

Utah State

University

2008-'09 Visiting Team Guide

Table of Contents

Utah State Quick Facts	3
Map and Directions	4
Lodging Accomodations	5
Dining	6
USU Sports Medicine	7
Visiting Cheerleaders and Band	8
Complimentary Pass List	9
Football	10
Volleyball	15
Soccer.	17
Men's & Women's Basketball.	18
Gymnastics.	20
Softball.	28
Men's and Women's Tennis.	30
Track & Field	31

Utah State University Quick Facts

Location	Logan, UT
Enrollment	23,908
Founded	1888
Colors	Navy & White
Conference	WAC
President	Dr. Stan L. Albrecht
Athletic Department	Randall W. Spetman
Faculty Representative	Dr. Ken White
Athletic Website	www.utahstateaggies.com
Ticket Information	1-888-USTATE-1

Phone Numbers

Area Code (435)

Athletic Department Main	797-1850
Athletic Department Fax	797-2615
Game Operations & Event Management	
Scott Randall	797-7186
(Cell)	757-0764
Director of Athletics	
Scott Barnes	797-2060
Sr. Associate Athletics Director	
Jana Doggett	797-3907
Head Athletics Trainer	
Dale Mildenerger	797-3636
Media Relations Director	
Doug Hoffman	797-3714
Marketing & Promotions Director	
Jason Herbers	797-1360
Ticket Manager	
Stephanie Plueard	797-0305
Equipment Manager	
Mike Bair	797-3255

Emergency Phone Contacts

Fire Emergency	911
Medical Emergency	911
Police	911
Logan Police (non-emergency)	716-9300
USU Police (non-emergency)	797-1939
Logan Fire Department	716-9500
Logan Regional Hospital	
500 E 1400 N	716-1000
Cache Valley Specialty Hospital	
2380 N 400 E, North Logan	713-9700
24-Hour Emergency Care	713-9600
USU Student Health Center	797-1660

Mailing Address

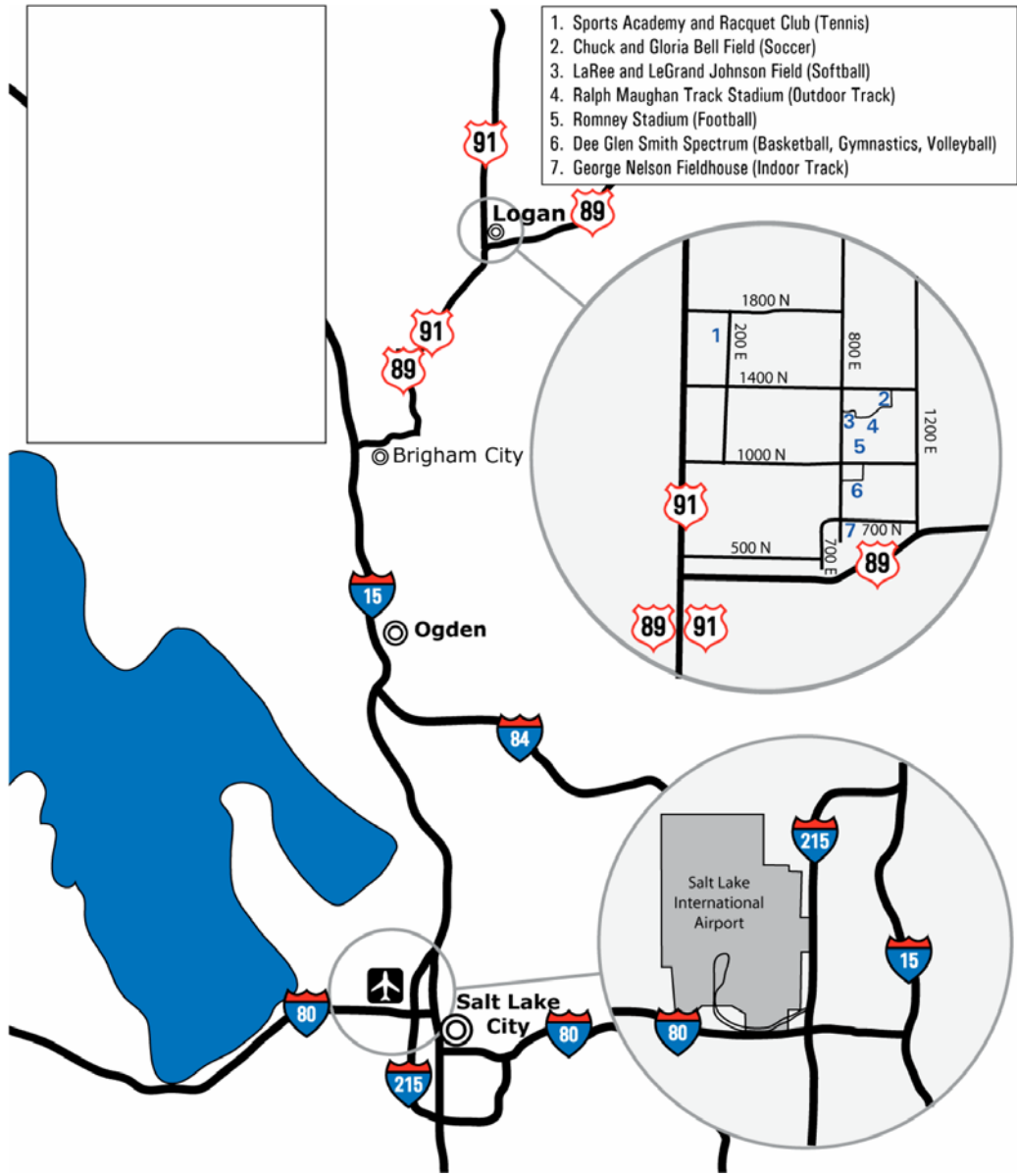
Utah State Athletics
 Attn: _____
 7400 Old Main Hill
 Logan, UT 84322-7400

