2003
NCAA Midwest Track and Field
Regional Championship
May 30-31, 2003

Participant Information Packet

Hosted By: University of Nebraska
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Key Contacts

**Nebraska Athletic Director**
Steve Pederson - (402) 472-3011

**Nebraska Senior Associate Athletic Director**
Joe Selig - (402) 472-3311

**Championships Director**
Butch Hug - (402) 472-1950 (W)
            (402) 472-4662 (F)
            (402) 466-7103 (H)

**Meet Directors**
Doug Martin - (402) 472-7093 (W)
            (402) 472-9361 (F)
Al Papik

**Event Managers**
Ervin Williams - (402) 472-1960
Joel Michaels - (402) 472-1960

**Facility Manager**
Chuck Ford - (402) 472-2290 (W)
            (402) 540-9089 (C)

**Track and Field SID**
Erin Smith - (402) 472-7781 (W)
            (402) 472-2005 (F)
            (402) 472-7781 (C)

**Associate Athletic Director for Communications**
Chris Anderson - (402) 472-2263

**Nebraska Track and Field Head Coach**
Gary Pepin - (402) 472-6461

**Nebraska Ticket Manager**
John Anderson - (402) 472-3111
            1-800-8BIGRED

**Nebraska Athletic Trainer**
Brad Brown - (402) 472-3465 (W)
            (402) 540-9261 (C)

**NCAA Track and Field Committee Representatives**
Mark Kostek
Gary Schwartz
Meet Entry Procedures

Proof of Performance Forms

Entry for the NCAA Midwest Regional meet is done through the submission of Proof of Performance Forms. These forms can be found at http://members.aol.com/rpodkam/.

One purpose of this site is providing an automated method of submitting Proof of Performance forms for the NCAA Division I Track and Field Championship. Descending order lists are updated for viewing regularly. On-line submission of marks with a Proof of Performance form for the 2003 Outdoor season is available only to authorized schools. A password is required. Authorization may be obtained by completing the on-line Password Request Form.

Entry and Declaration Procedures

Declarations for the regional championships will be completed online. The declaration form for each institution includes all individuals or relay teams which have achieved the qualifying standard for the event and conference champions not previously on the qualifying list. Availability of and access to the online declaration forms is detailed in the 2003 NCAA Division I Men’s and Women’s Outdoor Track and Field Championships Handbook.

The declaration process for the regional championships is the first step in the final qualification procedure for the regional championships. Competition in an event at the regional championship is required for consideration to participate in that event at the national championships. Any individual or relay team on the descending order list for each event, from which the participants in the national championships will be selected, must declare and participate in the regional championships, except for those events not contested at the regional meet (men’s decathlon, women’s heptathlon, and the men’s and women’s 10,000 meter races). The performances on the final descending order list used for the national championships selections will be the best mark achieved during the regular season and through the regional championships. Institutions with relay teams on the final descending order list for the national championships selection must declare the four student-athletes who: (1) were declared for the regional championships, with their best time during the regular season or if they bettered that time at the regional championships; or (2) ran at the regional meet if their time was faster than the originally declared quartet’s best time (any four of the pool of six student-athletes declared for the regional championships may run at the regional meet).

For each individual event at the regional championships, all declared student-athletes will be accepted into the meet and be required to compete in compliance with Rule 4.1.2, “Honest Effort.”

Only one qualifying relay team per institution per event may be declared for the regional championships. That team will be accepted into the meet. It will be seeded with its qualifying time, and that time will be preserved for possible use in preparing the descending order list for the national championships.

All non-declared relay teams as well as the top three relay teams in each region (automatic qualifying teams) will be removed from the descending order list from which selection to the national championships is made. Non-declared teams, and their marks, will not be considered for participation in the national championships.

A relay team for the regional meet is defined as a declared “pool” of six (6) student-athletes. The composition of this pool must be: (1) The four student-athletes on the originally declared team; and (2) May include two additional student athletes. These additional student-athletes may be from those already in the meet in another event, or designated alternates in the meet.

The competing team of four, in any round at the regional meet, may be comprised of any four student-athletes in the declared pool. For national championships qualifying purposes, the relay team’s best mark on the final descending order list will be its original regular season qualifying time or its regional time (if it is an improvement over its regular season qualifying time), regardless of which pool members attain that mark during any round of the regional meet.

