



Menomonie, Wisconsin 54751

- SITE:** University of Wisconsin - Stout
Sports and Fitness Center - Multi Purpose Room
Menomonie, WI 54751
- MEET DIRECTIONS:** Dr. Steven Terry - Athletic Director
Dr. John Wesolek - Dean of Human Development
- ENTRY PROCEDURE:** The official entries will be done online. Information on this process will be sent in the final mailing. Deadline for entries will be 12:00 noon on Wednesday March 3rd. Athletes scratched after 12:00 noon on Wednesday must be scratched from all events. Heat sheets will be posted no later than 4:00pm Thursday, March 4th.
- ELIGIBLE ENTRANTS:** Top 24 honor roll performances plus four (4) wild card participants from each institution may be entered into the conference indoor championships. Furthermore, no institution is permitted more than six (6) declarable athletes in any one event for the indoor championships. Each school will automatically be allowed one (1) team in each of the relays which they should declare in the entry process.
- QUALIFYING ENTRIES:** The NCAA conversion-of-times method will be employed for seeding the conference championships. Entries submitted must have a time that has already been converted by the honor roll manager (Jack Moran - raceberryjam for the men and Dr. Len Hill for the women). Coaches need to provide Proof of Performance upon request. Only current indoor season performances can be utilized.
- TEAM LIMITATIONS:** (Men Only) The maximum number of male athletes from one institution that are allow to compete in the meet is 40.
- MEET WEBSITE:** All postings and WIAC meet information will be online at:
<http://www.uwstout.edu/athletics/wtf/stats/2004/wiac/wiactf.htm>
- COACHES MEETINGS:** Friday, March 6th Women's Meeting 11:00am
Men's Meeting 2:30pm
Coaches meetings will be held in room 247 A & B in the Sports and Fitness Center (second floor overlooking the indoor track)

TRACK: The track is a 200-meter, 6 lane (8 lanes for 55m dash/hurdles) unbanked, Mondo surface. All races will utilize the Finish Lynx Automatic timing system as primary and back up.

SPIKES: Spikes must be pyramid (or tree shaped) with a maximum length of _ inch. This will be checked and enforced by meet officials. Penalty for this is disqualification.

LONG JUMP: Men: Men's long jump will be contested in the west pit on the back stretch. This is on the track and will be interrupted with events contested on the track. This approach is 185 feet in length with a jump board (non-wood) 12 feet from the pit.

Women: Women's long jump will be contested in the west pit on the back stretch. This is on the track and will be interrupted with events contested on the track. This approach is 185 feet in length with a jump board (non-wood) 12 feet from the pit.

TRIPLE JUMP: Men: Men's triple jump will be contested in the west pit on the back stretch. This is on the track and will be interrupted with events run in lanes around the track. The approach is 185 feet in length with boards (non-wood) located at 24 feet, 32 feet, and 38 feet from the pit.

Women: Women's triple jump will be contested in the west pit on the back stretch. This is on the track and will be interrupted with events run in lanes around the track. The approach is 185 feet in length with boards (non-wood) located at 24 feet, 32 feet, and 38 feet from the pit.

HIGH JUMP: The high jump will be contested on the infield and has approximately 90 feet of approach. Additional room can be made. Uniform mondo surface throughout the high jump area allows for _ inch pyramid or tree spikes.

POLE VAULT: Contested on the infield along back stretch has approximately 132 feet of marked runway with another 30 feet. _ inch pyramid or tree spikes are allowed.

20# / 35# WEIGHT: Contested on the infield of the track (south end). Competition circle is plywood. Competitors must report to weigh-in one and one-half hours (1 hour 30 mins) before the start of the competition. Weigh-ins will last for 30 min. A second ring will be located on the upper level Johnson Field House (basketball arena) for the pentathlon and heptathlon events.