Directions to Logan

Logan, Utah is located approximately 80 miles north of Salt Lake City, Utah.

From Salt Lake International Airport:

Take I-80 East out of the airport to I-215 North, which will run into I-15 North. Follow I-15 North to exit 362 (Highway 89-91) at Brigham City. Follow Highway 89 into Logan, where it becomes Main Street. Stay on Main Street until you reach 1000 North and turn right. Turn right at 800 East and the Dee Glen Smith Spectrum will be on your left.



Accommodations

Crystal Inn
853 S MAIN ST
LOGAN, UT 84321-5404
435-752-0707

Super 8
865 S MAIN ST
LOGAN, UT 84321-5404
435-753-8883

University Inn
4300 OLD MAIN HL
LOGAN, UT 84322-4300
435-797-0017

Weston Inn – Best Western
250 N MAIN ST
LOGAN, UT 84321-3915
435-752-5700

Dining

Area Code for Logan (435)

A&W Restaurant
701 N MAIN ST
LOGAN, UT 84321-3226
435-752-2155

A&W Restaurant
107 S MAIN ST
SMITHFIELD, UT 84335-1909
435-563-0222

Aggie Ice Cream
750 N 1200 E
Logan, UT 84322-8710
435-797 2112

Center Street Grill
18 E CENTER ST
LOGAN, UT 84321-4619
435-227-0321

Costa Vida Fresh Mexican Grill
www.costavida.net
1309 N Main St
Logan, UT 84341
(435) 755-0077

