

# *2005*



## *Track & Field*

### *Championship Manual*

Host: Belmont University  
Vanderbilt Track & Field Complex  
Nashville, Tennessee  
April 15-16, 2005

Belmont • Campbell • UCF • Florida Atlantic  
Gardner-Webb • Georgia State • Jacksonville  
Lipscomb • Mercer • Stetson • Troy

# ***Atlantic Sun Conference***

## ***2005 Atlantic Sun Conference Track & Field Championship***

***Host: Belmont University***

***Site: Nashville, Tennessee***

***Vanderbilt Track & Field Complex***

***Dates: April 15 - 16***

### ***Table of Contents***

Belmont Staff Directory.....	2
Atlantic Sun Staff Directory .....	2
Schedule of Events.....	3
Admission .....	4
Athletic Training Information.....	4
Award Presentation.....	4
Championship Gift.....	4
Coaches Meeting.....	4
Crowd Control .....	4
Evaluation .....	4
Hospitality, Student-Athlete .....	4
Hospitality, VIP .....	5
Laundry Information.....	5
Location .....	5
Media Relations Information .....	5
National Anthem.....	5
Parking.....	5
Practice.....	5
Programs .....	5
Results.....	6
Rules & Regulations .....	6
Athletic Training.....	Appendix A
Media Services.....	Appendix B
Hotel Contact Information.....	Appendix C
Driving Directions to Vanderbilt Track.....	Appendix D
Driving Directions to Curb Event Center .....	Appendix E
Vanderbilt Track Complex Map .....	Appendix F
Championship Evaluation Form .....	Appendix G

## 2005 Atlantic Sun Track & Field Championship Manual

### **Belmont Staff Directory**

John Langdon, Tournament Director .....(O) 615-460-5609  
.....(C) 615-512-9597  
Steve Barrick, Associate AD/Operations.....(O) 615-460-6857  
.....(C) 615-512-9041  
Seth Sheridan, Women's Track & Field Coach.....(O) 615-460-6163  
.....(C) 615-366-1464  
Jeff Langdon, Men's Track & Field Coach .....(O) 615-460-6046  
Paul Malloy, Head Athletic Trainer.....(O) 615-460-5585  
Matt Kicklighter, Athletic Trainer, Track & Field .....(O) 615-460-5585  
.....(C) 615-418-1033  
Matt Wilson, Asst. AD/Sports Info Director .....(O) 615-460-6698  
Mike Strickland, Athletics Director.....(O) 615-460-5547  
Betty Wiseman, SWA/Assistant AD .....(O) 615-460-6265

### **Atlantic Sun Staff Directory**

Phone (478) 474-3394 / Fax (478) 474-4722 / Media Fax (478) 476-2178

Bill Bibb, Commissioner .....[bill.bibb@atlanticsun.org](mailto:bill.bibb@atlanticsun.org)  
Ted Gumbart, Sr. Associate Commissioner.....[tgumbart@atlanticsun.org](mailto:tgumbart@atlanticsun.org)  
Steve Sturek, Sr. Associate Commissioner.....[ssturek@atlanticsun.org](mailto:ssturek@atlanticsun.org)  
Sherri Booker, Associate Commissioner/SWA .....[sbooker@atlanticsun.org](mailto:sbooker@atlanticsun.org)  
Devlin Pierce, Assistant Commissioner.....[dpierce@atlanticsun.org](mailto:dpierce@atlanticsun.org)  
Mike Holmes, Assistant Director, Communications .....[mholmes@atlanticsun.org](mailto:mholmes@atlanticsun.org)  
Brenda Tribble, Administrative Assistant .....[btribble@atlanticsun.org](mailto:btribble@atlanticsun.org)

### **General Schedule of Events (all times central)**

#### **Thursday, April 14**

TBD (2 hours)..... Vanderbilt Complex available for practice

#### **Friday, April 15**

1:00 p.m. .... Luncheon for Coaches  
..... Championship Meeting at Beaman Student Life Center  
..... Coaches Meeting at Beaman Student Life Center  
4:00 p.m. .... Championship Competition Begins

