2013 WIAC Outdoor Track & Field Championships

Hosted by UW-La Crosse
Roger Harring Stadium
at Veteran's Memorial Field Sports Complex

WELCOME TO UW-LA CROSSE!

The University of Wisconsin-La Crosse is proud to host the 2013 WIAC Outdoor Track & Field Championships. Our university, staff, student-athletes, and community are excited to provide a first-class championship experience for the inspiring men and women competing across our conference -- among the best Division III track and field athletes in the country. Our goal is to provide a fun, safe, and enjoyable experience for all our competitors.

An important part of our championship experience is our venue, Roger Harring Stadium at Veterans Memorial Field Sports Complex, which was opened in May 2009. The facility is named in recognition of UW-L's Hall of Fame football coach, Roger Harring, who led the Eagles from 1969 to 1999, and it also highlights many significant features honoring our nation's veterans, including, most notably, the memorial outside the stadium's main entrance and the Veterans' Hall of Honor. In addition to the WIAC Championships, this spring our university will, for the 23rd year, host the WIAA Track & Field Championships for our state's high school track and field athletes. We are also very proud to host the NCAA Division III Outdoor Track & Field Championships for the first time since 1997.

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

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

Good luck to all the competitors!

Josh Whitman
Director of Athletics

Meet Management Directory

WIAC Commissioner	**Gary Karner** Office: 608-263-4402 Cell: 608-516-3050 gkarner@uwsa.edu
Assistant Commissioner for Media Relations	**Matt Stanek** Office: 608-265-6406 Cell: 608-347-1441 mstanek@uwsa.edu
Meet Director/ Events Coordinator	**Erin Thacker** Office: 608-785-5223 Cell: 920-450-1792 Fax: 608-785-8674 ethacker@uwlax.edu
Director of Athletics	**Josh Whitman** Office: 608-785-8616 Cell: 608-797-4880 jwhitman@uwlax.edu
Associate Director of Athletics	**Kim Blum** Office: 608-785-8194 Cell: 608-780-5950 kblum@uwlax.edu
Sports Information Director	**Dave Johnson** Office: 608-785-8493 Cell: 608-790-1714 djohnson@uwlax.edu
External Relations Coordinator	**Kate Burke** Office: 608- 785-5177 Cell: 248-210-0714 kburke@uwlax.edu
Assistant Athletic Trainer	**Kari Emineth, ATC** Cell: 608-785-6532 kemineth@uwlax.edu

Meet Information

Date/Time: Friday, May 3th 12:00 PM (11:45am Decathlon start)
Saturday, May 4th 10:00 AM
(See pages 7-8 for complete schedule)

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

Meet Website: www.wiacsports.com

Admission:

	Two Day Pass:	One Day Pass:
Adults-	$14.00	$8.00
Youth/Senior/WIAC Student-	$10.00	$6.00

Entries: Entries into the meet must be listed in the top 24 performances on the final WIAC Honor Roll. Final submissions to qualify in the top 24 performances must be received by NOON on Monday, April 29th. In addition, each institution will be allowed to enter one relay team in each relay event and up to four wild card participants. Furthermore, no institution is permitted more than eight (8) declared athletes in any one event.

Entries will be done online by PT Timing (www.pttiming.com) starting Monday, April 29th. Entries must be received by NOON on Wednesday, May 1st. No mark should be submitted for wild card athletes. Please identify your wild card entries in an e-mail to Erin Thacker (ethacker@uwlax.edu) by NOON on Wednesday, May 1st. After NOON on Wednesday, May 1st only scratches will be allowed, with that athlete being scratched from all events.

Heat Sheets: Heat sheets will be posted on the WIAC site (www.wiacsports.com) no later than 4:00pm on Thursday, May 2nd.

Results: Following the protest period, results will be posted on the south end of the facility, track level. Final results will be posted on the WIAC website (www.wiacsports.com), the UW-La Crosse Track & Field website (www.uwlathletics.com) and on PT Timing (www.pttiming.com). Unofficial results will also be posted on the videoboard after each event.

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

Coaches Meeting: The men's and women's coaches meeting will take place on Friday at 11:00AM in the home team locker room located at the south end of the stadium.

Credentials: EACH INSTUTUTION MUST REQUEST CREDENTIALS FOR EACH MEMBER OF THEIR COACHING STAFF. Credentials can be requested until 12pm on Wednesday, May 1st on the WIAC Championships webpage. Competing student-athletes will receive bibs and must bring bibs to gain entrance into the championships. Credentials and bibs must be presented to gain entry into the facility.

Implements/ Weigh-ins: Implement weigh-ins will take place in visiting team locker room located on the north end of the stadium. Implements must be weighed in during the following times:
Friday: 10:00AM-11:30AM, 1:30PM-3:00PM
Saturday: 9:00AM-10:30AM

Athletic Training: The athletic training room located in Mitchell Hall will be available for pre-race treatment. The training room located at the south end of the stadium will provide post-race treatment. Ice baths will be available at the treatment tent located at the south end of the stadium.

Bus Parking: Spectator parking will be available in the C2, C3, C-6 and C-9 lots on campus. Bus and van parking will ONLY be available on Badger Street. Buses and vans will not be allowed in the spectator parking lots or on main campus streets.

Games Committee:

WOMEN
Gary Karner – WIAC Commissioner
Mike Johnson – UW-Whitewater
Pat Healy – UW-La Crosse
Megan Craig - UW-Stevens Point

MEN
Gary Karner – WIAC Commissioner
Mike Johnson – UW-Whitewater
Josh Buchholz – UW-La Crosse
Rick Witt - UW-Stevens Point

Awards: The awards stand will be located on the infield near the 50-yard line. Student- athletes must be dressed in team warm-ups during the awards ceremony. Following the finals of each event, student-athletes will be ushered to the awards staging area located in the infield. Following the 30 minute protest period, awards will be presented to the top 8 finishers.

Clerking: All student-athletes must check-in at the clerking tent prior to their events. The clerking tent will be located behind the starting blocks at the northwest track straightaway.