Domino's Pizza
1151 N MAIN ST
LOGAN, UT 84341
435-753-8770

Firehosue Pizza
880 S MAIN ST
LOGAN, UT 84321-5986
435-787-4222

Iggy's Sports Grill
2271 N Main St.
North Logan, UT 84321
435.787.0088

Olive Garden
1220 N MAIN ST
LOGAN, UT 84341-6838
435-752-6120

Pita Pit
505 E 1400 N
LOGAN, UT 84341-2486
435-792-3331

Ruby Tuesday
43 E 1400 N
LOGAN, UT 84341-2354
435-753-5506

Subway
446 N Main St
Logan UT 84321
435-753-0147

Subway
1790 North Main St
North Logan UT 84321
435-755-9550

Village Inn
1633 N MAIN ST
LOGAN, UT 84341-1919
435-752-5656

Wendy's
1305 N MAIN ST
LOGAN, UT 84341-2221
435-753-1441

Sports Medicine

The Utah State University Athletic Training Room is available for visiting teams to use as needed. Normal hours of operation are from 9:00 am until 6:00 pm Monday through Friday. Please let us know in advance if you will need to use the facilities, outside of these hours, so we can arrange to meet you upon your arrival. If you will not be traveling with a certified athletic trainer please let us know so we can make arrangements to accommodate your team. If any athletes will need special treatments without the presence of an ATC please provide a written protocol signed by an ATC or your team physician.

The following items will be on site for every USU sponsored athletic event:

- Ice, water, and cups
- Crutches and splints
- Biohazard supplies
- Towels
- Coolers

Important numbers and addresses:

Utah State University
Athletic Training Room
7400 Old Main Hill
Logan, Utah 84322
Main Phone: (435) 797-3636
Spectrum Phone: (435) 797-0586
Fax: (435) 797-8032

Dale Mildenerger, M.S., ATC
Head Athletic Trainer
Office: (435) 797-3636
Cell: (435) 770-0735
Email: mildee@cc.usu.edu

Mike Williams, M.S., ATC
Assistant Athletic Trainer
Office: (435) 797-0586
Cell: (435) 881-8019
Email: mwilli@cc.usu.edu

Fawn Michel, M.S., ATC
Assistant Athletic Trainer
(435) 797-3636
(435) 881-8015
frm@cc.usu.edu

Trek Lyons, MD
Team Physician
Logan Regional Hospital
(435) 716-1000

Local Hospitals:

Logan Regional Hospital
500 East 1400 North
Logan, Utah 84341
Phone: (435) 716-1000

IHC Instacare (9:00 am to 9:00 pm)
235 East 400 North
Logan, Utah 84321
(435) 752-1010

Pharmacies:

Smith's Marketplace
750 North Main
Logan, Utah 84321
(435) 753-1643

Visiting Team Cheer Squad Information

If you plan to bring cheerleaders, a dance team, or mascot, please contact our Cheer Coach, Linda Zimmerman, at (435) 797-3384 a **minimum of one week in advance**.

If you plan to bring your band for a football game, please contact Scott Randall **no later than August 1st** of the upcoming season. For all other sports, contact Scott Randall a **minimum of two weeks in advance**. Please be aware that we may not always be able to accommodate a visiting band.

Visiting Team Pass List

Fax to (435) 797-0034 48 hours prior to scheduled competition. Please review your contract to determine how many tickets you are allotted.

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Athlete/Coach: _____
| Guests: _____

Athlete/Coach: _____
Guests: _____

Football

KEY CONTACTS

Media Relations Contact- Zach Fisher	435-797-2066
Football Main Office- Stephanie Bear	435-797-1870
Athletics Equipment Manager- Mike Bair	435-797-3255
Film Exchange Coordinator- Bill Garren	435-797-0079
Team Travel Coordinator- Jeff Copp	435-797-1870
Head Athletics Trainer- Dale Mildenerger	435-797-3636
Game Operations Manager- Scott Randall	435-757-0764

UNIFORMS

For all home games Utah State will wear navy jerseys with white pants and white helmets.

PLAYING SURFACE

Romney Stadium has Sprint Turf artificial surface.

MEDICAL INFORMATION

Medical personnel, as well as a medical transport vehicle, will be on-site in case of an emergency. If you have any questions, please contact Dale Mildenerger.

VISITING TEAM WARM-UP AREA AND BENCH

The visiting team's designated warm-up and bench areas are located on the south and west ends of the field, respectively. Please refer to the stadium map on page 12 for exact locations.