#### **Saturday, April 16**

7:30 a.m..... Day Two of Championship Competition Begins

## Championship Schedule of Events (all times central)

### **Friday, April 15:**

4:00pm	Women's Hammer Throw
5:00pm	Men's Hammer Throw
6:00pm	Men's Pole Vault Men's Long Jump Women's Javelin
7:00pm	Women's Long Jump Men's Javelin Women's 100M (Trials)
7:10pm	Men's 100M (Trials)
7:20pm	Women's 100M Hurdles (Trials)
7:30pm	Men's 110M Hurdles (Trials)
7:40pm	Women's 10,000M
8:25pm	Men's 10,000M

### **Saturday, April 16:**

7:30am	Women's 5,000M
8:00am	Men's 5,000M
10:00am	Women's Pole Vault Men's High Jump Men's Shot Put Women's Discus Women's Triple Jump
1:00pm	Men's 4x100M Relay
1:05pm	Women's 4x100M Relay

### **Saturday, April 16, cont.**

1:10pm	Men's 1500M
1:20pm	Women's 1500M
1:30pm	Men's 110M Hurdles Women's High Jump Women's Shot Put Men's Discus Men's Triple Jump
1:35pm	Women's 100M Hurdles
1:45pm	Men's 400M
1:55pm	Women's 400M
2:05pm	Men's 100M
2:10pm	Women's 100M
2:15pm	Men's 800M
2:25pm	Women's 800M
2:35pm	Men's 400M Hurdles
2:45pm	Women's 400M Hurdles
2:55pm	Men's 200M
3:05pm	Women's 200M
3:15pm	Men's 3,000M Steeplechase
3:30pm	Women's 3,000M Steeplechase
3:45pm	Men's 4x400M Relay
3:50pm	Women's 4x400M Relay
TBD	Award Presentation

### **Admission**

Admission to the 2005 A-Sun Track & Field Championship is free. Spectators are not permitted in the competition area.

### **Athletic Training**

A satellite Athletic Training Room will be located on the soccer practice field, adjacent to the track. Training facilities will also be made available in the Curb Event Center Athletic Training Room if needed and requested in advance by the school's athletic trainer.

### **Awards**

Awards will be presented throughout the competition at the award's stand located on the field. Medals will be presented following the conclusion of each event. Winning athletes names will be called to report to the award's stand where first place finishers will be presented with gold medals, second place finishers will receive silver medals and third place finishers will receive bronze medals. Individual plaques will also be awarded for Most Outstanding Performer (men's and women's), Most Outstanding Freshman Performer (men's and women's), and Coach-of-the-Year (men's and women's). A Championship Trophy will be presented to both the men and women's team champions.

### **Championship Gift**

The official gift will be a t-shirt for each participant. Championship gifts will be distributed at the Friday luncheon.

### **Championship Meeting**

The tournament meeting will be held on Friday, April 15<sup>th</sup> at 1:00 p.m. in the Beaman Student Life Center, Meeting Rooms A&B in the Curb Event Center. The meeting will immediately follow the luncheon for the coaches. All coaches, as well as the championship director and other pertinent championship personnel should attend.

### **Coaches Meeting**

The coaches meeting will be held on Friday, April 15<sup>th</sup> in the Beaman Student Life Center, Meeting Rooms A&B in the Curb Event Center, directly following the championship meeting.

### **Crowd Control**

Belmont Athletics staff will provide assistance to those attending the championship and crowd control will be enforced according to NCAA policy.

### **Evaluation**

An evaluation form for this championship is included as the last page of this handbook. This form is to be completed by an administrator (AD, SWA, Assistant AD) and transmitted via facsimile to the Atlantic Sun Conference office at fax number (478) 474-4272. The administrator should be responsible for completing and returning the form to the conference office no later than 14 days after the conclusion of the championship.

### **Hospitality, Student-Athlete**

Fruit and Gatorade will be available to athletes during and after competition at the student athlete hospitality tent located next to the athletic training tent. Hours of operation are Saturday from 7:30 a.m. – 5:00 p.m. A Gatorade station for athletes will be available both days.