Warm ups/ Team Camps: Team camps will be available in the Mitchell Hall Fieldhouse. There will be blocks and hurdles in the warm-up area. Team tents will be allowed in designated areas outside (see facility map on page 10). **Student-athletes and team camps will not be allowed on the infield of the competition facility**. We ask that you keep your team camps out of the stadium bleachers to allow spectators to watch the meet.

Locker Room: Locker rooms and showers are located in Mitchell Hall. General locker room #5 is reserved for men and general locker room #13 is reserved for women. Please provide your own locks and towels. No items should be left unlocked in the locker rooms.

Competition Area: The infield and portions of the field events will have limited access to coaches and competing athletes. This will be STRICTLY enforced. ENTRANCE TO THE TRACK FACILITY WILL BE STRICTLY MONITORED.

Track: The Veterans Memorial Field and Sports Complex outdoor track is a 10 lanes Beynon BSS 1000 Embedded Performance Surface track. The throwing rings are cement.

Spikes: ¼ inch pyramid or tree spikes will be allowed on all rubberized surfaces. NO pins allowed.

High Jump: The high jump will be located at the south end zone of the facility. Opening heights will be determined at the coaches meeting.

Pole Vault: Two pole vault runways are located on the East end of the infield. We will determine locations based on favorable wind conditions/safety. Approach is approximately 150'.

LJ/TJ: The women's long and triple jump venue is located on the east side of the infield closest to the field. Runways run north/south with long jump boards set at 10' and triple jump boards set at 24', 28', 32'and 36'. The men's long jump and triple jump venue is located on the east side of the venue, closest to the track. Runways run north/south with long jump boards set at 10' and triple jump boards set at 28', 32', 36'and 41'. We will determine which direction to jump based on wind conditions.

Hammer/Discus: The hammer and discus cages are located on northeast side of the complex.

Shot Put: Two shot put venues are located on the southeast side of the complex.

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

2013 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Friday, May 3rd

11:00 a.m.	WIAC Women's and Men's Coaches' Meeting
11:45a.m.	Men's Decathlon 100 Meter Dash
12:00 p.m.	Women's Heptathlon 100 Meter Hurdles
	Women's Hammer Throw (T/F)
	Women's Pole Vault (F)
12:15 p.m.	Women's 100 Meter High Hurdles (T)
12:30 p.m.	Women's Long Jump (T/F)
12:35 p.m.	Women's 400 Meter Dash (T)
12:55 p.m.	Women's 100 Meter Dash (T)
1:15 p.m.	Women's 800 Meter Run (T)
1:35 p.m.	Women's 400 Meter Intermediate Hurdles (T)
1:55 p.m.	Women's 200 Meter Dash (T)
2:00 p.m.	Women's Javelin Throw (T/F)
2:20 p.m.	Women's 3,000 Meter Steeplechase (F)
3:00 p.m.	Women's 10,000 Meter Run (F)
3:15 p.m.	Men's Hammer Throw (T/F)
3:50 p.m.	Women's 4 x 800 Meter Relay (F)
4:00 p.m.	Men's Pole Vault (F)
4:05 p.m.	Men's 110 Meter Hurdles (T)
4:25 p.m.	Men's 400 Meter Dash (T)
4:30 p.m.	Men's Long Jump (T/F)
4:45 p.m.	Men's 100 Meter Dash (T)
5:05 p.m.	Men's 800 Meter Run (T)
5:25 p.m.	Men's 400 Meter Intermediate Hurdles (T)
5:30 p.m.	Men's Javelin Throw (T/F)
5:45 p.m.	Men's 200 Meter Dash (T)
6:10 p.m.	Men's 3,000 Meter Steeplechase (F)
6:30 p.m.	Men's 10,000 Meter Run (F)
7:10 p.m.	Men's 4 x 800 Meter Relay (F)

Heptathlon Order
100 Meter Hurdles
High Jump
Shot Put
200 Meter Dash
(allow ½ hour between events)

Decathlon Order
100 Meter Dash
Long Jump
Shot Put
High Jump
400 Meter Dash
(allow ½ hour between events)

Awards to be presented following the 30 minute protest period:
Women's/Men's Hammer Throw
Women's/Men's Pole Vault
Women's/Men's Long Jump
Women's/Men's Javelin Throw
Women's 3,000 Meter Steeplechase
Women's 10,000 Meter
Women's 4 x 800 Meter Relay
Men's 3,000 Meter Steeplechase
Men's 10,000 Meter Run
Men's 4 x 800 Meter Relay

Note: Women's 10,000 Meter Run will be run as the last event on Friday if necessary due to weather (heat/humidity)

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

2013 WIAC OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Saturday, May 4th

(Women's events will compete first)

10:00 a.m.	Men's Decathlon 110 Meter High Hurdles
10:30 a.m.	Men's Triple Jump (T/F)
11:00 a.m.	Women's Heptathlon Long Jump
	Women's High Jump (F)
	Women's Discus (T/F)
	Men's Shot Put (T/F)
1:00 p.m.	Men's High Jump (F)
	Men's Discus (T/F)
	Women's Shot Put (T/F)
1:30 p.m.	Women's Triple Jump (T/F)
	Women's/Men's 4 x 100 Meter Relay (F)
1:45 p.m.	Women's/Men's 1,500 Meter Run (F)
2:10 p.m.	Men's 110 Meter High Hurdles (F)
2:25 p.m.	Women's 100 Meter Hurdles (F)
2:30 p.m.	Women's/Men's 400 Meter Dash (F)
2:50 p.m.	Women's/Men's 100 Meter Dash (F)
3:00 p.m.	Women's/Men's 800 Meter Run (F)
3:20 p.m.	Women's/Men's 400 Meter Intermediate Hurdles (F)
3:35 p.m.	Women's/Men's 200 Meter Dash (F)
3:50 p.m.	Women's/Men's 5,000 Meter Run (F)
4:35 p.m.*	Women's/Men's 4 x 400 Meter Relay (F)
	Presentation of Team and Scholar-Athlete Awards