Per NCAA rules, visiting teams will be provided 60 bench area passes, for use by coaches, trainers, managers and other personnel. These passes allow individuals in the team area only. These passes will be sent to the visiting team's media relations director in advance of the game.

The following items will be provided on the sideline: ice, cups, water, towels and sideline tables. A graduate assistant athletic trainer will also be available to assist with any needs. Splints and a backboard will be available on the home sideline. We have on-site ambulance and x-rays.

VISITING TEAM LOCKER ROOMS AND EQUIPMENT TRUCK

The visitors' locker room is located in the stadium locker room facility directly north of the playing field. Your dressing area is divided into two rooms. Access is gained from the west side of the building. The locker room will be made available to your equipment staff following the Aggies' Friday practice. The building will be secured Friday evening by campus security. On game day, the building will be opened at 8:00 am. If you wish to have your locker secured until a later time, please contact Mike Bair, Athletics Equipment Manager, in advance.

You may back your equipment truck to the building's west entrance to unload. On game day your truck must be parked directly north of the locker room to allow emergency vehicle access to the playing field. Following the game you may reposition your truck next to the locker room to reload.

VISITING TEAM SIDELINE TO PRESS BOX COMMUNICATION

Sideline-to-press box wires are provided for your telecom person to use your own headset system. Wires can be terminated in a variety of ways to accommodate your system. The most common is RJ45 phone jacks. If you have special requirements for your system, please contact Mike Bair at least one week prior to the game.

DAY BEFORE TEAM WALK-THRU PRACTICE

If Romney Stadium is available, teams may schedule a walk-thru practice the day prior to the game by contacting Jeff Copp (435-797-1838) at least two weeks in advance. The most likely practice time will be after 4:30 p.m.

VISITING TEAM CHEER INFORMATION

Please enter through the northwest stadium gate. It will be in your best interest to have your squad arrive in uniform, as we do not have cheer squad locker facilities. You will cheer on the northwest corner of the field. If you are bringing your mascot, for his/her safety, it will be necessary to stay in the northwest corner as well for the duration of the game. The cheer coach/advisor must have a credential in order to be on the field. This can be obtained through your sports information director.

If you are driving to the game you will need to obtain parking passes from your sports information director.

If you have further questions, please contact either Linda Zimmerman, Cheer Coach, at 435-797-3384, or Scott Randall, Assistant A.D.-Internal Operations, at 435-797-7186.

TICKET INFORMATION AND WILL CALL

The USU ticket office is located at the southwest entrance of Romney Stadium. Ticket sales and public will call are located at this office. Office hours are 9:00 a.m. through the end of the game.

Visitor seating is located in section 8 on the west side with additional seating available in sections 21, 22 and 23 on the east side. Arrangements must be made for seats if your school plans to bring a band.

All gates open 90 minutes prior to kickoff. All individuals over the age of two require a ticket. Disabled access seating is available through the ticket office. Please call the ticket office at 435-797-0307 to make arrangements.

Player will call is located at the south gate adjacent to the ticket office. A member of our staff will be available to assist you with distribution of player tickets. Please notify our ticket manager of your need for assistance at least four days prior to the game.

For assistance with any questions regarding ticket policy, please call Assistant A.D.- Ticket Operations Stephanie Plueard at 435-797-0307.

PARKING INFORMATION

Visiting team game and parking credentials should be requested by the visiting team's media relations director to USU Assistant Media Relations Director Zach Fisher at least two weeks prior to the game. Credential requests can be made via e-mail (zach.fisher@usu.edu).

Team buses and an equipment truck will be allowed to park in the lot just north of the stadium. You can access this lot from 800 East at the main entrance to the West Blue Stadium parking lot. If you have any other vehicles and/or support vehicles please contact Scott Randall, Assistant A.D.-Internal Operations, for passes. Parking will be on a space available basis. Any general parking questions can be directed to Joe Izatt, Parking Coordinator, at 435-797-3414.

FILMING INFORMATION

If you have questions or special needs, please contact Bill Garren, Video Coordinator, at 435-797-0079 or by email at bill.garren@usu.edu.

