BIG SOUTH™
CONFERENCE
DEVELOPING LEADERS THROUGH ATHLETICS

2010 Outdoor Track and Field Championships

April 15 - 17, 2010
Bagwell-Settle Track
Charleston Southern University
Charleston, S.C.

CHAMPIONSHIP CONTACT INFORMATION

Charleston Southern University
Department of Athletics
9200 University Blvd. P.O. Box 118087
Charleston, SC 29423
(843) 863-7678 Phone
(843) 863-7695 Fax
web site: csusports.com

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Championship Director
Assistant Athletics Director
9200 University Blvd.
Charleston, SC 29423
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Cell: (678) 687-6211
Fax: (843) 863-7392
Email: eweaver@csuniv.edu

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Assistant Athletics Director for Media
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BSC Assistant Director of Public Relations
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Tim Langford
Head Men's Track /CC Coach
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Tosha Ansley
Head Women's Track / CC Coach
Office: (843) 863-7111
Cell: (843) 367-7655
Fax: (843) 863-7695
Email: tansley@csuniv.edu

CHAMPIONSHIPS SCHEDULE
The championships schedule will be forwarded to all head coaches upon final approval.

COACHES' MEETING
A required coaches' meeting will be held at 7:00 pm on April 14 located on the 3rd floor of the Whitfield Stadium Center adjacent to the Bagwell-Settle Track.

PRACTICE TIMES
The Bagwell-Settle Track facility will be open on Wednesday April 14, 2010 from 4:30 - 7:00 pm. A warmup area will be available throughout the championships located at the North end of the Bagwell-Settle track facility.

HOSPITALITY ROOM
A VIP Hospitality Room will be provided during the championships for coaches, Big South Conference staff, meet officials, and CSU event management. Credentials will be provided to each Head coach during the coaches' meeting on Wednesday evening. The Hospitality room will be available during the following times:

Thursday, April 15, 2010 from noon to 6 p.m.
Friday, April 16, 2010 from 11 a.m. until 6 p.m.
Saturday, April 17, 2010 from 11 a.m. until 1 p.m.

PARKING
A security officer will be on site to direct spectators, guests, media and SID personnel concerning parking availability at the Whitfield Stadium Center lot. After dropping off teams at the Bagwell-Settle Track, all busses/travel vans will be directed to park at the CSU Fieldhouse lot. Note: parking on grass is strictly prohibited unless authorized by campus security personnel.

TEAM CAMPS
An area located in the SW corner of the facility will be designated for each team's camp. Security personnel/event staff will be available to direct teams as they arrive.

RESTROOM FACILITIES
Restrooms facilities are located at the Whitfield Stadium Center (ground level) and will be available throughout the Championships. Several port-o-lets will also be available.

LOCKER ROOMS
Locker rooms will not be available during the Championships.

IMPLEMENT WEIGH-IN
All field implements must be weighed in at the storage shed. The storage shed is located beside the visitor's stands. Implements will be impounded after weigh-in and returned to the athlete following the competition.

Thursday, April 15, 2010 from 8 a.m. until 1 p.m.
Friday, April 16, 2010 from 9 a.m. until 11 a.m.
Saturday, April 17, 2010 from 8:30 a.m. until 11 a.m.

PROTESTS
The track and field liaison, Chad Cook, will establish a protest form for the Championship. Protest forms should be available to all head coaches. All protests must be made in writing to the clerk of the course. All protests will be acted upon in accordance with NCAA Track and Field Rules.

REGISTRATION PROCEDURES
All entries will be made through the Direct Athletics website (www.directathletics.com) in accordance with Big South Conference policy.

CHECK-IN PROCEDURES AND LOCATION
Check-in for all running events will be located across from the warm-up area (e.g. Northwest corner of the facility outside the track). Athletes will be marshaled to the starting line upon final check-in. Field event check-in will be located at the respective field event sites. In addition, all athletes should check in no later than 30 minutes prior to the scheduled start of their event.

SCORING/AWARDS

First Place	10 pts.	Fifth Place	4 pts.
Second Place	8 pts.	Sixth Place	3 pts.
Third Place	6 pts.	Seventh Place	2 pts.
Fourth Place	5 pts.	Eights Place	1 pt.

Points are awarded up to the total number of participants for an event. Awards for individual events will be distributed during the courses of the meet.

TICKETS
Admission to the 2010 Big South Conference Outdoor Track and Field Championships is free.

ATHLETIC TRAINING/ MEDICAL SERVICES
During the Big South Conference Track and Field Championships, Athletic Training services will be available two hours prior to the start of the first event until an hour after the conclusion of the last event each day. The Athletic Training tent will be located at the North West side of the track. The following modalities will be available for your use: a hydrocollator, an electrical stimulation unit, ultrasound, and ice. Water and cups will be evenly distributed among the event areas. If a certified athletic trainer will not be accompanying your team, **you must send a letter signed by an athletic trainer with the athlete's name and treatment needed**.

In the case of an emergency, we will have an AED, splint bag, crutches, oxygen, and spine board on site. Emergencies will be transported to Trident Medical Center located across the street from CSU campus. There will be a team physician on call for any assistance that you may need. Contact information is listed below for your reference. Please let us know if you need any assistance during your visit to Charleston.