- SHOT:** Contested on the infield of the track. Competition circle is plywood. Competitors must report to weigh-in one and one-half hours (1 hour 30 mins) before the start of the competition. Weigh-ins will last for 30 min. *Men's and women's multi event shot will be contested in Johnson Field House (basketball arena upper level) on a ply-wood circle*
- IMPLEMENT WEIGH IN:** Implement weigh-ins will be conducted 1-1/2 hours before the start of each throwing event. These weigh-ins will last 30 minutes per event. The weigh-in site will be at the competition venue.
- LOCKER ROOMS:** Locker rooms and showers are located in the Sports and Fitness Center. Multiple facilities will be available for use. Please provide your own locks and towels. No items should be left unattended in the locker rooms. We are not responsible for any lost or stolen items.
- TRAINING ROOM:** Trainers and complete treatment facilities are available in the training room (RM 32). See attached athletic training sheet for further details.
- TEAM AREAS:** All team camps will be located outside of the competition area. We will have designated areas for each school in the West Gym and three racquetball courts adjacent to the track facility. We ask that no spikes be worn in any of the team areas. Team areas will be monitored.
- RESULTS:** Results will be posted on line at the WIAC meet site and updated throughout the meet. Results will also be posted for spectators on the garage doors to the north end of the track near the finish of the 55 dash.
- COACHES RESULTS:** Each team will receive a ticket redeemable for 2 sets of results per ticket. The results will be available 30 minutes after the conclusion of that days events. Coach's results may be picked up at the finish / scorers table.
- CONCESSIONS:** Concessions will be available and located on the track level near the main entrance to the track facility. Food and beverages will be sold. Extra conference t-shirts will also be available for purchase at the concession area.
- HOSPITALITY AREA:** Coaches and meet officials are invited for food and refreshments during the meet. The hospitality area is located in the Hall Of Champions (lower level of Sport and Fitness Center).

T-SHIRTS: Conference shirts, long and short sleeve, may be preordered using the pre order sheet attached. A limited number of shirts will be sold the days of the meet. It is beneficial to order in advance to be guaranteed a shirt. Preordered t-shirts must be picked up and paid for at the coaches meeting Friday, March 5th. (for cost see order sheet attached)

BUS PARKING: Team buses may drop athletes off at the Stout Sports and Fitness Center (Johnson Field House) and parking will be available in lot # 4 located to the west of the Sports and Fitness Center on Broadway (HWY25) next to the football stadium.

ADMISSION: An admission fee will be charged at the gate for all spectators.

Adults: \$6.00

Students: \$3.00 (*High School or College ID*)

PROGRAMS: Each team will receive a limited number of complementary meet programs included in each of the coach's packets. Programs will be available for purchase at the concession stand during the meet.

AWARDS: Athletes will be ushered to the awards area immediately following the conclusion of each event. It is mandatory for all athletes receiving awards to be in team issued apparel. No exceptions!!



PRELIMINARY AND FINAL HEATS:

- A. The number of finalists for all field events shall be nine (ties per NCAA rules)
- B. Track event finals shall qualify finalists as follows:
 - 1) 55M: 1 section of 8
 - 2) 55M Hurdles: 1 section of 8
 - 3) 200M and 400M: 2 sections (4 in the slow section and 5 in the fast section), fast section will run second
 - 4) 800M: 1 section of 9 run in alleys.
 - 5) 1500M, 3000M, 5000M: finals only, section based on time, fast section runs last
 - a. 1500M: no more than 12 in the fast section
 - b. 3000M and 5000M: no more than 15 in the fast section.
 - 6) Distance Medley Relay: 1 section of 9
 - 7) 4 x 200M Relay: 2 section (4 & 5) fast section runs last
 - 8) 4 x 400M Relay: 2 section (4 & 5) fast section runs last
- C. All oval races shall start as follows:
 - 1) 400M and 4 x 400M Relay: 2 turn stagger by lanes.
 - 2) 4 x 200M Relay: 3 turn stagger by lanes
 - 3) 800M: 2 turn stagger by alleys
 - 4) Distance Medley Relay, 1500M, 3000M, 5000M: by waterfall.
- D. Seeding the Sprints:
 - 1) All running events contested at the indoor championships shall be seed in "preferred lanes" in the following order:

(fastest to slowest seed times)

Championship Races on Straightaway:
lanes 4,5,6,3,7, 2,8,1

Championships Races on Curve:
lanes 4,5,6,3,2,1
 - 2) The 55M, 55H and 200M will be seeded based on fully automatic times only.
- E. Advancing to the finals:

In all events with preliminary heats, the heat winners and the next fastest times filling the lanes will qualify for finals.