VISITING ATHLETIC DIRECTOR SUITE AND COACHES' BOOTHS

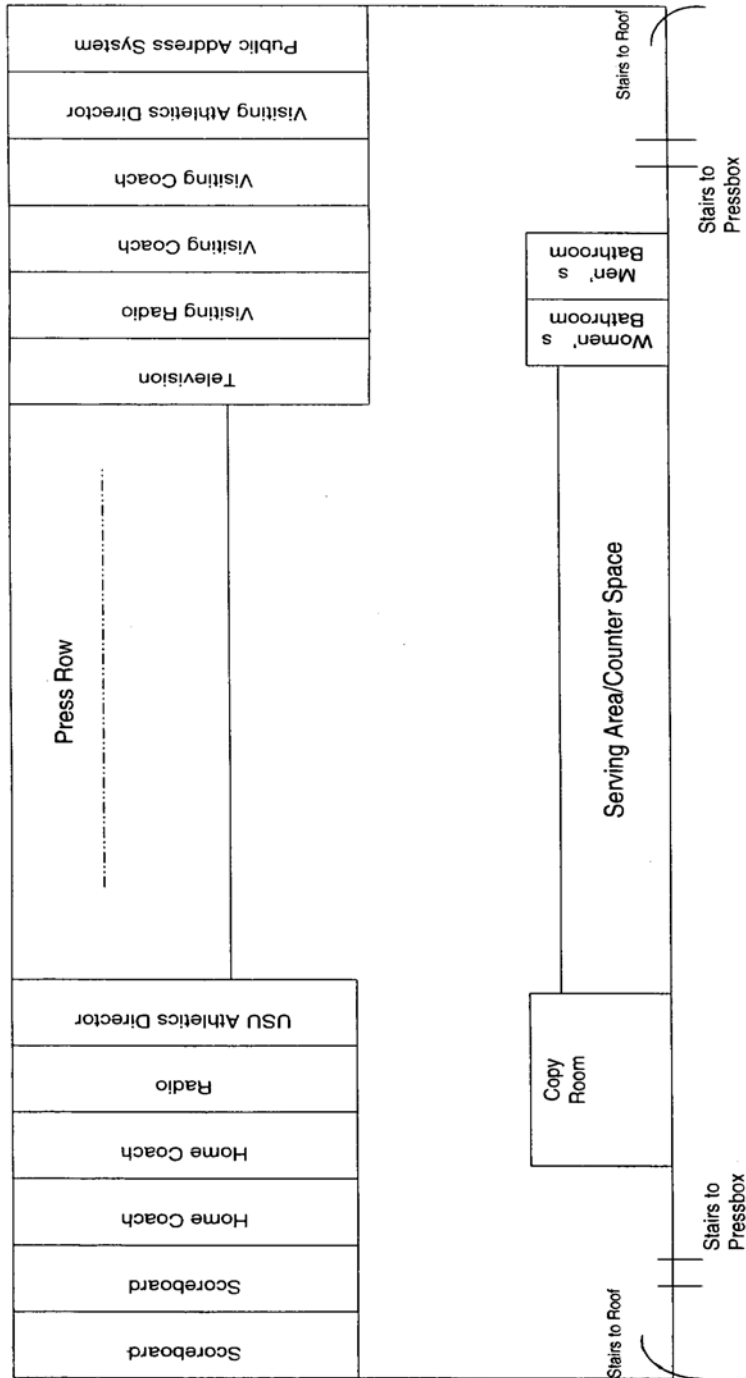
The visiting athletic director's suite is located at the south end of the press box. This may be accessed by ascending either the north or south press box staircase and proceeding to the south end. The booth contains six seats. Please see the press box map on page 11.

The coaches' booths are located next to the visiting A.D.'s suite. They are south of the main press area. You may access them through either end of the stadium press box. The coaches' booths contain four seats each that are available to coaching personnel only. Please see the press box map on page 11.