### **Hospitality, VIP**

Hospitality for coaches, administrators and other designated guests will be provided at the VIP hospitality tent located in the infield of the track. A catered lunch will be served on Saturday from 11:00 a.m. – 2:30 p.m.

### **Laundry Facilities**

Laundry facilities will be made available at Belmont's Curb Event Center. *All scheduling for laundry needs MUST be conducted through Steve Barrick (615) 460-6857.* Scheduling for use of laundry facilities will be compiled on a first come first serve basis.

### **Location**

The Vanderbilt Track & Field Complex is located west of downtown Nashville, Tenn. Detailed directions for the track complex and the Belmont Curb Event Center are included in this manual.

### **National Anthem**

The National Anthem will be sung prior to the start of the first event on Friday.

### **Parking**

Parking is free of charge and will be available in the Vanderbilt Medical Center lot directly across Natchez Trace from the Vanderbilt Track complex.

### **Practice**

The Vanderbilt Track & Field Complex will be available for practice for a two-hour period on Thursday, April 14<sup>th</sup>, and Friday, April 15<sup>th</sup>. The set practice time will be announced the last week of March.

### **Photography**

The A-Sun will provide a photographer for the championship. All photos will be placed on CD and sent to each school's SID office after the championship, at no cost to the institution. Photos will be displayed on the A-Sun website and will be available for purchase on-line for fans.

### **Program**

Each team will be provided with a necessary amount of complimentary championship programs. Programs will be distributed at Friday's luncheon.

### **Results/Statistics**

Cleon Fowler with CFPI Timing will oversee the production of timing and results using the Lynx Finish System and the Hy-Tek computer program. Results from each event will be posted as soon as possible following the conclusion of the event.

### **Rules and Regulations**

NCAA rules and Atlantic Sun Conference regulations will govern all events.

## **APPENDIX A**

### **2005 Atlantic Sun Track & Field Championships Athletic Training and Medical Information**

Belmont's Athletic Training / Sports Medicine staff are looking forward to the opportunity of being able to offer our services for this year's Atlantic Sun Track & Field Championships. Throughout the next few pages you will find pertinent information regarding our services and important, local medical provider information. Please feel free to contact me if you should have any questions or concerns. We hope that your time spent in Nashville is enjoyable and healthy.

Sincerely,

Matt Kicklighter ATC  
Graduate Assistant Athletic Trainer  
Belmont University Athletics  
Vanderbilt Sports Medicine  
[kicklighterm@mail.belmont.edu](mailto:kicklighterm@mail.belmont.edu)

#### **Sports Medicine Staff**

Paul Malloy, MS, ATC Head Athletic Trainer	(o) 615-460-5585 (c) 615-418-1030
---	-----------------------------------

Matt Kicklighter, ATC Assistant Athletic Trainer	(o) 615-460-8040 (c) 615-418-1033
---	-----------------------------------

Christy Recinella, MEd, ATC Assistant Athletic Trainer	(o) 615-460-8042 (c) 615-418-1032
---	-----------------------------------

#### **Hospitals**

Vanderbilt University Medical Center:  
Sports Medicine: 615-322-7878  
Emergency Room: 615-284-8484  
General Information: 615-322-1000

**Meet Athletic Training / Sports Medicine Coverage:**

Athletic Training coverage will be provided throughout the meet and the practice session. Our on site location will be Vanderbilt Sports Medicine tent located on the adjacent football practice field. All first aid supplies and therapeutic modalities (ice, moist heat, electrical stim, ultrasound) will be available.

**Athletic Training Room:**

The athletic training room is located in room SC 111 of the Curb Event Center. **This is not at the main competition site.** Ultrasound, e-stim, hydrocollator packs and whirlpools can be accessed in the Curb Event Center Athletic Training room. Any special needs outside of what will be provided at the competition site **must** be arranged in advance.

