team. Any institution over 500 miles is permitted to fly and all airline reservations must be made through Short’s Travel Management (866/655-9215).

**Air Service**

All major airlines fly into Port Columbus International Airport, which is 10 minutes from Capital and five minutes from the host hotels.

**Uniforms/Logos**

When engaged in competition, each competitor must wear an official team uniform with components governed by these rules or be subject to disqualification. Wearing any part of the official team competition uniform illegally while in the area of competition shall lead to a warning by the nearest official. A repeated violation may result in disciplinary action. A report of uncorrected violations shall be made to the referee and offending competitor’s coach.

A uniform consists of two school-issued components – shorts or briefs, and a top. A one-piece body suit is acceptable as a combination of the two components. Any outer garment that is school-issued becomes the official uniform when worn.

The uniform must be of a material and design deemed to not be objectionable or offensive by the athletics department of the issuing institution.

The uniform top must, by design and size, cover the full length of the torso, meeting or hanging below the waistband of the bottoms, while the competitor is standing, and allow for the competitors’ numbers to be placed above the waist, front and back.

Uniform tops must be worn so to not obscure hip numbers. Additional visible clothing is an undergarment. It must be worn under the uniform and be of a solid color. The use of, or wearing of, artificial noisemakers by competitors is prohibited.

Individual or team uniform, logo, number and shoe rules shall be enforced through inspection by the clerk or the head field event official at initial event check-in. Violators shall be warned, given the chance to correct the violation and reported to the referee. A report of uncorrected violations shall be made to the referee and offending competitor’s coach.

All relay team members must wear uniforms clearly indicating, through color, logo and combination of all worn outer garments, that members are from the same team.

Visible undergarments on the top worn by team members must be of an identical solid color. Visible undergarments on the bottom must be of an identical solid color.
An institution’s official uniform and all other items of apparel (e.g., team jersey, socks) that are worn by student-athletes in competition may bear a single manufacturer’s or distributor’s normal trademark, not to exceed 2 ¼ square inches, including any additional material (e.g., patch surrounding the normal trademark or logo). The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, parallelogram).

In addition, an institution’s official uniform cannot bear a design element similar to the manufacturer’s that is in addition to another logo or that is contrary to the size restriction.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo of an apparel manufacturer or distributor. This restriction shall not include logos that identify the student-athlete’s institution or conference.

These restrictions apply to all apparel worn by student-athletes during the conduct of competition, including pre-meet or post-meet activities.

**Video/Wireless Communication**

The viewing of videotape or photos or the use of any wireless communication device by a competitor during the competition is prohibited. The use by competitors of video or audio devices, radio transmitters or receivers, mobile phones, computers or any similar devices in the competition area is prohibited.
Appendix B

First Floor

- Pole Vault and Equipment Storage and Weigh in
- Clerking Station
- Medical Station
- Entrance to Gym
- Multi-Purpose
- Locker Room 114
- Men’s General
- Women’s General
- Locker Room 111
- Locker Room 110
- Football Locker Room
- Locker Room 109
- Athletic Training Room
- Athletic Training Lab
- Weight Training (CLOSED)
- Results Wall
- Control Desk
- Protest Table
- NCAA Merchandise Table
- Lobby
- Concessions
- Tickets
- Lobby
- Concessions
- Tickets

Second Floor
Room 207 (Athletics Conference Room) - Officials Hospitality and Committee
Rooms 201 & 202 - Student-Athlete Hospitality
Room 203 - Coaches Hospitality
Room 204 - Volunteer Workers Hospitality
Moe Lounge - None, open for fans
Basketball Boxes - Media Work Area - 1 for work space, 1 for NCAA Committee
Basketball Broadcast Boxes - Media Hospitality

Capital University
The Capital Center
Bexley, Ohio
Ground Floor
APPENDIX C

KEY

- Coaches Parking
- Coaches/ Spectators Parking
- Spectators Parking
- No Parking until after 3:30 March 9-10, 2011 and Open Parking March 11-12, 2011
APPENDIX C

KEY

- Coaches Parking
- Coaches/ Spectators Parking
- Spectators Parking
- No Parking until after 3:30

March 9-10, 2011 and Open Parking
March 11-12, 2011
APPENDIX D

Directions to Campus
From the North or South:
Travel I-71 to the Broad Street exit. Turn east (driving away from downtown) onto Broad Street and drive 2.5 miles to Drexel Avenue in Beaverc. Turn right onto Drexel Avenue and continue south until Drexel ends in front of the campus at Main Street. Turn left (east) onto Main Street. At the next light, Pleasant Ridge Avenue, turn right (south).

