
**2004 OVC
Men's & Women's
Outdoor Track
Championships Packet**



Hosted by Samford University



2004 OVC Men's & Women's Outdoor Track Championships Packet



April 19, 2004

Dear Coach,

Greetings from Samford Athletics! We have put together the enclosed information in an attempt to help you plan your time at the OVC Men's & Women's Outdoor Track Championships. This booklet includes important *phone numbers, meet information, restaurants*, as well as *directions to Seibert Stadium*, where the meet will be held.

We are having a ***Coaches'/Scratch Meeting on Friday, May 7th at the Alta Vista Hotel & Conference Center, at 8:00 AM.*** Breakfast will be served. We will confirm all events and procedures for the meet.

All participants are required to wear only the university's official equipment (warm-ups and competition equipment) as covered in the OVC Rules. Locker rooms and showers will be available to each participating team upon request. You must supply your own towels and other shower items. Contact Chad James or Leah Reed at (205) 726-4198 for information.

Please do not hesitate to contact us in case you need further assistance. We are looking forward to an exciting weekend of OVC track.

Sincerely,

Janet Cone
Meet Director
Associate Athletics Director/ SWA

Cc: OVC Office

2004 OVC Men's & Women's Outdoor Track Championships Packet



Important Telephone Numbers

Director of Athletics

Robert L. Roller.....(205) 726- 2131 / cell-(205) 532-3461

Associate Director of Athletics - Senior Woman Administrator/ Meet Director

Janet Cone.....726-4052 / cell-532-3463

Assistant Meet Director/Clerk of Course

Peter Neuberger.....726-2975

Assistant Director of Athletics - Ticket Manager/Event Staff

Joelle Akridge.....726-2050 / cell-532-3462

Director of Marketing - Assistant Meet Director

Jon Van Meter.....726-4244 / cell-532-3459

Sports Information Director

Joey Mullins.....726-2199 / cell-532-3477

Head Athletic Trainer

Wayne Kendrick.....726-2670 / cell-532-3475

Assistant Athletic Trainer - Track

Lisa Nold.....726-2574

OVC Staff - Commissioner

Dr. Jon A. Steinbrecher.....(615) 371-1698

OVC Staff - Director of Championships

Donyale Canada.....(615) 371-1698

OVC Staff - Media Relations Assistant

Heather Brown.....(615)-371-1698

Official Timing, Computer Data, and Result's Processor

Cleon Fowler, C.F.P.I. Timing & Data, Inc.....(205) 333-1112

www.cfpitiming.com

2004 OVC Men's & Women's Outdoor Track Championships Packet



Schedule of Events

Friday, May 7

8:00AM - Coaches'/Scratch Meeting

Field Events

1:00 PM - Javelin (Men)

2:00 PM - Shot Put (Women) and Long Jump (Women)

3:00 PM - Javelin (Women)

4:00 PM - Long Jump (Men) and Shot Put (Men)

5:00 PM - High Jump (Women)

6:30 PM - High Jump (Men)

Running Events

4:00 PM - 3,000 Meter Steeplechase (Women)

4:15 PM - 3,000 Meter Steeplechase (Men)

4:30 PM - 100 Meter Hurdle Prelims (Women)

4:45 PM - 110 Meter Hurdle Prelims (Men)

5:00 PM - 400 Meter Prelims (Women)

5:10 PM - 400 Meter Prelims (Men)

5:20 PM - 100 Meter Prelims (Women)

5:30 PM - 100 Meter Prelims (Men)

5:45 PM - 800 Meter Prelims (Women)

6:00 PM - 800 Meter Prelims (Men)

6:15 PM - 400 Meter Hurdle Prelims (Women)

6:30 PM - 400 Meter Hurdle Prelims (Men)

6:45 PM - 200 Meter Prelims (Women)

7:00 PM - 200 Meter Prelims (Men)

7:15 PM - 10,000 Meter Final (Women)

8:00 PM - 10,000 Meter Final (Men)

2004 OVC Men's & Women's Outdoor Track Championships Packet



Schedule of Events

Saturday, May 8

Field Events

9:00 AM - Discus (Men)
9:00 AM - Triple Jump (Women)
10:30 AM - Triple Jump (Men)
11:00 AM - Discus (Women)
11:00 AM - Pole Vault (Women)
1:00 PM - Pole Vault (Men)

Noon - Opening Ceremony

Running Events

12:10 PM - 4 x 100 Meter Relay (Women)
12:20 PM - 4 x 100 Meter Relay (Men)
12:30 PM - 1500 Meters (Women)
12:45 PM - 1500 Meters (Men)
1:00 PM - 100 Meter Hurdle Final (Women)
1:05 PM - 110 Meter Hurdle Final (Men)
1:10 PM - 400 Meters Final (Women)
1:15 PM - 400 Meters Final (Men)
1:20 PM - 100 Meter Final (Women)
1:25 PM - 100 Meter Final (Men)
1:30 PM - 800 Meter Final (Women)
1:35 PM - 800 Meter Final (Men)