WIAC INDOOR TRACK & FIELD CHAMPIONSHIP MEET

Hosted by University of Wisconsin-Stout

DAY 1 FRIDAY

- 11:00 a.m. WIAC Women's Coaches Meeting
12:00 p.m. Women's Long Jump (TF)
Women's Shot Put (TF)
Women's High Jump (TF)
1:00 p.m. Women's 55 Meter High Hurdles (T)
1:15 p.m. Women's 55 Meter Dash (T)
1:30 p.m. Women's 400 Meter Dash (T)
1:45 pm WIAC Men's Coaches Meeting
1:50 p.m. Women's 800 Meter Run (T)
2:10 p.m. Women's 5000 Meter Run- Slow Section (F)
2:30 p.m. Men's Heptathlon 55 Meter Dash
2:40 p.m. Women's 200 Meter Dash (T)
3:00 p.m. Women's 5000 Meter Run- Fast Section (F)
3:25 p.m. Women's Distance Medley Relay (F)
4:30 p.m. Men's Shot Put (TF)
Men's Pole Vault (TF)
Men's Long Jump (TF)
5:00 p.m. Men's 55 Meter High Hurdles (T)
5:15 p.m. Men's 55 Meter Dash (T)
5:30 p.m. Men's 400 Meter Dash (T)
5:50 p.m. Men's 800 Meter Run (T)
6:10 p.m. Men's 5000 Meter Run (F)
6:30 p.m. Men's 200 Meter Dash (T)
6:50 p.m. Men's 5000 Meter Run- Fast Section (F)
7:10 p.m. Men's Distance Medley Relay (F)

Men's Heptathlon Order

- 55 Meter Dash
Long Jump
Shot Put (Throws Circle #2)
High Jump
(allow _ hour between events)

Note: The Men's Heptathlon start time has been moved earlier in the meet in accordance with the WIAC handbook recommendations to avoid facility conflicts.

WIAC INDOOR TRACK & FIELD CHAMPIONSHIP MEET

Hosted by University of Wisconsin-Stout

DAY 2 SATURDAY

8:30 a.m.	Coaches' Meeting	
9:00 a.m.	Women's Pentathlon Hurdles	<u>Pentathlon Order (Women)</u>
9:20 a.m.	Men's Heptathlon Hurdles	55 Meter High Hurdles
12:00 p.m.	Women's Triple Jump (TF)	High Jump
	Men's 35 # Weight Throw (TF)	Shot Put
1:00 p.m.	Women's 4X200 Meter Relay (F)	Long Jump
	Men's High Jump (F)	800 Meter Run
1:15 p.m.	Men's 4X200 Meter Relay (F)	(allow _ hour between events)
1:30 p.m.	Women's 1500 Meter Run (F)	
1:50 p.m.	Men's 1500 Meter Run (F)	
2:00 p.m.	Women's Pole Vault (F)	<u>Heptathlon Order (Men)</u>
2:15 p.m.	Women's 55 Meter High Hurdles (F)	55 Meter High Hurdles
2:20 p.m.	Men's 55 Meter High Hurdles (F)	Pole Vault
2:25 p.m.	Women's 55 Meter Dash (F)	1000 Meter Run
2:30 p.m.	Men's 55 Meter Dash (F)	(allow _ hour between events)
	Men's Triple Jump (TF)	
	Women's 20 # Weight Throw (TF)	
2:40 p.m.	Women's 400 Meter Dash (F)	
2:50 p.m.	Men's 400 Meter Dash (F)	
3:00 p.m.	Women's 800 Meter Run (F)	
3:05 p.m.	Men's 800 Meter Run (F)	
3:20 p.m.	Women's 3000 Meter Run – Slow Section (F)	
3:35 p.m.	Men's 3000 Meter Run – Slow Section (F)	
3:50 p.m.	Women's 200 Meter Dash (F)	
4:00 p.m.	Men's 200 Meter Dash (F)	
4:10 p.m.	Women's 3000 Meter Run – Fast Section (F)	
4:25 p.m.	Men's 3000 Meter Run – Fast Section (F)	
4:40 p.m.*	Women's 4 X 400 Meter Relay (F)	
4:55 p.m.*	Men's 4 X 400 Meter Relay (F)	
5:15 p.m.	Presentation of Team and Special Awards	