From the West:
Travel west on I-70 to the Beaverc Main Street exit. Exit at Beaverc Main Street. The exit ramp automatically turns onto Alum Creek Drive, which will dead end at Main Street (in front of the Kroger store). Turn right (east) on Main Street. At the fourth traffic light, turn right (south) on Pleasant Ridge Avenue.

From the East:
Travel west on I-70 to the Livingston Avenue exit. Turn left (west) on Livingston Avenue. Turn right (south) at the first traffic light onto Alum Creek Drive. When Alum Creek dead ends in front of the Kroger store, turn right (west) on Main Street. At the fourth traffic light, turn right (south) on Pleasant Ridge Avenue.

From the Northwest:
Travel south on I-75 to Route 23. Follow Route 23 into Columbus and take I-70 east to I-71 South. Travel south on I-71 to the Broad Street exit. Turn east (driving away from downtown) onto Broad Street and drive 2.5 miles to Drexel Avenue in Beaverc. Turn right onto Drexel Avenue and continue south until Drexel ends in front of the campus at Main Street. Turn left (east) onto Main Street. At the next light, Pleasant Ridge Avenue, turn right (south).
APPENDIX E

Directions to the Capital Center Drop Off

From the North or South:
- Travel on I-71 to I-70 east.
- Exit at Bexley/Main Street. The exit ramp automatically turns onto Alum Creek Drive, which will dead end at Main Street (in front of the Kroger store).
- Turn right (east) on Main Street.
- Go through five lights.
- The next street is Euclaire Avenue, turn right (south).
- Go to the first stop sign and turn right (west) onto Mound Street.
- The Capital Center is about 100 yards on your right.

From the West
- Travel east on I-70 to the Bexley/Main Street exit.
- Follow the directions above after exiting I-70.

From the East
- Travel west on I-70 to the Livingston Avenue exit.
- Turn left (west) on Livingston Avenue.
- Turn right (north) at the first traffic light onto Alum Creek Drive.
- When Alum Creek dead ends in front of the Kroger store, turn right (east) on Main Street.
- Go through five lights.
- The next street is Euclaire Avenue, turn right (south).
- Go to the first stop sign and turn right (west) onto Mound Street.
- The Capital Center is about 100 yards on your right.

From the Northwest
- Travel south on I-75 to Route 23.
- Follow Route 23 into Columbus and take I-270 east to I-71 South.
- Travel on I-71 to I-70 east.
- Exit at Bexley/Main Street. The exit ramp automatically turns onto Alum Creek Drive, which will dead end at Main Street (in front of the Kroger store).
- Turn right (east) on Main Street.
- Go through five lights.
- The next street is Euclaire Avenue, turn right (south).
- Go to the first stop sign and turn right (west) onto Mound Street.
- The Capital Center is about 100 yards on your right.

From Port Columbus International Airport
- At the end of the airport’s main drive, turn left (south) onto Stelzer Road.
- Follow Stelzer (which will change names and become James Road) approximately 2.5 miles to Main Street.
- Turn right on Main.
- Travel approximately one mile to Euclaire Avenue and turn left (south).
- Go to the first stop sign and turn right (west) onto Mound Street.
- The Capital Center is about 100 yards on your right.

From Host Hotels
- Turn right on Cassady Avenue and go for 2.8 miles until Cassady dead ends into Main Street.
- Turn left onto Main Street.
- Travel one block to Euclaire Avenue and turn right (south).
- Go to the first stop sign and turn right (west) onto Mound Street.
- The Capital Center is about 100 yards on your right.
MOISTURE MANAGEMENT HOODIE

- A performance hoodie designed to keep you feeling dry and comfortable for any of your everyday activities, whether inside or outside.
- Color-match drawcord
- Front pouch pocket

SWEATSHIRT BLANKET

- Heavyweight 11 oz. 80% Cotton/20% Polyester Fleece Blanket
- Printed and rolled with customized hangtag
- Logo Imprint Size - 21" x 15"

MINI SPEAKER

- Extendable resonance of the base box enables stronger effect
- Standard 3.5mm audio plug works with any device able to connect to normal headphones (iPods, mp3 players, laptops, computers, etc.)
- Embedded lithium batteries so you can use USB power adapter for charge - no need to purchase batteries!

2010-2011 WINTER MEMENTOS