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

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

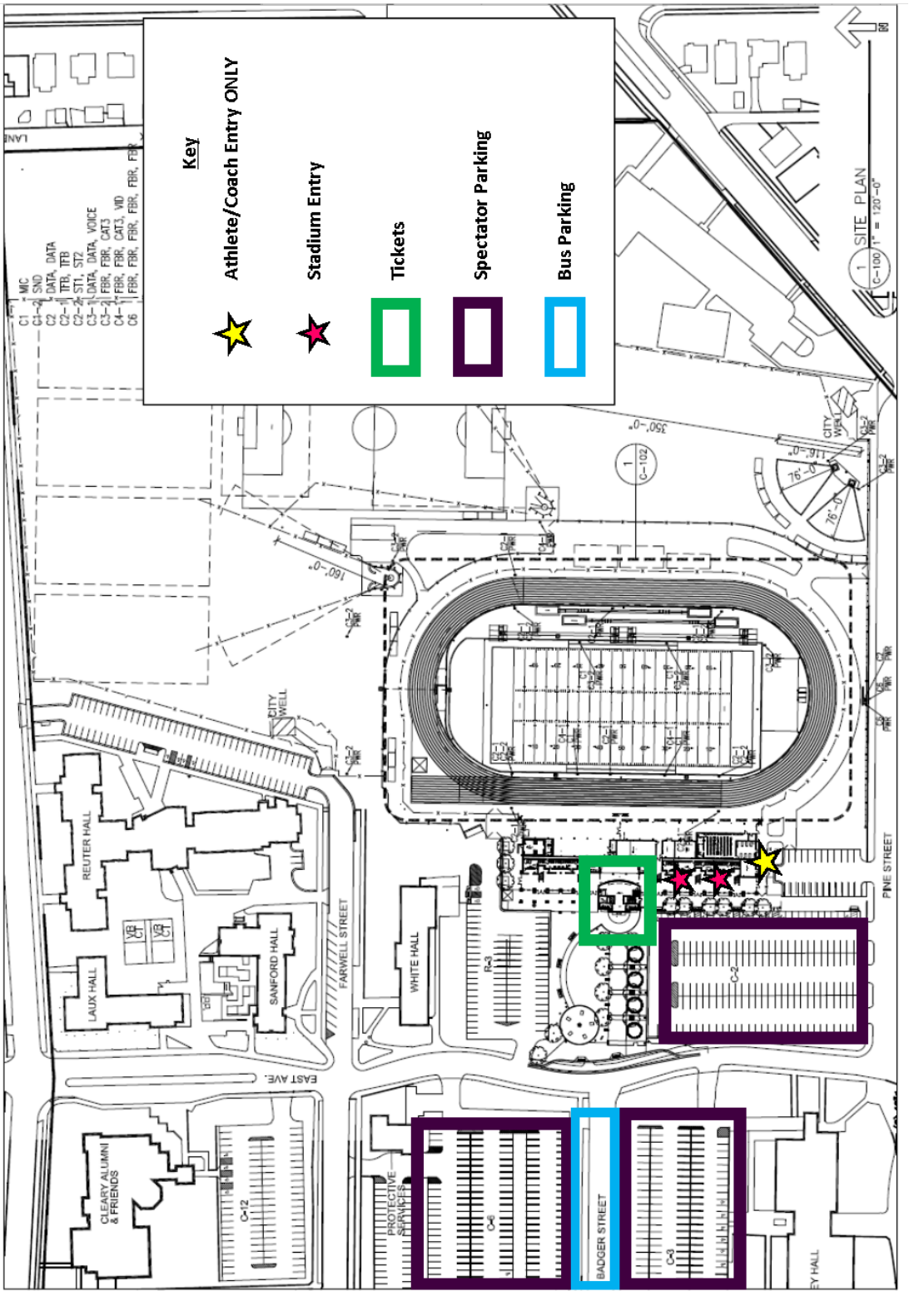
Awards to be presented following the 30 minute protest period:

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

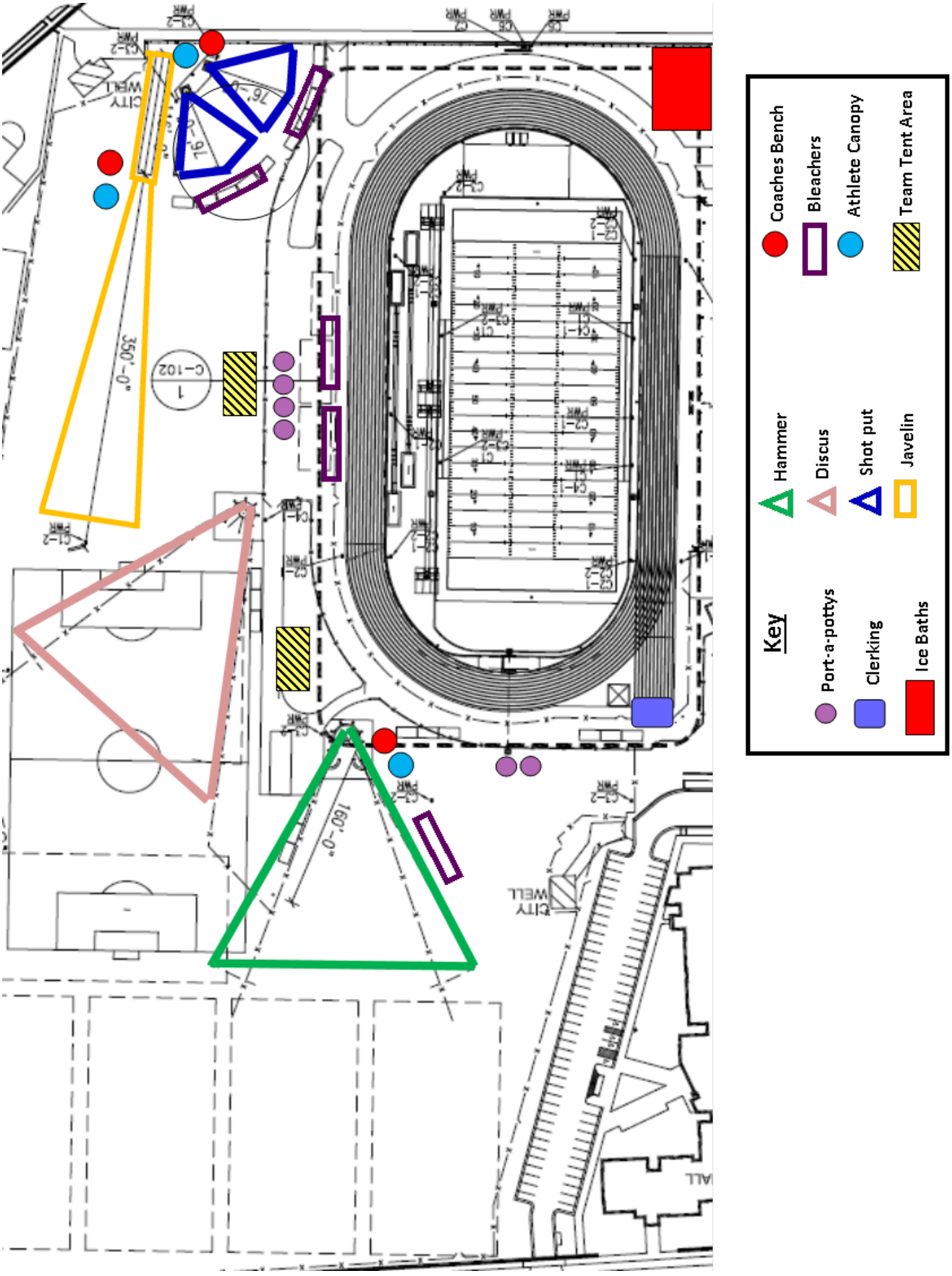
***The Men's or Women's 4 x 400 Meter Relay will be contested when scheduled regardless of whether all other events of the same gender have been completed.**