The four student-athletes who comprised the fastest time for the institutions declared relay at the regional meet, whether during the regular season or during any round of the regional meet, will be the four student-athletes that the institution must declare for the national championships.

Automatic qualification to the national championships will be awarded to the top five declared finishers from each regional individual events and the top three declared finishers from each regional relay event. This guarantees a specific number of automatic qualifiers from each region.

A relay team for the national championships is defined as a pool of student-athletes. The composition of this pool must be: (1) The four student-athletes who attained the automatic berth in the national championships; (2) The four student-athletes who established the qualifying mark on the descending order list used to select the additional qualifiers; and (3) Additional student-athletes either from those already in the meet in another event or two declared alternates not in the meet.

The competing relay team, in any round at the national championships, may be comprised of any four student-athletes in the pool.

The NCAA Division I Championships/Competition Cabinet has established a limit of 544 competing student-athletes per gender for the national championships. If that limit has not been reached after admitting the automatic qualifiers from each region to the national championships field, the committee will add student-athletes to the meet, from the remaining next best declared qualifying marks on the national descending order list, equally to all events (including relays). The complete procedure for adding additional qualifiers is detailed in the handbook.
Monday, May 19, 2003
Last day to qualify for regionals. Last day to qualify for national championship meet in the 10,000 and multi-events.

Tuesday, May 20, 2003
Deadline for POP submission, 12 noon Central time.

Wednesday, May 21, 2003
Online declarations, 6 a.m.-12 noon, Central time. Final list of athletes declared to compete in regional championships posted on NCAA Website by 11 p.m. Central time.

Thursday, May 22, 2003
Challenge period ends, 11 a.m. Central time. Challenges must be e-mailed to Bob Podkaminer (rpodkam@aol.com).

Monday, May 26, 2003
Deadline for medical scratches for regional meet, 2 p.m. Central time. Any medical scratches must be submitted to Bob Podkaminer (rpodkam@aol.com).

Tuesday, May 27, 2003
Final regional start lists e-mailed to regional hosts and posted on NCAA Website by 11 a.m. Central time.

Wednesday, May 28, 2003
4pm-8pm - Ed Weir Stadium Open For Team Practice

Thursday, May 29, 2003
10 am-7 pm - Ed Weir Stadium Open For Team Practice
2 pm-4 pm - Packet Pick-Up in Memorial Stadium (West Stadium Lobby)
2 pm-4 pm - Media Credential Pick-Up in Memorial Stadium (West Stadium Lobby)
4:30 pm - Coaches Meeting in Memorial Stadium Skybox (300 Level)
5:30 pm - Key Officials Meeting in Memorial Stadium Skybox (300 Level)

Friday, May 30, 2003
10 am - Meet Begins

Saturday, May 31, 2003
10 am - Meet Begins
NCAA Midwest Regional Meet Schedule

Friday, May 30, 2003

<table>
<thead>
<tr>
<th>Field Events</th>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:00 am</td>
<td>Hammer Throw</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>10:00 am</td>
<td>Javelin</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>10:30 am</td>
<td>Pole Vault</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Discus</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Shot Put</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>High Jump</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Long Jump</td>
<td>M</td>
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</tbody>
</table>

Running Events

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:00 pm</td>
<td>4x100 M Relay</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>4x100 M Relay</td>
<td>M Prelims</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>1,500 M Run</td>
<td>M Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>1,500 M Run</td>
<td>M Prelims</td>
</tr>
<tr>
<td>3:15 pm</td>
<td>100 M Hurdles</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>110 M Hurdles</td>
<td>M Prelims</td>
</tr>
<tr>
<td>4:00 pm</td>
<td>400 M Dash</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>100 M Dash</td>
<td>M Prelims</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>100 M Dash</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>100 M Dash</td>
<td>M Prelims</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>800 M Run</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>800 M Run</td>
<td>M Prelims</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>400 M Hurdles</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>400 M Hurdles</td>
<td>M Prelims</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>200 M Dash</td>
<td>W Prelims</td>
</tr>
<tr>
<td>-to follow</td>
<td>200 M Dash</td>
<td>M Prelims</td>
</tr>
<tr>
<td>6:30 pm</td>
<td>5,000 M Run</td>
<td>W Finals (1 Section)</td>
</tr>
<tr>
<td>-to follow</td>
<td>5,000 M Run</td>
<td>M Finals (1 Section)</td>
</tr>
</tbody>
</table>