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

Athletic Personnel

Dean of Human Development:	Dr. John Wesolek Office: 715-232-2687
Director of Athletics:	Dr. Steven Terry Office: 715-232-2161
Men's Track & Field Coach:	Joshua Buchholtz Office: 715-232-3491
Women's Track and Field Coach:	Joe Harlan Office: 715-232-5243
Sports Information Director:	Layne Pitt Office: 715-232-2275
Head Athletic Trainer:	Susan Lew Office: 715-232-2213
Campus Police:	715-232-2222
Business Manager:	Terry Eikamp Office: 715-232-2173
Athletic Office:	Office: 715-232-2224 Fax: 715-232-1684 Judy Kahl Office Manager Doreen Watkins Office Manager



To: WIAC Indoor Track and Field Championship Meet Participants and Coaches

From: Susan Lew

Re: Sports Medicine Coverage

The Athletic Training Staff at UW-Stout would like to welcome you to the WIAC Indoor Track and Field Championships in Menomonie. The athletic training staff would be happy to assist you in any way possible.

If you have special needs, please notify us prior to your visit. If modalities are needed, a note detailing parameters is needed from you physician or athletic trainer. Please send appropriate supplies with for any taping needs. Ice, water, cups, and a taping table will be provided trackside. All modality treatments will be done in the athletic training room.

The Athletic Training Room will be open one hour before the meet. A family physician will be present on Friday and our team physician will be present or on call on Saturday. Myrtle Worth Hospital is the closest emergency facility.

Susan Lew, MS, LAT, CSCS
Head Athletic Trainer
UW-Stout
Menomonie WI 54751
715-232-2213
lews@uwstout.edu