**Teams Traveling Without an Athletic Trainer:**

If your team is traveling without a certified athletic trainer, please call at **least three days prior to the event and send a written letter** explaining the needs and parameters of any modality use. Also, please provide your team with any supplies they need for the competition, such as tape, and notify us in advance of any special requests.

**Directions to Belmont's Athletic Training Room from Vanderbilt Track:**

From the Natchez Trace/ Blakemore Ave. intersection:

Turn left on Blakemore heading north

Blakemore Ave. becomes Wedgewood Ave.

Proceed on Wedgewood, Belmont University will be on your right

Turn right on 15th Ave.

Proceed through the stop sign

Turn right after the tennis court, there is Parking Entrance sign

Proceed to the Curb Event Center loading dock

The door on the right of the loading dock entrance will lead you to the Athletic Training Room

**Directions to Vanderbilt University Medical Center from Vanderbilt Track:**

From Natchez Trace/ Blakemore Ave. intersection

Turn left onto 21st Ave.

Turn left onto Pierce Ave.

Turn right onto 22nd Ave. S.

## **APPENDIX B**

### **MEDIA INFORMATION**

Belmont's Office of Athletic Media Relations will serve as the primary contact for the 2005 Atlantic Sun Conference Men's and Women's Track and Field Championship.

#### **FILING A STORY**

Anyone wishing to use an area to file a story, please locate a member of the Belmont Media Relations Staff and they will provide access to the media relations office in the Curb Event Center.

#### **RESULTS**

Results and a recap from each day of competition will be posted on Bruins Online ([www.belmont.edu/athletics](http://www.belmont.edu/athletics)) as soon as available. Results will also be posted on the A-Sun Men's and Women's Track and Field Championship page on the Atlantic Sun website ([www.atlanticsun.org](http://www.atlanticsun.org)).

Results and a recap from each day will be also emailed to all A-Sun track and field contacts after each round. A hard copy of the final tournament results will be mailed out by Monday, April 25.

#### **CONTACT INFORMATION**

Matt Wilson, Assistant Athletics Director for Media Relations

O: (615) 460-6698, M: (615) 415-3281

Email: [wilsonm@mail.belmont.edu](mailto:wilsonm@mail.belmont.edu)

John Langdon, Tournament Director/Media Relations Assistant

O: (615) 460-5609, M: (615) 512-9597

Email: [langdonj@mail.belmont.edu](mailto:langdonj@mail.belmont.edu)

## **APPENDIX C**

### **ACCOMODATIONS IN NASHVILLE**

#### **Comfort Inn and Suites**

(615) 221-5001 (\$59 rate)

Sales Contact: Sherri Chandler

Specializing in Athletic Event accommodations. Includes deluxe continental breakfast and convenient to shopping. 10-12 minutes from campus. Exit 74A off I-65.

#### **Courtyard by Marriott**

(615) 327-9900 (\$87 rate)

Sales contact: Melanie Wood.

Located off of West End Ave and within blocks of 12 restaurants. Complimentary garage parking, in-room coffee, outdoor pool. Restaurant located on the premises. Just five minutes from campus.

#### **Embassy Suites Nashville at Vanderbilt**

(615) 320-8899

Sales contact: Jenni Wargolet (615) 277-4963.

Located on Broadway within walking distance to over 40 restaurants and just five minutes from campus.

Rate includes a two-room suite, complimentary cooked-to-order breakfast, manager's reception, and limited shuttle service to Belmont.

#### **Guesthouse Inn & Suites**

(615) 329-1000 (\$60 rate)

Sales contact: Ask for the Belmont rate.

Off West End Ave. Belmont rate available. Deluxe Cont. breakfast, microwave, hairdryer, refrigerators, coffeemakers in rooms and comp. parking. Suites. Free shuttle to Belmont. Five minutes from BU.

#### **Hampton Inn & Suites - Green Hills**

(615) 777-0001 (\$115 rate)

Sales Contact: Lisa Spiller/Candy Cohick

Property located less than five minutes from campus with free shuttle based on availability. Luxury accommodations with complimentary expanded breakfast bar, adjacent to the Mall at Green Hills, plenty of parking and unique dining just a short walk away.