Saturday, May 31, 2003

<table>
<thead>
<tr>
<th>Field Events</th>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:00 am</td>
<td>Hammer Throw</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>10:00 am</td>
<td>Javelin</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>10:30 am</td>
<td>Pole Vault</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Discus</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Shot Put</td>
<td>M</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>High Jump</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>Triple Jump</td>
<td>M</td>
</tr>
</tbody>
</table>

Running Events

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm</td>
<td>4x100 M Relay</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>4x100 M Relay</td>
<td>M Final</td>
</tr>
<tr>
<td>4:15 pm</td>
<td>1,500 M Run</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>1,500 M Run</td>
<td>M Final</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>100 M Hurdles</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>110 M Hurdles</td>
<td>M Final</td>
</tr>
<tr>
<td>4:50 pm</td>
<td>400 M Dash</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>400 M Dash</td>
<td>M Final</td>
</tr>
<tr>
<td>5:00 pm</td>
<td>100 M Dash</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>100 M Dash</td>
<td>M Final</td>
</tr>
<tr>
<td>5:15 pm</td>
<td>800 M Run</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>800 M Run</td>
<td>M Final</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>400 M Hurdles</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>400 M Hurdles</td>
<td>M Final</td>
</tr>
<tr>
<td>5:45 pm</td>
<td>200 M Dash</td>
<td>W Final</td>
</tr>
<tr>
<td>-to follow</td>
<td>200 M Dash</td>
<td>M Final</td>
</tr>
<tr>
<td>6:00 pm</td>
<td>3,000 M Steeplechase</td>
<td>W Final (Sections)</td>
</tr>
<tr>
<td>-to follow</td>
<td>3,000 M Steeplechase</td>
<td>M Final (Sections)</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>4x400 M Relay</td>
<td>W Final (Sections)</td>
</tr>
<tr>
<td>-to follow</td>
<td>4x400 M Relay</td>
<td>M Final (Sections)</td>
</tr>
</tbody>
</table>

Weather Policy

The meet referees and NCAA committee liaison will monitor the weather and use weather detection services that are available to determine if a delay is necessary. As recommended by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports and the National Severe Storms Laboratory, consideration will be given to terminating competition when the lightning is six miles away (flash-to-bang time of 30 seconds or less). This is an accepted method to determine the threat of lightening in situations where other sources (such as technology and instrumentation) are not available.

Electronic detection shall be used as additional tools to determine severity of weather. However, information obtained from such devices shall not be used as the only source to terminate competition.

If competition is suspended, the meet referees, the NCAA committee liaison and the meet manager will decide if and when competition will continue.
Implement Certification

Implements MUST BE certified at least TWO HOURS before the event is scheduled to begin. Implement certification will take place in the Northwest corner of the track in the green building, just north of the track. All individual or school implements MAY be turned in at the same time to be certified.

Ed Weir Track Stadium

Nestled between Memorial Stadium and the NU Coliseum, the Huskers' outdoor track is in the very heart of NU's athletic complex. Ed Weir Stadium is surrounded by vine-covered columns and provides a beautiful setting for home meets. During the 25-year existence of the stadium, Nebraska hosted eight National Junior Olympics, a USA-USSR Junior Dual Meet, and six Big Eight Outdoor Championships. The stadium celebrated its 25th anniversary with a $2 million track replacement in the spring of 2000.

The Ed Weir track is a state of the art Mondo facility. Only 1/4" pyramid spikes will be allowed. Competitors may not use chalk to mark the track or field event runways. The track is eight lanes and runs east to west.