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

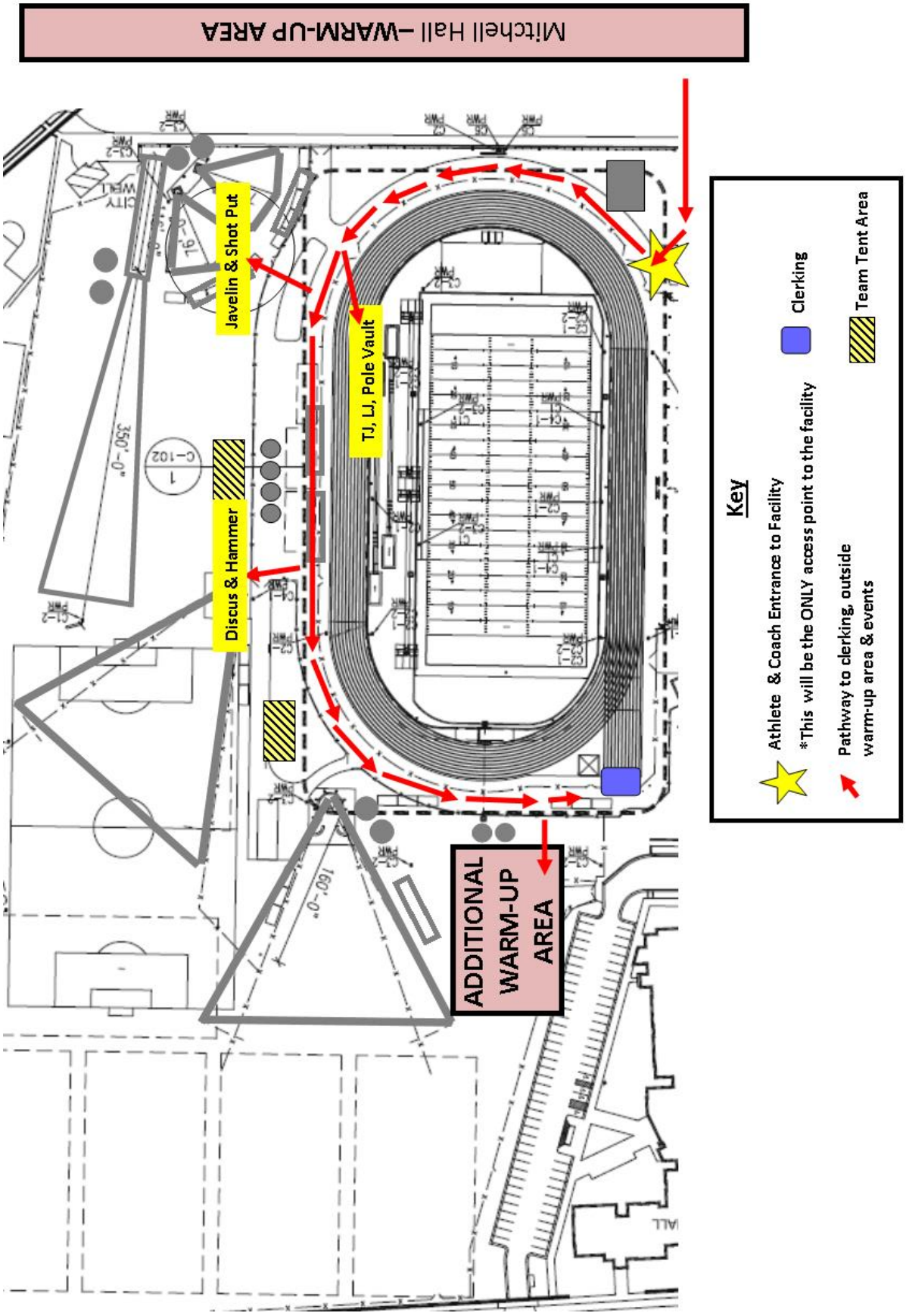
Veteran's Memorial Field Sports Complex



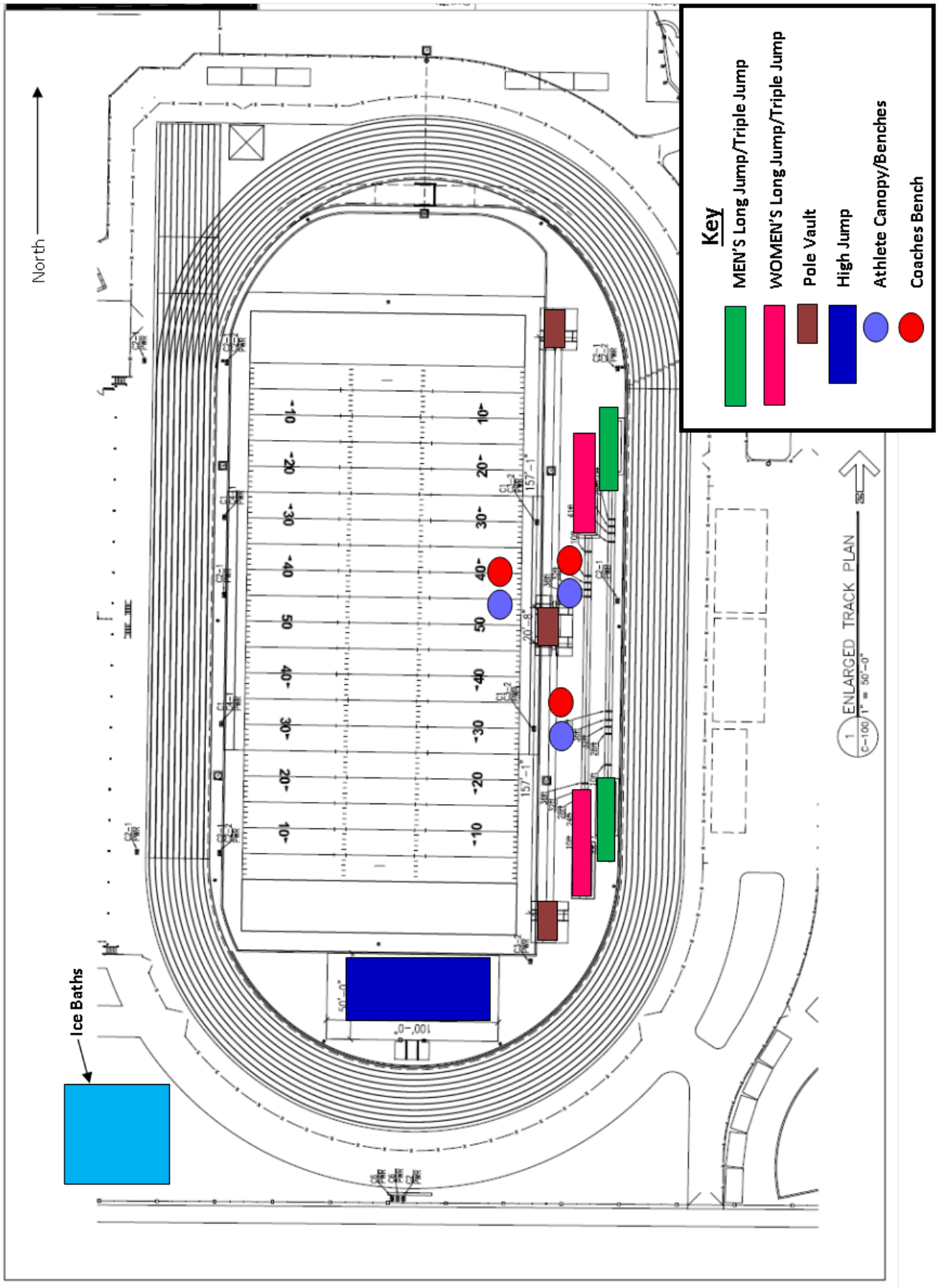
Veteran's Memorial Field Sports Complex

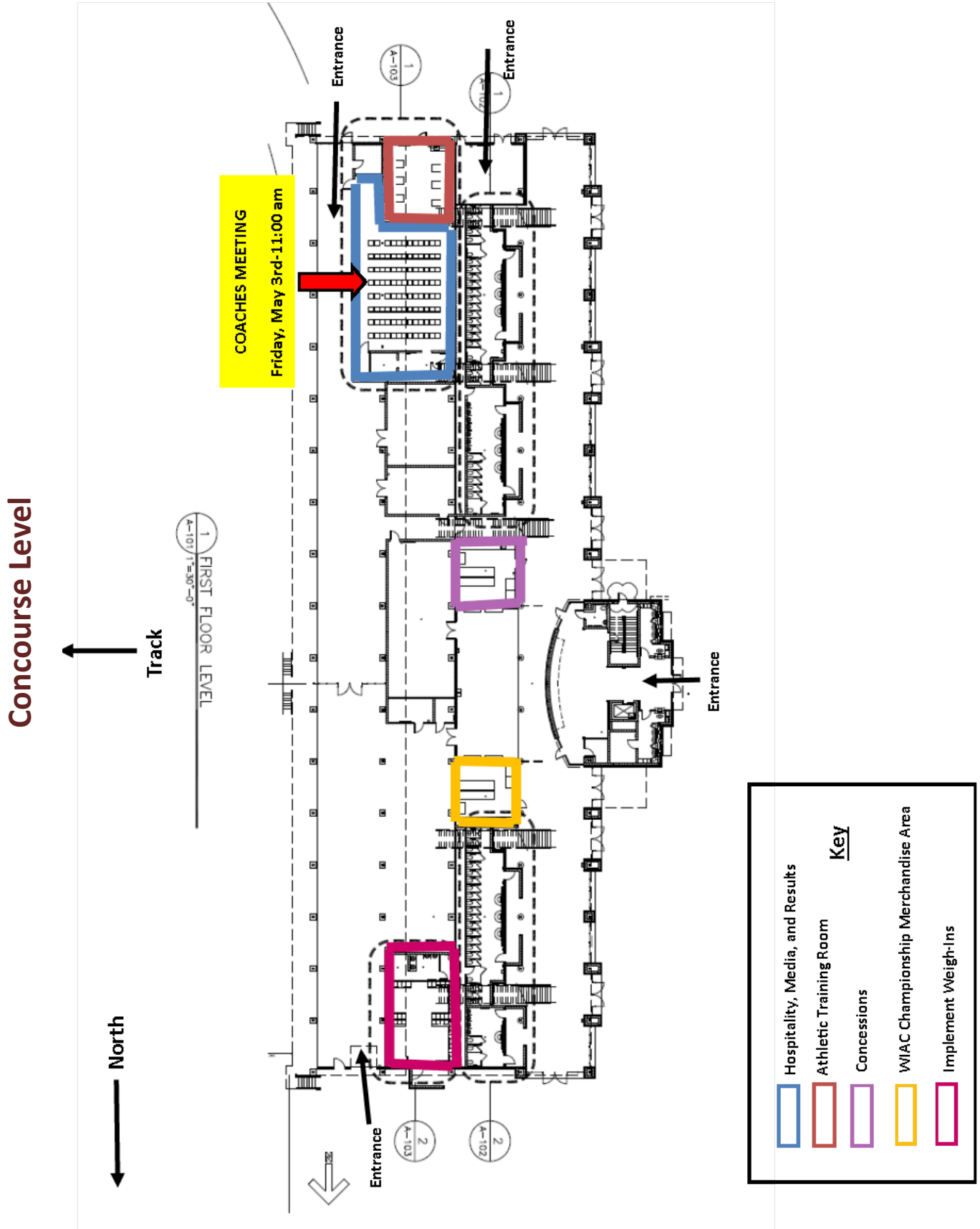


Athlete & Coach Facility Access Points

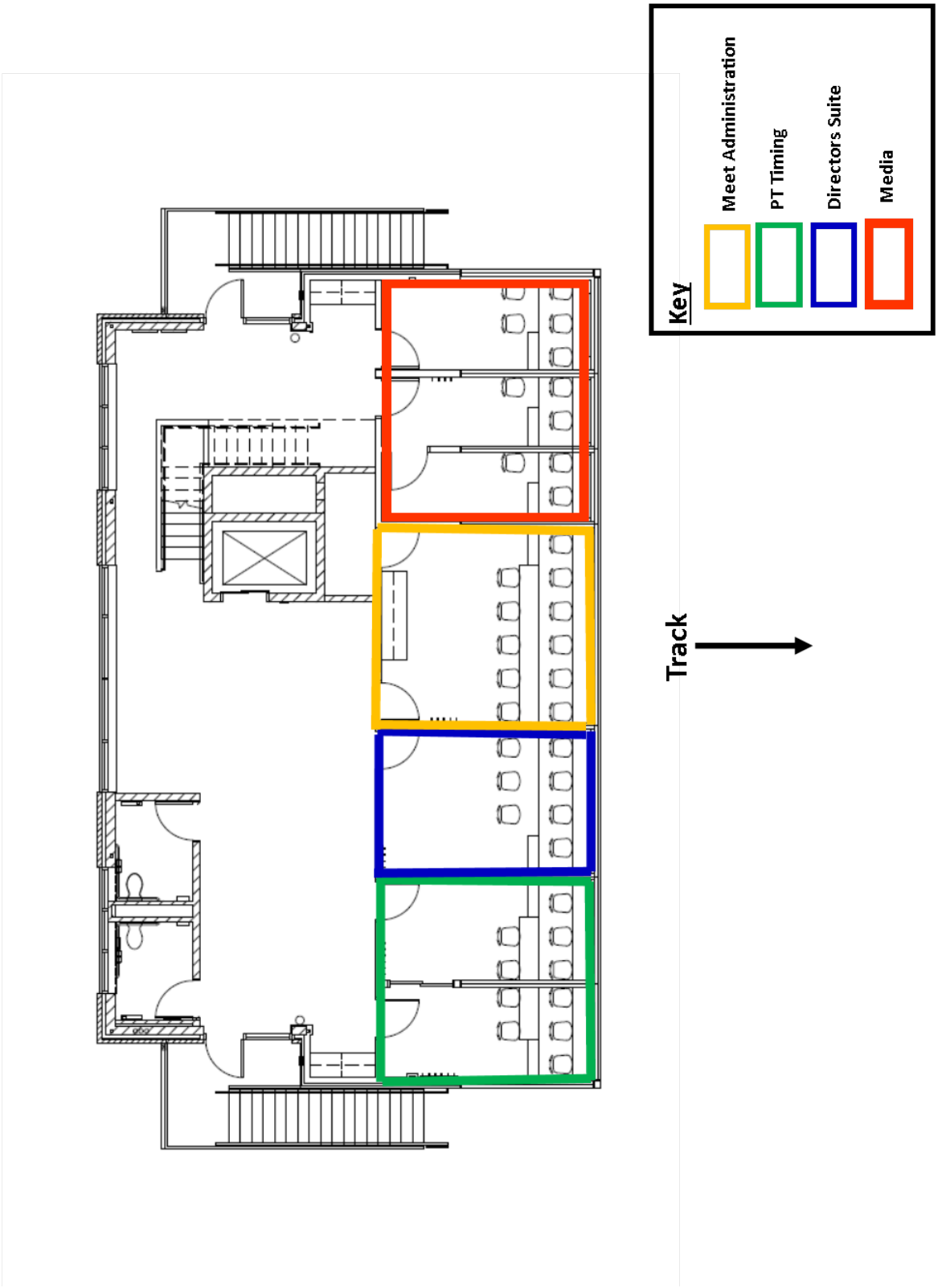


Veteran's Memorial Field Sports Complex




Concourse Level
Track
North
FIRST FLOOR LEVEL
COACHES MEETING
Friday, May 3rd-11:00 am
Entrance
Entrance
Entrance
Entrance
Key
Hospitality, Media, and Results
Athletic Training Room
Concessions
WIAC Championship Merchandise Area
Implement Weigh-Ins

3rd Floor Pressbox Level



Athletic Training Services

M E M O

To: Participants of the 2013 WIAC Outdoor Track & Field Meet

Fm: Scott T. Doberstein, MS, ATC
Head Athletic Trainer

Re: Athletic Training Services

The Athletic Training Staff at the University of Wisconsin – La Crosse would like to congratulate all of the qualifying participants for the 2013 WIAC Outdoor Track & Field Championships hosted in La Crosse, WI. We welcome you to our majestic campus and our genuine hospitality. Below are the details for our services that will be provided over the weekend.