Anita Coenen, MS, LAT
Assistant Athletic Trainer
UW-Stout

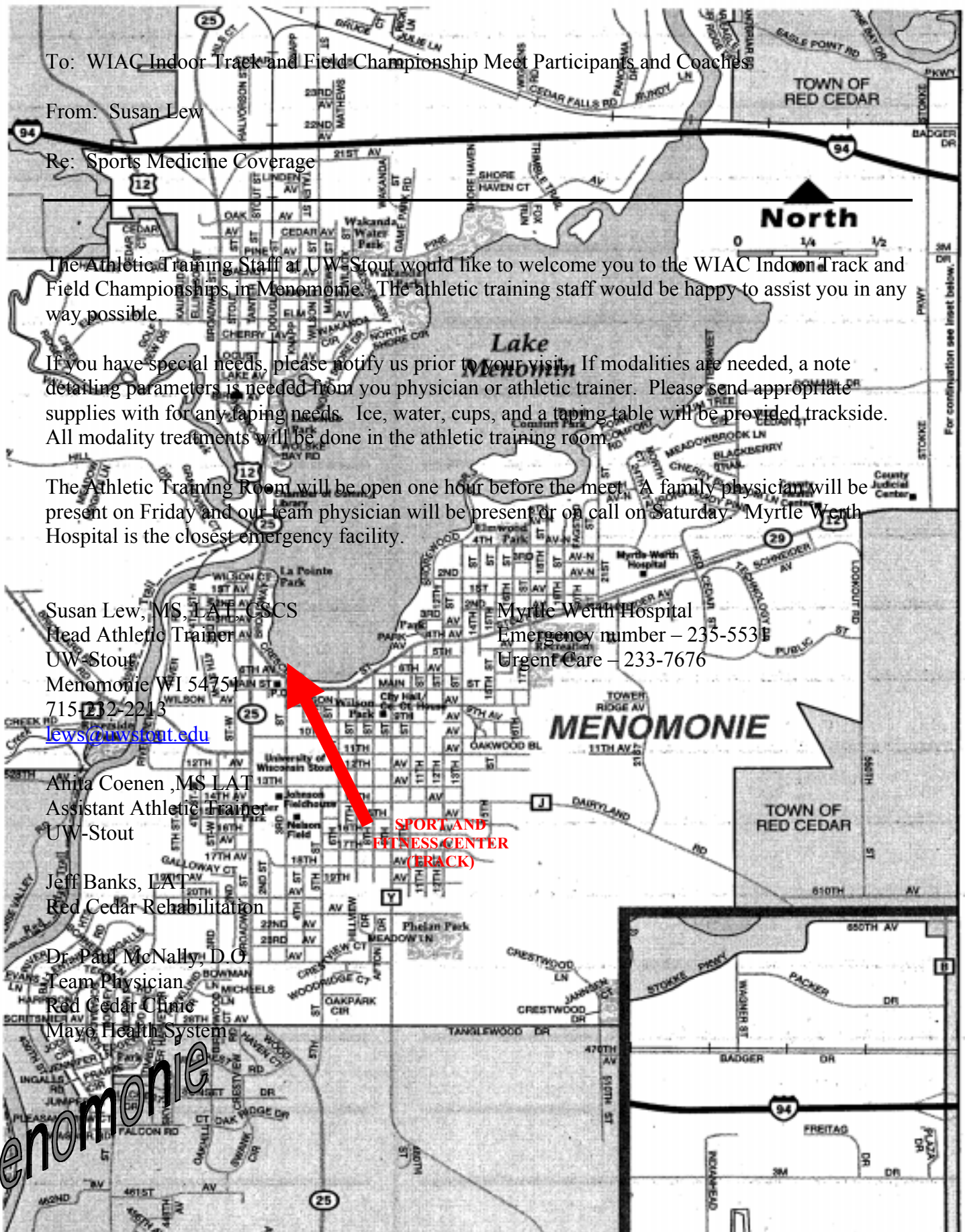
Jeff Banks, LAT
Red Cedar Rehabilitation