Starting Height and Progressions

<table>
<thead>
<tr>
<th>Event</th>
<th>Women's High Jump</th>
<th>Men's High Jump</th>
<th>Women's Pole Vault</th>
<th>Men's Pole Vault</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1.66</td>
<td>2.03</td>
<td>3.52</td>
<td>4.76</td>
</tr>
<tr>
<td></td>
<td>1.71</td>
<td>2.08</td>
<td>3.67</td>
<td>4.91</td>
</tr>
<tr>
<td></td>
<td>1.76</td>
<td>2.13</td>
<td>3.82</td>
<td>5.06</td>
</tr>
<tr>
<td></td>
<td>1.79</td>
<td>2.16</td>
<td>3.92</td>
<td>5.16</td>
</tr>
<tr>
<td></td>
<td>1.82</td>
<td>2.19</td>
<td>4.02</td>
<td>5.26</td>
</tr>
<tr>
<td></td>
<td>1.85</td>
<td>2.22</td>
<td>4.12</td>
<td>5.36</td>
</tr>
<tr>
<td></td>
<td>1.88</td>
<td>2.25</td>
<td>4.22</td>
<td>5.46</td>
</tr>
</tbody>
</table>

Breaking Ties

At each regional site, ties for places 5-8 in all field events will be broken for advancement purposes only using the prescribed tie-breaking procedures outlined in the 2003 Men's and Women's Track and Field/Cross Country Rules Book. The results from breaking ties will not impact the regional team scoring. It is necessary to have placement established from first to eighth place to ensure that five student-athletes from each region are represented at the national championships after the national declarations are completed.
Parking

Team bus and van parking will be located in Lot 9, north of the Ed Weir Track Stadium. See Map on Page 15.

Spectator parking will be located in the parking garage west of the stadium as well as in metered lots on Saturday.

The University is strict in its parking policies. Spectators and coaches are responsible for parking in the correct lots to avoid receiving parking tickets.

Admission for Competitors and Coaches

Coaches will receive wristbands for admission to the meet and access to coaching areas.

Competitors will be admitted with their bib numbers.

Clerking Areas

The clerking area will be located in Cook Pavilion, which is located in the Northeast corner of the track.

Athletes should check in and receive hip numbers 45 minutes prior to the starting time of your event.

Cook Pavilion will also be available as a warm-up/stretching area for competing athletes.

Ticket Prices

NCAA Regional Ticket Prices are as follows:
Adult: Two-Day Pass $15, One-Day Pass $10
Student/Senior: Two-Day Pass $10, One-Day Pass $7

Tickets can be ordered in advance through the Nebraska Ticket Office by calling (402) 472-3111 or 1-800-8BIGRED. They are open Monday-Friday, 8am-5pm. The ticket manager is John Anderson. Tickets will also be available at the Ed Weir Track Stadium beginning at 9 a.m. on Friday, May 30, and Saturday, May 31, 2003.

Seating and Concessions

All seating is general admission. Concessions and restrooms will be in Memorial Stadium and on the plaza east of the Stadium. Spectators will be readmitted to meet via a wristband.

Merchandise will be available by the pillars south of the main entrance to the Ed Weir Track Stadium.
The University of Nebraska – Lincoln Athletic Medicine staff would like to welcome you and your team to the NCAA Regional Track and Field Championships at the Ed Weir Track. We are eager to help you in anyway possible during your stay in Lincoln. Let me take this chance to inform you of the services available for the duration of the meet.

1. We will be setting up a training room area inside the Cook Pavilion (indoor football practice area) adjacent to the outdoor track (see map on page 8). The training rooms will be open 2 hours before and approximately one hour after the meet each day.
2. The training room will be fully equipped with various electrical modalities, ice, hydrocollator, cold baths, etc.
3. University of Nebraska team physicians and emergency medical services will be on site during the meets. Important phone numbers are attached.
4. Athletic training credentials (if needed) may be picked up in the training room when you arrive at the Ed Weir Track at anytime on or the day before the meet.
5. There will be plenty of room for you/your massage therapist to sit up tables for the purpose of treating your athletes.

If you have any questions or have any special requests, feel free to contact Brad Brown, ATC or Lisa Grzeskowiak, ATC at (402) 472-3465.