#### **La Quinta Inn**

1-800-531-5900 or (615) 834-6900 (\$56 rate)

Sales contact: Ask for the Belmont rate.

Newly renovated rooms. Less than 10 minutes from campus and includes cont. breakfast. Off of I-65. Two restaurants adjacent to parking area and one mile from shopping malls, restaurants, and movies.

#### **Nashville Airport Marriott**

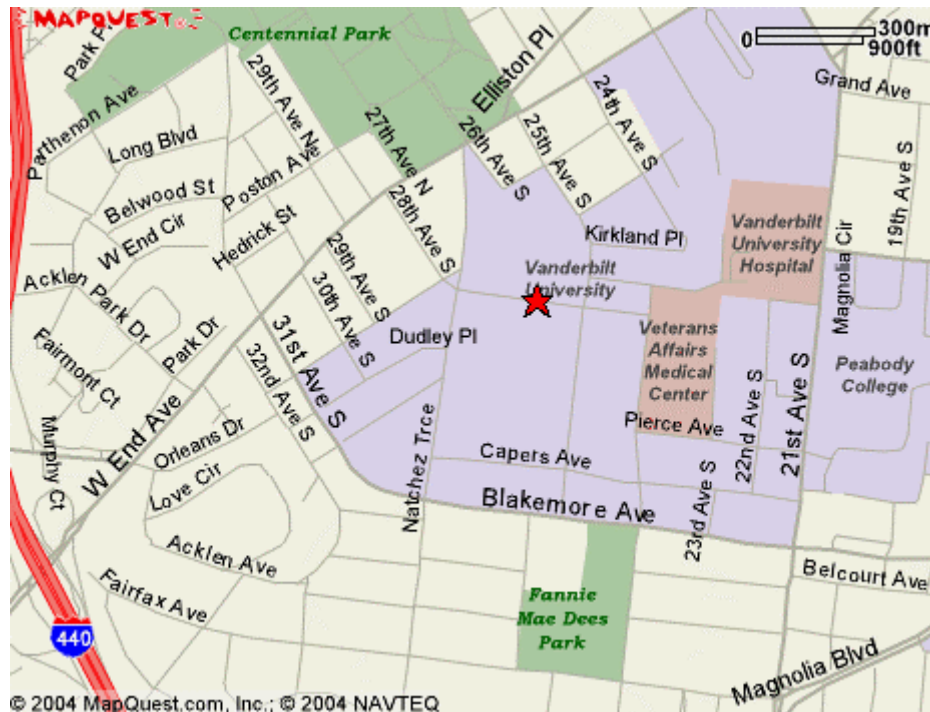
(615) 889-9300 (\$79 rate)

Sales contact: Keith Hensley

Four-star, four-diamond full service hotel with on property restaurant and gift shop with fresh coffee and Krispy Kreme donuts. Indoor pool, full service exercise and weight room, and batting cages for guest use. Adjacent to the airport and 10 minutes from campus.

## APPENDIX D

### DIRECTIONS TO VANDERBILT TRACK COMPLEX



**From Belmont:** Turn left out of campus onto Wedgewood Avenue. At 21<sup>st</sup> Avenue, Wedgewood becomes Blakemore Avenue. Follow Blakemore Ave. to Natchez Trace. Take a right onto Natchez Trace and the track will be on your right.

**From the South** – Take I-65 North to Exit 209A (Broadway – West End) Turn left and go West on Broadway. When Broadway splits, stay to the right to enter West End Ave. Take West End Ave. past the University on the left and turn left on Natchez Trace (A Wendy's is on that corner). Follow Natchez Trace.... the track will be on your left.

**From the North** – Take I-65 South to Exit 209B (Broadway – West End). Turn right on Broadway and go West on Broadway. When Broadway splits, stay to the right to enter West End Ave. Take West End Ave. past the University on the left and turn left on Natchez Trace (A Wendy's is on that corner). Follow Natchez Trace.... the track will be on your left.