The athletic training room is located in the basement of Mitchell Hall across the street from the stadium and will serve as the main treatment facility throughout the meet. This facility will be staffed by both certified athletic trainers and students all weekend and will have the usual amenities such as ice, hot packs, ultrasound, electrical stimulation, etc. A secondary treatment area is located at the south end of the stadium grandstand, for post competition needs such as ice, etc. Cold baths/tubs will also be available in a tent on the south end adjacent to the track but athletes must provide their own towels. The athletic training staff will be unable to provide any massage therapy of any kind before, during or after the meet.

A physician will be on-call but not on-site for the competition. If any emergencies arise, we have two hospitals within only a few miles that can be utilized. The athletic training room(s) will be open 2 hours prior to the first scheduled event and athletic training services will be available for 1 hour following the conclusion of the last event. If your team is traveling without an athletic trainer(s), please provide the necessary supplies and documentation. A letter from an MD or athletic trainer detailing treatment parameters will be needed for any modalities other than hot packs and ice related treatments.

Please feel free to contact Kari Emineth regarding any questions or special accommodations. She can be reached at 608-785-6532 or at kemineth@uwlax.edu.

Best of luck to everyone!

WIAC Lightning and Inclement Weather Policy

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

LIGHTNING / INCLEMENT WEATHER

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

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

- The host institution's athletic trainer (or other person designated by the host administration who is not a game official or coach) will be the designated spotter. A spotter's responsibilities include monitoring weather reports, employing the Flash-to-Bang method to determine the proximity of the storm, and altering the host administration and game officials of a potentially unsafe weather development.

- Prior to the start of a contest, decisions regarding whether a contest will begin rest with the host administration. The host administration should confer with the participating coaches, game officials, an administrator representing the visiting team (if present) and the athletic training staff of the host institution.

- Once a contest has begun, the decision to suspend and subsequently resume a contest is the responsibility of the game official(s). Game officials are expected to confer with the host administration, an administrator representing the visiting team (if present), participating coaches, and the athletic training staff of the host institution.

- Decisions regarding the starting, suspension and resumption of a contest are to be made independent of considerations related to any team gaining a competitive advantage. Among the factors that should be considered are travel issues such as distance, expenses, and missed class time, severity of the weather conditions, immediate weather forecast, and playing-field conditions. In all cases, the safety and welfare of the participants and spectators is the single most important consideration.

- Weather related decisions involving conference championship events will typically be made by the designated tournament committee.

- The flash-to-bang method described in the NCAA Sports Medicine Handbook is to be employed for estimating how far away lightning is occurring.

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

Event	Men's	Women's
100-Meter Dash	Dan Tutskey (La Crosse), 10.33, 2002	Camille Ross (Whitewater), 11.82, 1999 (Trials)
200-Meter Dash	Andrew Rock (La Crosse), 20.84, 2003	Brooke Bell (Whitewater), 23.98, 2009
400-Meter Dash	Andrew Rock (La Crosse), 46.18, 2004	Nadine Pieske (Oshkosh), 55.45, 2006
800-Meter Run	Matt Groose (Oshkosh), 1:51.25, 2003	Christy Cazzola (Oshkosh), 2:08.02, 2011
1,500-Meter Run	Ryan Kleimenhagen (Platteville), 3:48.90, 2003	Marcia Taddy (Platteville), 4:29.77, 2006
3,000-Meter Run		Tori Neubauer (La Crosse), 9:31.80, 1983
5,000-Meter Run	Jeff Wachter (Stout), 14:23.00, 1984	Tori Neubauer (La Crosse), 16:27.53, 1984
10,000-Meter Run	Tom Moris (Stevens Point), 30:13.26, 1988	Wendy Burman (Parkside), 35:25.00, 1981
110-Meter High Hurdles	Marcus Walgrave (La Crosse), 14.27, 2006	
100-Meter Hurdles		Erin Kline (Stevens Point), 14.33, 2012 (Trials)
400-Meter Intermediate Hurdles	Steve Stocker (River Falls), 51.45, 1993	Laura Verdegan (Stout), 1:01.71, 2004
3,000-Meter Steeplechase	Brett Altergott (La Crosse), 9:00.07, 1997	Julia Rudd (La Crosse), 10:32.42, 2005
High Jump	Mike Kundinger (Stout), 7-2 1/2, 1993	Michelle Riedi (Stevens Point), 5-9 (1.75 m), 1987
Long Jump	Bill Schroeder (La Crosse), 25-6 1/4, 1993	Jenni Miller (La Crosse), 19-3 (5.86 m), 1991
Triple Jump	Dean Cash (La Crosse), 51-8 1/4, 1991	Kerrie Main (Oshkosh), 40-4 1/4 (12.30 m), 1997
Pole Vault	Hans Schmidt (La Crosse), 17-3, 2003	Angela Hilgers (La Crosse), 13-1 1/2 (4.00m), 2005
Shot Put	Paul Conlin (Platteville), 62-7 1/4, 1993	Robyn Jarocki (Oshkosh), 50-8 (15.44 m), 2006
Discus	Dan Hytinen (Whitewater), 190-10, 2008	Cindy Lensmire (La Crosse), 169-6 (51.66 m), 1983
Hammer Throw	Jeremy Wendt (Whitewater), 218-1, 2004	Alexia Child (Oshkosh), 192-8 (58.74m), 2012
Modern Javelin	Bill Schroeder (La Crosse), 200-1, 1993	Jodi Smiley (La Crosse), 152-8 (46.54 m), 1984
Decathlon	Kevin Deering (Oshkosh), 6,999 points, 2005	
Heptathlon		Sherri Odlevak (Superior), 4,913 points, 1981
400-Meter Relay (4x100)	Darrick Smith, Andrew Rock, Charlie Wittleder, Dan Tutskey (La Crosse), 40.57, 2002	Jaime Ludwigson, Caitlin Wippermann, Claire Elliott, Rebecca Schmidt (La Crosse), 47.11, 2012
1,600-Meter Relay(4x400)	Nick Tehan, Tyson Young, Christian Wendland, Aric Hoeschen (La Crosse), 3:12.48, 2012	Jenna Halvorson, Rebecca Scheuermann, Shannon Klein, Claire Elliott (La Crosse), 3:47.55, 2012
3,200-Meter Relay (4x800)	Losinski, Hernandez, Altergott, Wilson (La Crosse), 7:34.54, 1998	Lindsey Vick, Emma Dreis, Jessica Scott, Marcia Taddy (Platteville), 9:06.06, 2008