Dr. Paul McNally, D.O.
Team Physician
Red Cedar Clinic
Mayo Health System

Myrtle Worth Hospital
Emergency number – 235-5531
Urgent Care – 233-7676

**SPORT AND
FITNESS CENTER
(TRACK)**

Menomonie



Menomonie Area Lodging

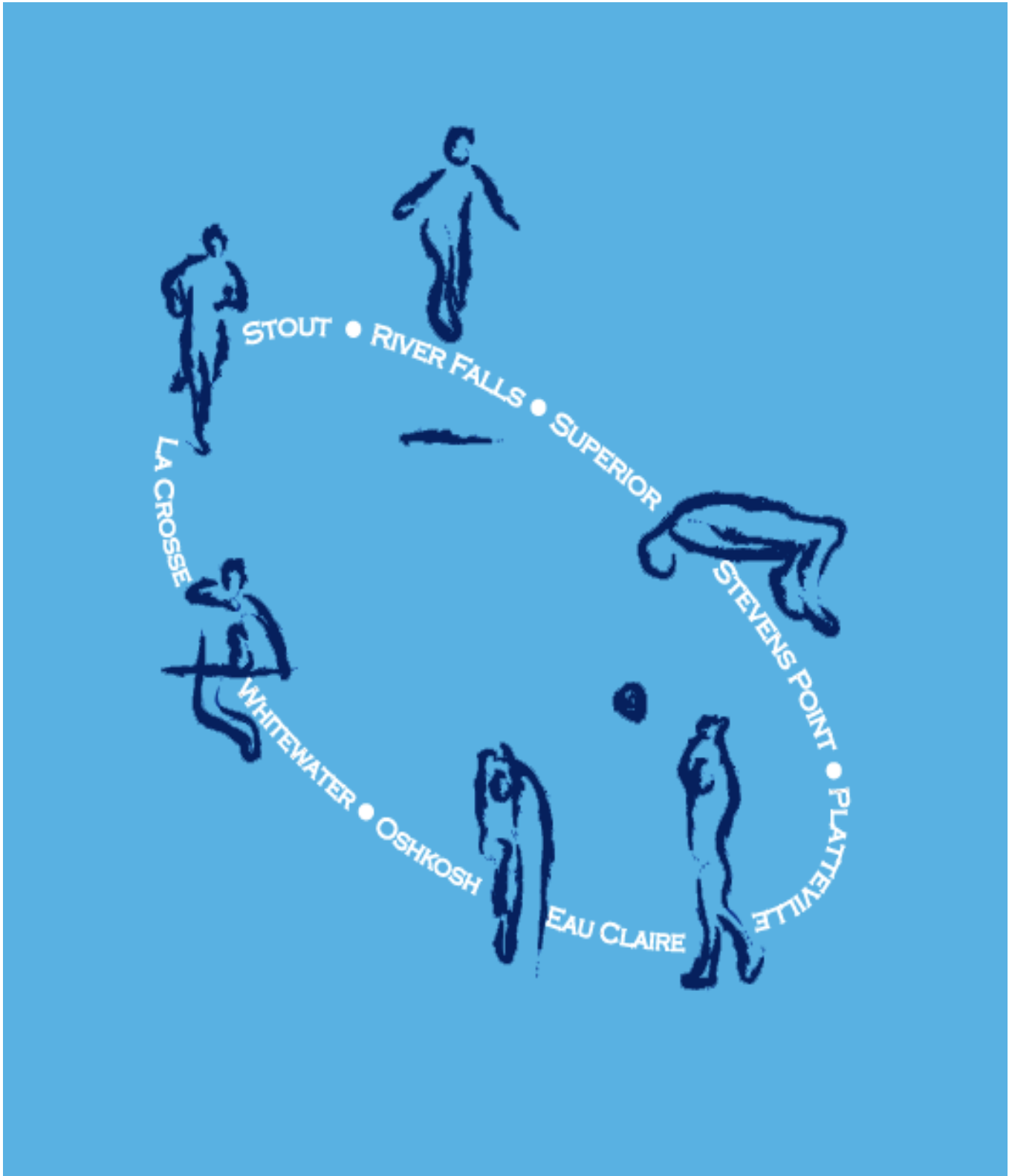
All With in 5-10 min drive

<u>AmericInn</u>	1915 N. Broadway	800-329-1220
<u>AmeriHost Inn & Suites</u>	1721 Plaza Drive NE	715-233-1500
<u>Best Western Holiday Manor</u>	1815 N. Broadway	715-235-9651 / 800-622-0504
<u>Country Inn & Suites</u>	320 Oak Avenue	715-235-5664
<u>Motel 6</u>	2100 Stout Street	800-466-8356
<u>Super 8</u>	1622 N Broadway	800-800-8000