Contact List

Brad Brown, ATC
- Assistant Athletic Trainer
in charge of track and field

Lisa Grzeskowiak, ATC
- Graduate Assistant Athletic Trainer

Jerry Weber, ATC, PT
- Head Athletic Trainer

Lonnie Albers, M.D. (Family Practice)
- Director of Athletic Medicine

Scott Strasburger, M.D. (Orthopedist)
- 6940 VanDorn, Suite 20
Nebraska Orthopedic Associates

St. Elizabeth Hospital Emergency Room
555 South 70th Street
402-219-8000

Bryan LGH East Emergency Room
1600 South 48th Street
402-489-0200

Bryan LGH West Emergency Room
2300 South 16th Street
402-475-1011

Drug-Testing

Drug-testing will be conducted at selected NCAA Championship sites during the 2002-03 championship season.
Sports Information/ Credentials

Each SID and media member should request media credentials from Erin Smith, Track and Field Sports Information contact. A credential request form can be found at the back of this package and should be submitted by fax (402) 472-2005 no later than Friday, May 23, 2003.

Media credentials will be available at packet pickup on Thursday, May 29, from 2-4 pm in the West Lobby of Memorial Stadium, as well as the ticket will-call booth on both days of competition.

Credentials must be worn and shown at all times for all media and photographers.

Media will have limited space in a covered work area with available power. An indoor work area with phone lines will be available for media and photographers in the NU Coliseum, which is located just east of the Ed Weir Track Stadium.

Team media guides and notes can be mailed to Erin Smith at Nebraska Sports Information, 116 South Stadium, Lincoln, NE 68504.

For any questions regarding credentials or media information, please contact Erin Smith by phone (402) 472-7781 (W); (402) 730-8798 (C); or by e-mail at esmith@huskers.unl.edu.

Interviews

An interview area will be available with an NCAA backdrop on the east side of the track for all media to conduct interviews.

All event winners will be escorted to the interview area for a brief interview.

Winner quotes will be available to the media and provided in the final results package.

Heat Sheets/Results

Five heat sheets will be available for each team prior to the day’s competition. Heat sheets will be available in the meet management area on the upper level.

Results will be provided to media and SIDs on an event-by-event basis. Following each day’s competition, a complete results packet will be available for coaches and media. The final results may be picked up in the meet management area on the upper level.

Results will also be periodically updated on the Nebraska Athletics website at www.Huskers.com and will be available at NCAAChampionships.com.

Hospitality

Athlete Hospitality: An area will be provided with snacks in the clerking area of Cook Pavilion.

Media/VIP/Staff/Meet Officials: Media, staff, VIP, and Meet Officials will be allowed in the hospitality room in the Schulte Field House, located on the west side of the Ed Weir Track Stadium and the north side of Memorial Stadium. Lunch will be served between 1 and 3 p.m. on Friday and 2 and 4 p.m. Saturday in Schulte Field House.
Transportation

All transportation needs will be the responsibility of the participating team. Airline reservations must be made through Worldtek Travel (800) 243-1800. Lincoln’s Municipal Airport is located in the northwest part of the city. Charter flight should make arrangements with Duncan Aviation (next to the airport). Eppley Airport in Omaha is approximately 60 miles northeast of Lincoln via I-80 and offers more airlines.

Parking Passes will be included with your visiting team packet which you will receive upon arrival.

BUS VENDORS

Arrow Stage Lines
720 East Norfolk Avenue
Norfolk, NE 68701
Phone: (800) 672-8302
Fax: (402) 371-3267
Contact: Randy, Kandee or Darlene

Omaha, NE 68117-1309

Chief Bus Service
4220 South 52nd Street
Beatrice, NE 68310
Phone: (402) 474-2800
Fax: (402) 731-2828
Contact: Jim Sariscsany or Debbie Arant

Good Life Transportation, Inc.
8200 Fletcher Avenue
Lincoln, NE 68507

Heartland Coaches
815 Court Street
Beatrice, NE 68310

Contact: Bonnie Brenner
Contact: Clay Collier

Rent-A-Van
(402) 421-3400

Budget Rent-A-Car
Cars, Vans, and Mini-Vans
(800) 527-0700

Avis
Cars and Mini-Vans
(800) 331-1212

Hertz
Cars and Mini-Vans
(800) 474-4079
(402) 654-3131

Rent-A-Van
(402) 331-1212

National
Cars and Mini-Vans
(800) 227-7368

National
(800) 474-3400

Directions

Getting around in Lincoln – If you’re driving in Lincoln, numbered streets run north-south, with the street numbers increasing as you travel eastward. Lettered and name streets run east-west, and “O” Street provides the reference point for north-south street designations.