POLICY STATEMENT ON LIGHTNING & SEVERE WEATHER

The responsibility for terminating an athletic activity in the event of lightning, severe weather, and/or storms lies with the CSU certified athletic trainer if present, or coach if the Athletic Trainer is not present. A CSU certified athletic trainer will communicate with the CSU Game Administrator, the head coach and/or his/her designee, and game official(s) / umpire(s) of the potential for a lighting strike, severe weather, and/or storm, and will make the recommendation that all activities stop immediately. If the head coach is not present, an assistant coach will assume responsibility.

Athletic Trainer:	Position:	Cell:	Fax:
Erin Weaver	Assistant Athletic Trainer	678-687-6211	843-863-7392
Stadium:	**Hospital:**	**Local Pharmacy**	**Urgent Care:**
CSU Track and Field 9200 University Blvd Charleston, SC 29423	Trident Medical Center 9330 Medical Plaza Drive North Charleston, SC 29406 843-797-7000 = Info 843-797-4160 = ER	CVS, North Charleston 8995 University Boulevard North Charleston, SC 29406 843-414-0710	Health First Rapid Care 8740 Rivers Ave North Charleston, SC 29406 Phone (843) 572-5990 Fax (843) 572-2928
Orthopedics:	**General Medicine:**	**Dentistry:**	**24-hr Pharmacy**
South Carolina Sports Medicine 9100 Medcom Street North Charleston, SC 29406 843-569-3367	Health First Rapid Care 8740 Rivers Avenue North Charleston, SC 29406 843-572-5990	Dr. Michael J. Engel, DMD 1318 Ashley River Road Charleston, SC 29407 843-571-3560	CVS, Summerville 301 North Main St Summerville, SC 29483 843-871-0310

MEDIA RELATIONS

Seating will be available in the Whitfield Stadium Center Press Box for visiting media and SIDs. Wireless internet is also available throughout the press box. Individual internet lines and phone lines are available upon request. Results from each day, as well as a recap from the action will be posted daily on www.CSUsports.com. Please contact Assistant A.D. – Media Blake Freeland (bfreeland@csuniv.edu) with any questions.

VIDEO BROADCAST

The entire 2010 Big South Conference Outdoor Track and Field Championship Meet will be broadcast live through the Big South Network. The Big South Network is a subscription service, and viewers can find more information or purchase the event at www.bigsouthsports.com.

CREDENTIALS

During the Championships, the competition area will be restricted to participants, Games Committee Members, Officials and Championship Administrators. CSU's SID office will print and distribute all credentials for the Championships, including VIP and media passes. Please complete the "Credential Request Form" located at the end of this manual. Please email or fax the request form to Blake Freeland @ bfreeland@csuniv.edu or fax (843) 863-7676 by April 12, 2010.

CHAMPIONSHIP PROGRAM

Charleston Southern will produce and distribute a meet program. There will be no charge.

AREA RESTAURANTS

North Charleston:

Restaurant	Address	Phone Number
Sticky Fingers	7690 Northwoods Blvd, N. Charleston	843-797-7427
Carrabbas Italian Grill	2150 Northwoods Blvd, N. Charleston	843-834-0404
Texas Roadhouse	2130 Melnick Dr, N. Charleston	843-569-7556
Papa Johns	1205 N. Main Street, Summerville	843-871-1663
Fazoli's	7460 Rivers Ave., N. Charleston	743-553-0234
Zaxby's	9141 University Blvd., N. Charleston	843-764-3634
O' Charley's	2150 Northwoods Blvd, N. Charleston	843-824-2365
Subway	78 US Hwy Elms Plantain, N. Charleston	843-863-0056
Domino's Pizza	6541 Rivers Ave. Ste A, N. Charleston	843-553-4100
Jason's Deli	2150 Northwoods Blvd. B-1, N. Charleston	843-764-0094
Wild Wing Café	7618 Rivers Ave., N. Charleston	843-818-9464
Applebees	7818 Rivers Ave., N. Charleston	843-553-8137
Outback Steakhouse	7643 Rivers Ave, N. Charleston	843-569-3600
Atlanta Bread Company	8966 University Blvd., N. Charleston	843-797-7773
Kelly's BBQ	10475 Highway 78, Ladson	843-871-3050
Sonic	9101 University Blvd, N. Charleston	843-824-8919

DIRECTIONS & CAMPUS MAP

From Columbia, S.C.

Take I-26 East
Exit 205B toward Goose Creek onto US 78
CSU will be on your Left
Take Second Entrance into the University for sporting events

Click link for campus map: http://www.csuniv.edu/map.asp

CREDENTIAL REQUEST FORM

NAME OF INSTITUTION: _____

OF COACHES (3 MAXIMUM PER GENDER: _____

OF ADMINISTRATORS (e.g., AD, SWA, SID, Trainers) _____

Signature Head Coach: _____

PLEASE FAX OR EMAIL TO BLAKE FREELAND, ASSISTANT ATHLETIC DIRECTOR FOR MEDIA

Email: bfreeland@csuniv.edu
Fax (843) 863-7676
by

Monday April 12