**From the East (Airport)** – Take I-40 West to the Exit 209A (Broadway – West End). Turn left on to Broadway and go West on Broadway. When Broadway splits, stay to the right to enter West End Ave. Take West End Ave. past the University on the left and turn left on Natchez Trace (A Wendy's is on that corner). Follow Natchez Trace.... the track will be on your left.

**From the West** – Take I-40 East to Exit 209B (Broadway – West End). Turn right on Broadway and go West on Broadway. When Broadway splits, stay to the right to enter West End Ave. Take West End Ave. past the University on the left and turn left on Natchez Trace (A Wendy's is on that corner). Follow Natchez Trace.... the track will be on your left.

**From Chattanooga** – Take I-24 West until it merges with I-40 West. Stay on I-40 to Exit 209A (Broadway – West End). Turn left on to Broadway and go West on Broadway. When Broadway splits, stay on the right to enter West End Ave. Take West End Ave. past the University on the left and turn left on Natchez Trace (A Wendy's is on that corner). Follow Natchez Trace.... the track will be on your left.

## APPENDIX E

### **Driving Directions (to Curb Event Center general parking):**

**From the west via I-40:** Exit onto I-440 and continue east. Take exit 3 onto 21st Avenue and proceed to Blair Boulevard. Take a right onto Blair. Blair dead ends into Belmont Blvd. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Event Center entrance, which is on the east side of the building.

**From the east via I-40:** At the I-40 split, bear left to I-24/I-440, then right to I-440 west. Take exit 3 onto 21st Avenue and proceed to Blair Boulevard. Take a right onto Blair. Blair dead ends into Belmont Boulevard. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Event Center entrance, which is on the east side of the building.

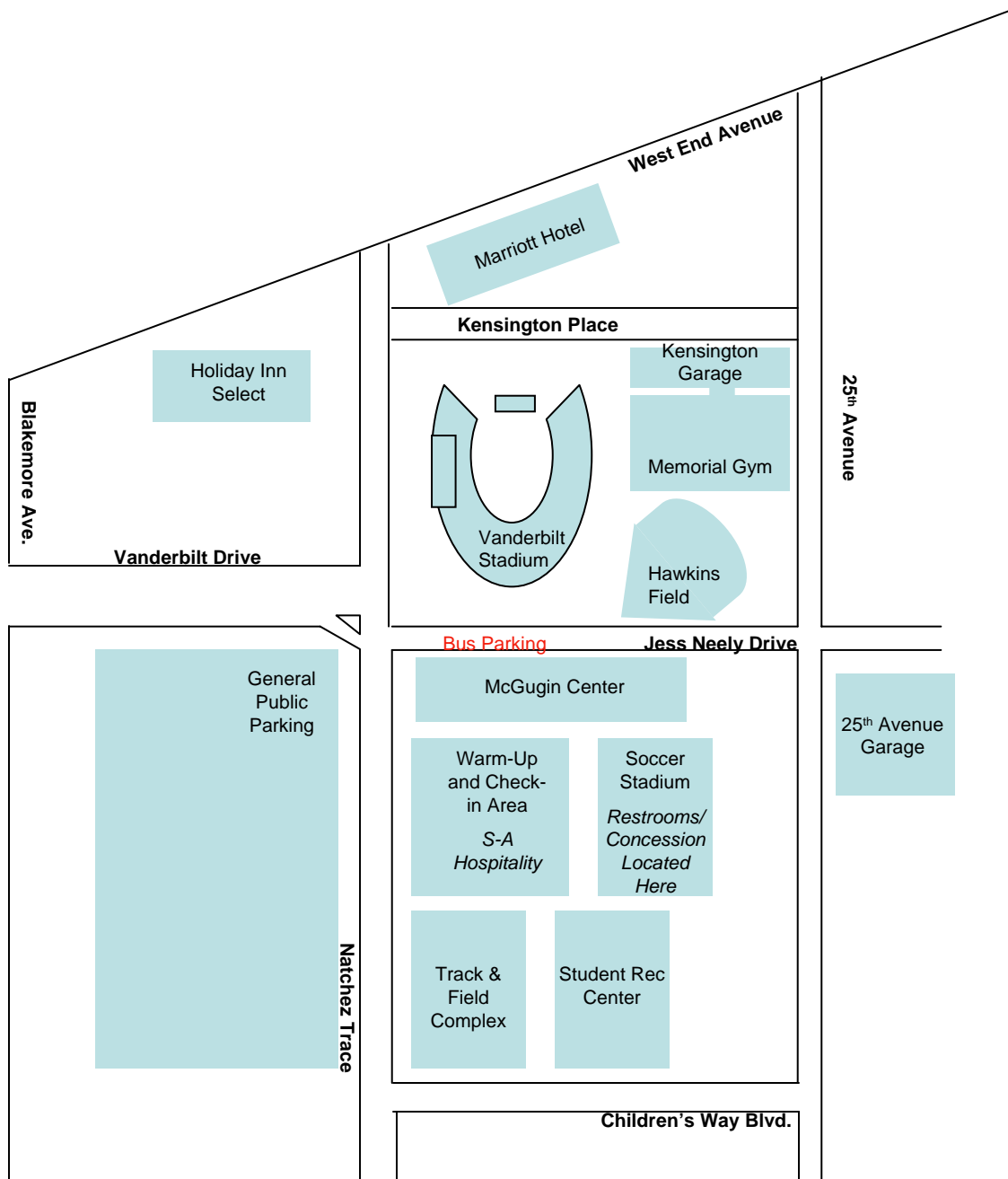
**From the north via I-65 or I-24:** Just north of Nashville, I-24 merges with I-65. Travel east on I-24. After passing downtown, take I-40 west ramp towards Memphis. Follow I-40 to I-65. Take I-65 South towards Huntsville. Follow I-65 South to exit 81, Wedgewood Avenue. Take right at the bottom of the ramp onto Wedgewood. Follow Wedgewood to the first entrance to Belmont on your left, which is just after 15th Avenue. Follow that road back to the parking garage. Park in the garage and go to the 3rd floor of the garage and follow the covered walkway to the Curb Event Center entrance, which is on the east side of the building.