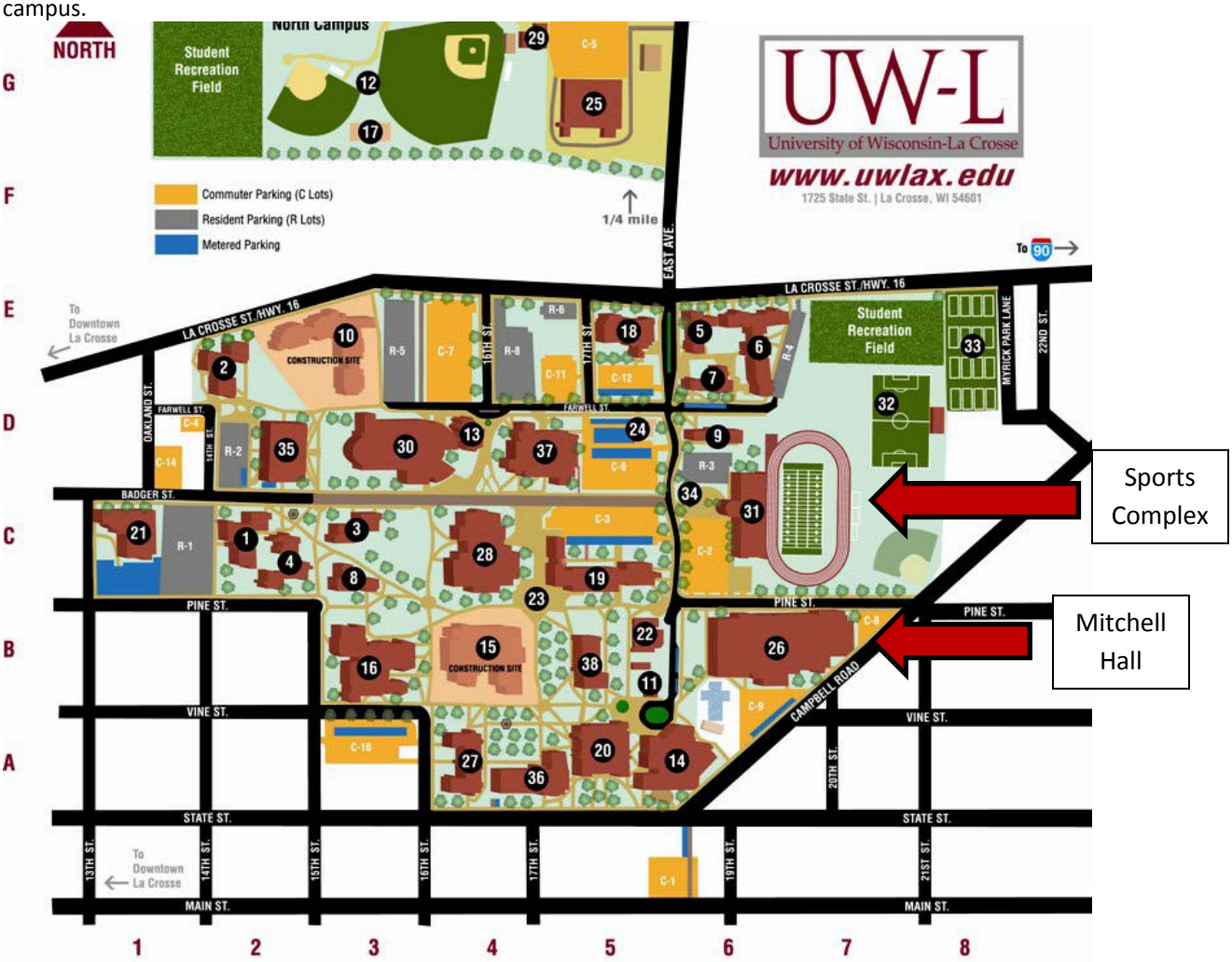
Driving Directions

From the West: Exit Interstate I-90 at Onalaska Highway 157 (Exit 4). Turn right on Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the North: Highways 61 on the Minnesota side of the Mississippi and 53 on the Wisconsin side join Interstate I-90. If traveling south on Highway 61, go east on I-90 to Highway 157 (Exit 4). Turn right onto Highway 157 and then right again onto Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus. If traveling south on Highway 53 (go over I-90 at Exit 4). Follow Highway 157 to Highway 16. Turn right on Highway 16. Drive 3.5 miles and turn right on La Crosse Street and then left on East Avenue to campus.

From the East: Travelers heading west to La Crosse on Interstate I-90 exit at Onalaska-La Crosse Highway 16 (Exit 5). Turn left onto Highway 16. Drive 4.8 miles and right on La Crosse Street and then left on East Avenue to campus.

From the South: Highway 14, 61, and 35 enter the city on the South. Follow the green "UW-La Crosse" signs north on Losey Boulevard to Highway 16 (3.0 miles). Turn left on La Crosse Street and then left on East Avenue to campus.



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

Recommended Lodging:

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

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

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

Recommended Restaurants:

Ahz Pasta Restaurant
91 Copeland Ave.
La Crosse, WI 54603
608-788-7278

Howie's Restaurant
1128 La Crosse Street
La Crosse, WI 54601
608-784-7400

HuHot Mongolian Grill
Valley View Mall
3800 State Hwy 16, Unit 148
Onalaska, WI 54650
608-781-2636