Directions from Airport to Ed Weir Track Stadium

From the Lincoln Municipal Airport take West Adams Street, the main road leading out to Cornhusker Highway. Follow West Adams to the first stoplight and turn right on Cornhusker Highway. Follow Cornhusker Highway and take a right on 14th Street and go over the railroad tracks. Take first right after the stoplight into Parking Lot 9 (See Map).

From Omaha’s Eppley Airport: Exit the airport to the stoplight. Turn right onto Abbott Drive, go approximately one mile into Storz Expressway (Abbott Drive turns into Storz Expressway). Proceed approximately three miles to I-480 South. Follow the signs and get onto I-80 west to Lincoln. Follow I-80 for about 60 miles and take Exit 403, Follow 27th street to Vine Street and take a right. Follow Vine Street to 14th Street and take a left. Take a left into Parking Lot 9 (See Map).

Directions from Downtown Hotels to Ed Weir Track Stadium

Take 10th Street and stay in second lane from the right (it will curve and turn into Holdredge Street). Follow it to 14th Street where you will take a right. Then take another immediate right into Parking Lot 9.
Hotels

Hotel Hotline
(402) 434-5334

AIRPORT / NORTH OF CAMPUS

- Airport Best Western Inn
  I-80 Airport Exit #899
  Lincoln, NE 68521
  Phone: (402) 475-9541
  Fax: (402) 475-9541
  Contact: Ron Brittenham

- Comfort Suites
  27th and Superior
  Lincoln, NE 68504
  Phone: (402) 476-8080
  Fax: (402) 476-8080
  Contact: Diane Osterloo

- Fairfield Inn
  27th and Superior
  Lincoln, NE 68504
  Phone: (402) 476-6000
  Fax: (402) 476-6000
  Contact: Jenny Higgins

- Hampton Inn
  1301 W. Bond Circle
  Lincoln, NE 68521
  Phone: (402) 474-2080
  Fax: (402) 474-3401
  Contact: Kathy Riebschlager

- Ramada Inn Airport
  1101 W. Bond Circle
  Lincoln, NE 68521
  Phone: (402) 475-4971
  Fax: (402) 475-0606
  Contact: Ron Quick

- Ramada Limited
  4433 N 27th Street
  Lincoln, NE 68504
  Phone: (402) 476-2222
  Fax: (402) 476-2618
  Contact: Chris Colgrove

DOWNTOWN LINCOLN

- Cornhusker Hotel
  333 S. 13th Street
  Lincoln, NE 68508
  Phone: 402/474-7474
  Fax: 402/474-6006
  Contact: Troy Terwilliger

- Holiday Inn
  141 N. 9th Street
  Lincoln, NE 68504
  Phone: 402/475-4011
  Fax: 402/475-9011
  Contact: Melinda Maendele

- Embassy Suites Lincoln
  1040 P Street
  Lincoln, NE 68504
  Phone: 402/474-1111
  Fax: 402/474-1144
  Contact: Allan Tuttle

EAST LINCOLN

- Hawthorn Suites
  216 N. 48th Street
  Lincoln, NE 68504
  Phone: 402/464-4400
  Fax: 402/464-4795
  Contact: Cindy

- Chase Suite Hotel
  200 S. 68th Place
  Lincoln, NE 68510
  Phone: 402/483-4900
  Fax: 402/482-4464
  Contact: MaryBeth

- Villager Courtyard & Gardens
  5200 O Street
  Lincoln, NE 68510
  Phone: 402/464-9111
  Fax: 402/467-0505
  Contact: Jason Johnson
Restaurants

FAST FOOD

NORTH LINCOLN:

Arby’s
5540 O Street  467-3300

Blimpie’s
27th and O Street  477-9226

Brown Baggers
2840 S. 70th Street  434-3981

Burger King
27th and Superior  477-9979

McDonald’s
10th and Cornhusker  464-0973
   865 N 27th Street  474-5017

Mr. Goodcents
27th and Cornhusker  465-0077

Runza
11th and Belmont  435-7070
   27th and Superior  477-0653

Schlotzsky’s
27th and Superior  438-7442

Taco Bell
3310 N. 27th Street  466-0550
   245 N. 13th Street  475-3007

Valentino’s
3457 Holdrege  467-3611

DOWNTOWN LINCOLN:

Arby’s
1435 Q Street  476-7114

Amigo’s
14th and Q Street  475-9819

Blimpie’s
2441 N. 11th Street  476-9923

Burger King
14th and R Street  477-7430
   (student union)

Papa John’s Pizza
1601 Q Street  476-6262

Subway
14th and R Street  476-1161
   (student union)

Valentino’s
232 N. 13th Street  475-1501

Wendy’s
1336 Q Street  474-2322
**Restaurants**

**Sit Down Dining**

**EAST LINCOLN:**
- **Applebee's**
  - 6100 O Street 467-6161
- **Bum Steer Steaks**
  - 6440 O Street 467-5110
- **Fazoli's**
  - 466-4045
- **Grisanti's**
  - 6820 O Street 464-8444
- **The Olive Garden**
  - 6100 O Street 464-1910
- **Outback Steakhouse**
  - 633 N. 48th Street 465-5050
- **Red Lobster**
  - 6540 O Street 466-8397
- **T.G.I. Friday's**
  - 210 N. 48th Street 467-4007

**NORTH LINCOLN:**
- **All American Buffet**
  - 27th & Cornhusker Hwy 464-2888
- **Applebee's**
  - 3951 N 27th Street 477-1313
- **Cracker Barrel**
  - 6900 N. 27th Street 476-4901
- **Carlos O’Kelly’s**
  - 4455 N. 27th Street 438-4455
- **daVinci’s**
  - 27th & Superior 434-7050
- **The Garden Cafe**
  - 5100 N. 27th Street 434-3760
- **IHOP**
  - 27th & Superior 477-4467
- **Imperial Palace**
  - 27th and Vine Street 474-2688
- **Misty's**
  - 6235 Havelock Ave. 466-8424
- **Old Chicago**
  - 826 P Street 477-2277

**DOWNTOWN LINCOLN:**
- **Applebee's**
  - 1313 Q Street 476-5165
- **Arturos**
  - 803 Q Street 475-8226
- **Bruegger's Bagels**
  - 1205 Q Street 474-6001
- **Buffalo Wild Wings**
  - 1328 P Street 475-2999
- **Flatwater Grill**
  - 210 N. 14th Street 435-3528
- **Red Onion Grill**
  - 141 N. 9th Street 475-4011
- **Lazlo's Brewery and Grill**
  - 710 P Street 434-5636
- **Ruby Tuesday**
  - 247 N. 8th Street 438-4800
- **Old Chicago Restaurant**
  - 826 P Street 477-2277
- **Spaghetti Works**
  - 228 N. 12th Street 475-0900
## 2003 NCAA Midwest Track Regional Championships

### Media Credential Application

**May 30-31, 2003**  
**Lincoln, Neb.**  
**Ed Weir Track Stadium**

**Media Agency**  
_________________________________________________________________________________________________________

**Telephone**  
Fax #  
Email address  

**Address**  
_______________________________________________________________________________________________________________

**City**  
State/Zip Code  

**Sports Editor/Director making request**  
Date  

**DEADLINE FOR CREDENTIAL REQUESTS:**  **Friday, May 23, 2003**

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### PHONE LINE INFORMATION

A limited number of phone lines will be available for media and SID use inside the NU Coliseum. Any media member with special phone needs should contact Erin Smith in the Nebraska Sports Information Office at (402) 472-7781. All long distance calls must be credit card, collect or billed to a third number.

**PLEASE RETURN BY May 23, 2003 TO:**

**NCAA Midwest Regional Credentials**  
**Attn: Erin Smith**  
**116 South Stadium**  
**P.O. Box 880123**  
**University of Nebraska**  
**Lincoln, Neb. 68588-0123**  
**OR FAX TO: (402) 472-2005**

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**Credential will be available on the south side of Ed Weir Track Stadium.**
Locator Form

Date:

Institution: ___________________________________________________

Head Coach: __________________________________________________

Assistant Coaches: ______________________________________________

Hotel: ______________________________________________________

Phone Number(s): _____________________________________________

Cell Phone Number: ____________________________________________

Others to Contact: _____________________________________________

Notes: ______________________________________________________

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