2004 OVC Men's & Women's Outdoor Track Championships Packet



Schedule of Events

Saturday, May 8

Running Events Continued

1:45 PM - 400 Meter Hurdle Final (Women)

1:55 PM - 400 Meter Hurdle Final (Men)

2:05 PM - 200 Meter Final (Women)

2:10 PM - 200 Meter Final (Men)

2:15 PM - 5,000 Meters (Women)

2:45 PM - 5,000 Meters (Men)

3:10 PM - 4 x 400 Meter Relay (Women)

3:20 PM - 4 x 400 Meter Relay (Men)

3:30 PM - Awards Ceremony

2004 OVC Men's & Women's Outdoor Track Championships Packet



General Information

Site: Seibert Stadium, located on the Samford University campus, will be the site of the 2004 OVC Men's & Women's Outdoor Track Championships.

Rules: NCAA Track and Field rules apply unless otherwise indicated.

Event Schedule: See enclosed schedule.

Administration: Administration of the event is the responsibility of the Commissioner of the OVC. He shall delegate duties and responsibilities to the OVC staff members, as necessary, to assure the efficient administration and promotion of the meet.

The Meet Director: The OVC Meet Director will be Janet Cone.

The Games Committee: The Commissioner shall appoint the Games Committee and alternates. The Games Committee shall be three head track coaches from the Conference. Two additional head coaches will serve as alternates in case a head coach on the Games Committee has his/her institution in question. The Games Committee will also serve as the jury of appeals.

Coaches'/Scratch Meeting: A mandatory **Coaches'/Scratch Meeting** will be held on Friday, May 7th at the Alta Vista Hotel & Conference Center. Breakfast will be served to Head Coaches, OVC Staff, and Meet Officials. At this meeting, the procedure will be to confirm all events. Heats will then be drawn, following the order of events. An athlete declared or qualified for any event must compete or he/she will be disqualified for any subsequent event in the meet. **PLEASE RSVP TO ASSOCIATE ATHLETICS DIRECTOR JANET CONE @ (205) 726-4052 ASAP.**

2004 OVC Men's & Women's Outdoor Track Championships Packet



General Information

Officials & Clerk of Course: Peter Neuberger, Senior Associate Athletics Director will serve as the Clerk of Course. The Birmingham Track Club will provide a head starter, assistant starter, and referee to officiate all races and field events. These officials must follow the NCAA Track/Cross Country Rules Book in response to their duties (Referee-Rule 3, Section 5/Starter-Rule 3, section 8/Recall Starter-Rule 3, Section 8). All officials will be trained in accordance with NCAA Track and Field Rules. The Birmingham Track Club will also provide Umpires to judge each race plus the relay passing zones in the relay races.

Entries: C.F.P. I. Timing and Data, Inc. is the official timing, computer data, and result's processor for the 2004 OVC Men's & Women's Outdoor Track Championships. Online registration is available for your entries. The Web site is www.cfpitiming.com. All entries need to be entered at the site by **Monday, May 3rd at Midnight, unless you are attending the Coaches' meeting**. By noon Wednesday, May 5th, final declarations must be faxed to the Glenn McWaters, Samford's Head Track Coach at (205) 726-2132. He will respond with a confirmation fax or email. Each institution may enter no more than four (4) individuals in individual events, or no more than one (1) relay team.

Heats, Flights, Qualifying Procedures, and Stagers: We will review the OVC Outdoor Track Championship Procedures for Heats, Flights, Qualifying Procedures, and Stagers at the **Coaches' Scratch Meeting**. Please review those procedures before the meeting on Friday morning.

Squad Size: The squad size will be limited to 28 competitors from each institution.

Uniform: Each institution's athletes will wear only the university's official equipment (warm-ups and competition equipment) as covered in the OVC rules.

Contestant Numbers: Samford will provide numbers for the conference meet.

Lane Placement: In races run on the straightaway in the finals, contestants shall be placed in lanes rather than drawn by lot.

2004 OVC Men's & Women's Outdoor Track Championships Packet



General Information

Protest Procedure: There will be a protest table with an official present at all times. Protest forms will be made available for this purpose. All protests will be made and handled in accordance with the NCAA Track and Field Rules, which spell out this procedure.