Menomonie Area Restaurants

<u>Acoustic Café</u>	Subs and Coffee Shop	102 W Main St.	715-235-1115
<u>Applebee's Restaurant</u>	Bar and Grill	2303 HWY 25N	715-233-3036
<u>Arby's / Sbarro</u>	Fast Food	1717 N Broadway	715-233-0747
<u>Burger King</u>	Fast Food	2320 HWY 25N	715-235-1190
		544 Main St.	715-235-6017
<u>Creamery Restaurant</u>	Sit Down Dining	Downsville	715-644-8354
<u>Culver's</u>	Fast Food	1330 Stout Rd.	715-233-0330
<u>Dairy Queen</u>	Fast Food / Ice Cream	1221 S Broadway	715-235-2320
<u>Domino's Pizza</u>	Pizza	1205 S Broadway	715-232-6333
<u>El Patio</u>	Mexican	1414 9 th Ave.	715-233-1476
<u>Erbert and Gerbert's</u>	Subs and Clubs	705 S Broadway	715-235-7827
<u>Fortune Cookie</u>	Oriental Buffet	319 S Broadway	715-235-3532
<u>Grazi's</u>	Italian (banquet seating)	N5729 410 th St.	715-232-8878
<u>Gutch's Parkside</u>	Family Dining (group)	932 N Broadway	715-233-1138
<u>Heckel's</u>	Family Restaurant	1705 Plaza Dr.	715-235-1818
<u>Jake's Supper Club</u>	Steaks and Fish (group)	County Trunk D	715-235-2465
<u>Kernel Restaurant</u>	Family Dining	1632 N Broadway	715-235-5154
<u>Kingdom Buffet</u>	Chinese Buffet	1502 9 th Ave.	715-233-0465
<u>Mardi Gras Café</u>	Authentic New Orleans	1919 Stout Rd.	715-232-6418
<u>McDonald's</u>	Fast Food	1515 N Broadway	715-235-4339
<u>Menomonie Bistro</u>	Pizza, Sandwich, Salads	145 E Main St.	715-231-6000
<u>Old 400 Depot Café</u>	Family Restaurant	2616 Hills Ct.	715-235-1993
<u>Perkins</u>	Family Restaurant	1720 N Broadway	715-235-2234
<u>Pioneer Grill & Saloon</u>	Bar and Grill	County Trunk D	715-235-9927
<u>Pizza Hut</u>	Pizza	1415 N Broadway	715-235-9044
<u>Quizno's</u>	Subs	2521 Hills Ct	715-233-2064
<u>Silver Dollar Saloon</u>	Bar and Grill	315 E Main St.	715-235-9390
<u>Subway</u>	Subs	2401 HWY 25N	715-235-1800
		6107 3M Dr.	715-232-8117
		319 Broadway St S	715-235-6466
<u>Taco Bell</u>	Fast Food Tacos	1401 N Broadway	715-232-9210
<u>Taco Johns</u>	Fast Food Tacos	1526 N Broadway	715-235-4477
<u>That Mexican Place</u>	Mexican	710 2 nd Ave.	715-233-1445
<u>Wendy's</u>	Fast Food	1627 N Broadway	715-233-1080

T-Shirt Design: Front of Shirt



T-Shirt Design: Back of Shirt

WIAA

2004 INDOOR TRACK + FIELD CHAMPIONSHIPS
Hosted by UW-STOUT



T-SHIRT ORDER FORM

The shirts are short OR long sleeve. Prices listed.

NAME OF SCHOOL: _____

GENDER (circle) MEN WOMEN

THE SHIRTS ARE GILDAN BRAND-100% COTTON

NUMBER OF SHIRTS PER SIZE

SMALL x \$12.00 = \$ _____

MEDIUM X \$12.00 = \$ _____

LARGE X \$12.00 = \$ _____

X-LARGE X \$12.00 = \$ _____

XX-LARGE X \$13.00 = \$ _____

XXX-LARGE X \$14.00 = \$ _____

XXXX-LARGE X \$15.00 = \$ _____

SHORT SLEEVE TOTAL = _____

SMALL x \$16.00 = \$ _____

MEDIUM X \$16.00 = \$ _____

LARGE X \$16.00 = \$ _____

X-LARGE X \$16.00 = \$ _____

XX-LARGE X \$17.00 = \$ _____

XXX-LARGE X \$18.00 = \$ _____

XXXX-LARGE X \$19.00 = \$ _____

LONG SLEEVE TOTAL = _____

TOTAL COST= \$

CASH WILL BE ACCEPTED. CHECKS CAN BE MADE OUT TO UW-STOUT TRACK AND FIELD. ALL PRE-ORDERS MUST BE PICKED UP AND PAID FOR AT THE COACHES MEETINGS ON FRIDAY MARCH 5th.

PLEASE FAX ORDER TO JOSH BUCHHOLTZ BY FRIDAY, FEBRUARY 27th
 FAX: 715-232-1684