**From the south via I-65:** Follow I-65 north to exit 81. Turn left at the off-ramp onto Wedgewood Avenue. Follow Wedgewood to the first entrance to Belmont on your left, which is just after 15th Avenue. Follow that road back to the parking garage. Park in the garage and go to the 3rd floor of the garage and follow the covered walkway to the Curb Event Center entrance, which is on the east side of the building.

**From the southeast via I-24:** Take I-440 west towards Memphis. Take exit 3 onto 21st Avenue and proceed to Blair Blvd. Take a right onto Blair. Blair dead ends into Belmont Blvd. Take a left and follow to Bernard Avenue (1/4 mile). Take a right at Bernard and go up the hill. Take a left into the parking garage and park in the garage. Go to the 3rd floor of the garage and follow the covered walkway to the Curb Event Center entrance, which is on the east side of the building.

# APPENDIX F

## 2005 A-Sun Track and Field Championship VANDERBILT TRACK COMPLEX





# Atlantic Sun Conference

## Championship Evaluation Form

10/01

Each institution should send **one (1)** completed form on behalf of the coach, support staff and administrators who attended the championship. **The administrator** (AD, SWA, Asst. AD) should be responsible for completing the form and returning it to the conference office no later than 14 days after the conclusion of the event.

Administrator's Name/Title: \_\_\_\_\_

SPORT: \_\_\_\_\_

HOST: \_\_\_\_\_

Please give us your feedback on the student-athlete hospitality provided at the championship.

---

---

---

---

Please let us know what you feel were the best elements of this championship.

---

---

---

---

Please let us know what area(s), if any, you feel needs improvement.

---

---

---

---

Please give any other general comments you feel are appropriate (facilities, game operations, etc.).

---

---

---

---

Thank you for your feedback.

Please fax this form to the Atlantic Sun Conference office • Fax 478/474-4272