Scoring: The OVC Men's & Women's Outdoor Track Championships will implement the following scoring system:

Individual Events

10-8-6-5-4-3-2-1

Relay Events

10-8-6-5-4-3-2-1

Events

Long Jump	Pole Vault	100-M Hurdles (W)
1500-M Run	110-M Hurdles (M)	Javelin
100-M Dash	Triple Jump	800-M Run
Discus	400-M Hurdles	High Jump
200-M Dash	Shot Put	5000-M Run
400-M Dash	4 x 400-M Relay	4 x 100-M Relay
10,000-M Run	3,000-M Steeplechase	

Sports Information: Joey Mullins, Assistant Sports Information Director, will be available for each participating institution at the meet. He can be contacted at (205) 726-2799.

Results: All results, plus newly drawn-up semi-final heats, will be posted after each event in a place where all coaches and athletes will have equal access to them.

Locker Room Facilities: Locker rooms will be available upon request. Contact Chad James or Leah Reed at (205) 726-4198 for information.

Athletic Training/ Physician: Wayne Kendrick, Head Athletic Trainer, and Lisa Nold, Assistant Athletic Trainer, will be available if you require services during the tournament. Their numbers are (205) 726-2574 and (205) 532-3475.

2004 OVC Men's & Women's Outdoor Track Championships Packet



General Information

Hospitality Room: A hospitality room will be located on the second floor of the football press tower. All OVC coaches, media and administrators are welcome.

Passes: Each institution will receive participant passes for its players, coaches, and official party members.

Tickets/ Concessions: Tickets (\$5.00 for a two-day pass) and concessions will be available at the meet site. There are no complimentary tickets for family members, non-athletic faculty, etc. Students with a valid college ID will be admitted free of charge.

Parking: Team vehicles should drop participants and coaches off at the team entrance and will be allowed to park in Samford's Overflow Parking area. A Samford Security Officer will direct you to this area.

Entrance: All Participants will enter through gate located in the lower parking lot. A Samford Event Staff Member will meet you at the entrance.

Team and Coach Area: Team area assignments will be marked in the stadium. The competition area is restricted only to officials and contestants. Coaches must remain in their designated area or in the stands. A warm-up area will be designated.

Awards: The OVC Office will provide the following awards:

- 1) Team Championship Trophy
- 2) 1st, 2nd, and 3rd Place Medals for each event (Individually & Relay)
- 3) Award for Female & Male Athlete of the Year.

The awards presentation will be visible to all spectators and take place following the completion of each individual event. Awards will also be given to the second and third place finishers in each event, although funding for those awards is provided by each participating team. Dr. Jon Steinbrecher, the OVC Commissioner; Donyale Canada, the OVC Director of Championships; and Bob Roller, Samford's Director of Athletics will handle the awards presentation.

2004 OVC Men's & Women's Outdoor Track Championships Packet



Hotel Partners

Alta Vista Hotel - Official Team Hotel

260 Goodwin Crest Drive

Birmingham, AL 35209

Phone: (205) 290-8000

Fax: (205) 290-8026

Contact: Janet Wallace



Holiday Inn-Homewood

260 Oxmoor Road

Birmingham, AL 35209

Phone: (205) 948-1634

Fax: (205) 942-6183

Contact: Annette Scarborough



www.holiday-inn.com

Howard Johnson Hotel

275 Oxmoor Road

Homewood, AL 35209

Phone: (205) 942-0919

Fax: (205) 942-1679

Contact: Liz Clark



2004 OVC Men's & Women's Outdoor Track Championships Packet



Dining

Applebee's Neighborhood Grill & Bar	601 Brookwood Village	(205) 879-5673
CiCi's Pizza	428 Palisades Boulevard	870-0005
Jason's Deli	583 Brookwood Village	877-8477
Jim 'N Nicks Bar-B-Q	220 Oxmoor Road	942-3336
Lone Star Steakhouse and Saloon	180 State Farm Parkway	942-1902
O'Charley's Restaurant & Lounge	109 Wildwood Parkway	942-8001
Ruth's Chris Steakhouse	2300 Woodcrest Place Off Highway 280/31	879-9995
Copeland's of New Orleans	Highway 280 East	970-2234
Chappy's Deli	2737 Mountain Brook Plaza	871-0887
Full Moon Bar-B-Que	337 Valley Avenue	945-9997
The Original Italian Pie	4673 Highway 280 East	995-8550

2004 OVC Men's & Women's Outdoor Track Championships Packet



Attractions

Sports

Alabama Sports Hall of Fame and Museum	(205) 323-6665
<i>22nd Street North and Civic Center Boulevard</i>	
Barber Vintage Motorsports Museum	252-8377
<i>2721 5th Avenue South</i>	
International Motorsports Hall of Fame/Talladega International Speedway	(256) 362-5002
<i>3198 Speedway Boulevard Talladega, AL</i>	
Rickwood Field	458-8161
<i>1137 2nd Avenue West</i>	

Activities

Visionland Theme Park	481-4750
<i>I-20/59, One exit north of I-459 at the Academy Drive Exit</i>	
Vestavia Bowl	979-4420
<i>1451 Montgomery Highway South</i>	
Birmingham Botanical Gardens	879-1227
<i>2612 Lane Park Road</i>	
Birmingham Zoo	879-0408
<i>2630 Cahaba Road</i>	
Birmingham Civil Rights Institute	328-9696
<i>520 16th Street North</i>	
McWane Center	714-8300
<i>200 19th Street North</i>	

2004 OVC Men's & Women's Outdoor Track Championships Packet



Attractions

Golf

Bent Brook Golf Course	(205) 428-1999
Eagle Point Golf Club	991-9070
Highland Park Golf Course	322-1902
Robert Trent Jones Golf Trail- Oxmoor Valley	942-1177

Movie Cinemas

Rave Motion Pictures (Highway 31)	978-3655
Regal Cinemas Wildwood 14 Cinemas (Lakeshore Drive)	942-3491
Carmike Cinemas Summit 16 (Highway 280)	967-0111

Shopping Malls

Brookwood Village (Lakeshore Drive)	871-0406
Riverchase Galleria (US 31 and I-459)	985-3020
The Summit (Highway 280)	967-0111

Video Rentals

Blockbuster Video (248 Green Springs Highway)	945-1110
(1553 Montgomery Highway)	822-1110

Miscellaneous

Book's & Company (Brookwood Village)	870-0213
Kinko's (Lakeshore Drive)	942-7102

2004 OVC Men's & Women's Outdoor Track Championships Packet



Emergency Numbers

Fire Departments

City of Birmingham	911/(205) 250-7575
City of Homewood	911/ 879-4701
City of Hoover	911/ 822-5300
City of Mountain Brook	911/ 870-5580

Police Departments

City of Birmingham	911/ 328-9311
City of Homewood	911/ 879-2101
City of Hoover	911/ 822-5300
City of Mountain Brook	911/ 879-0486
Jefferson County Sheriff's Department	911/ 325-5900
Alabama State Police Department	322-4691

Hospitals

Brookwood Medical Center	2010 Brookwood Medical Center Drive	877-1000
Health South Medical Center	1201 11th Avenue South	930-7000
St. Vincents Hospital	810 St. Vincents Drive	939-7000
UAB Hospital	619 19th Street South	934-4011

2004 OVC Men's & Women's Outdoor Track Championships Packet



Transportation

Air Travel

Birmingham International Airport *American, Continental, Delta, Northwest, Southwest, United, and US Airways* (205) 599-0500

Bus Charters

Adventure Bus Charters 648-2732
Alabama Limousine, Inc. 591-7555
Southeastern Motor Coach, Inc. 791-1966
Thrasher Brothers 591-8811

Car or Van Rental

Acclaim Auto Rental 942-1211
Alamo 592-2200
Avis 592-8901
Budget 322-3596
Enterprise 414-9393
Hertz 591-6090
National Car Rental 592-7259
Thrifty Car Rental 979-2886

Taxi Service

American Cab Company 322-2222
Birmingham– Metro Taxi 833-8294
Homewood Cab Services, Inc. 871-4684
Yellow Cab Company of Birmingham 252-1131

Limousines

Ambassador Limousine Services, Inc. 987-5466
Cliff's Limousine Service, Inc. 942-3771

2004 OVC Men's & Women's Outdoor Track Championships Packet



Directions to Samford University and Seibert Stadium

From Birmingham International Airport, Chattanooga, TN, and Points Northeast:

From I-20/59 North: Exit onto I-65 South toward Montgomery. Continue approximately five miles and take Exit 255 to Lakeshore Drive. Turn left onto Lakeshore Drive and continue approximately two miles. Turn left at the fourth traffic light into the main gate. Turn left at the stop sign onto Montague Drive. Seibert Stadium is on the left.

From Nashville, TN and Points North

From I-65 North: Take Exit 255 to Lakeshore Drive. Turn right onto Lakeshore Drive and continue approximately two miles. Turn left at the fourth traffic light into the main gate. Turn left at the stop sign onto Montague Drive. Seibert Stadium is on the left.

From Montgomery, AL and Points South

From I-65 South: Take Exit 255 to Lakeshore Drive. Turn left onto Lakeshore Drive and continue approximately two miles. Turn left at the fourth traffic light into the main gate. Turn left at the stop sign onto Montague Drive. Seibert Stadium is on the left.

From Atlanta, GA and Points East

From I-20 West: Exit onto I-459 South toward Montgomery/Tuscaloosa. Continue approximately 10 miles and take exit for Highway 280 North toward Mount Brook. Take Lakeshore Drive exit and turn left onto Lakeshore Drive. Continue approximately three miles. Turn right into the main gate. Turn left at the stop sign onto Montague Drive. Seibert Stadium is on the left.

2004 OVC Men's & Women's Outdoor Track Championships Packet



Birmingham Area Map