Romney Stadium Map

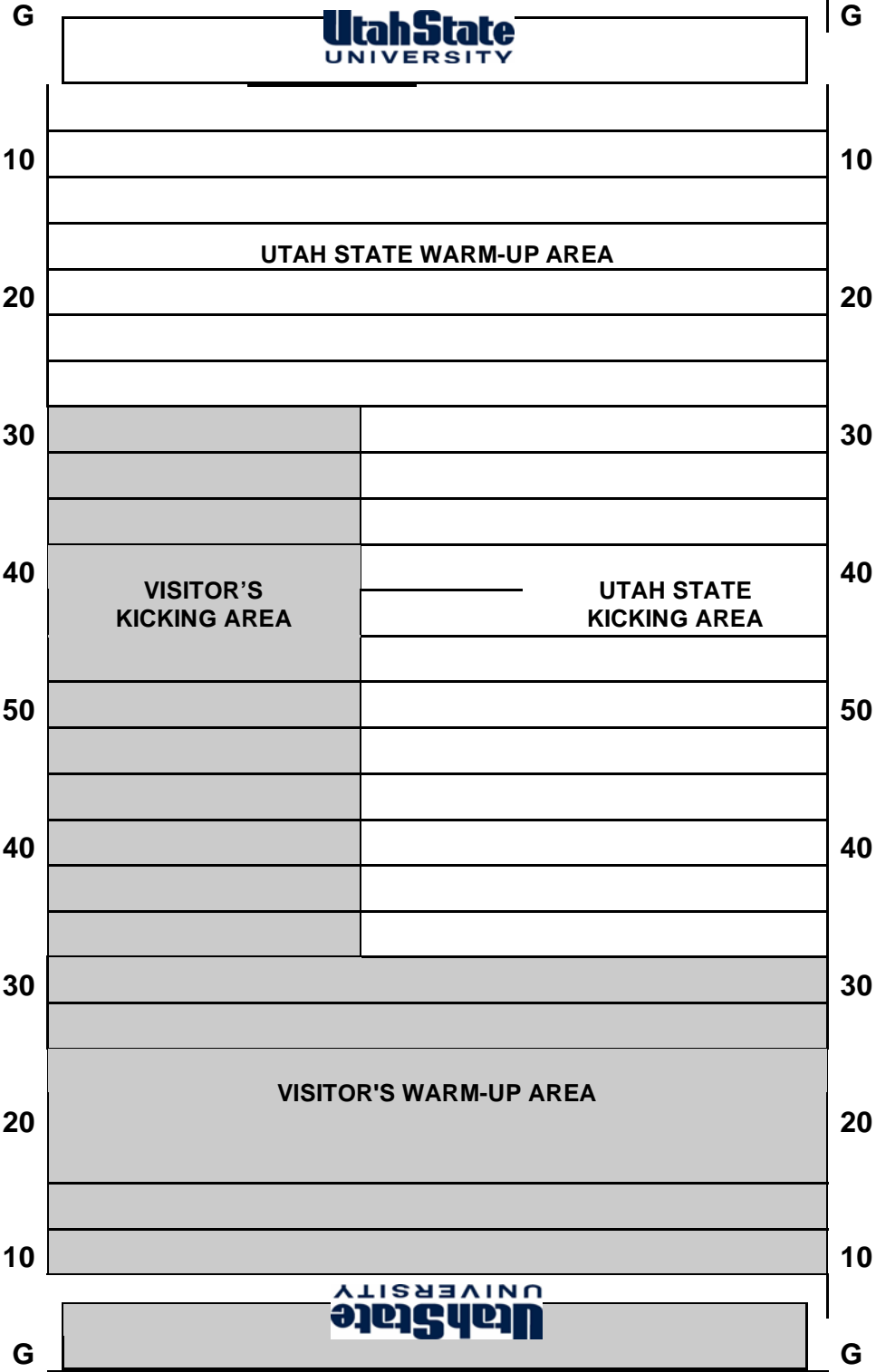


Romney Stadium Press Box



NORTH END ZONE

LOCKER ROOMS



V
I
S
I
T
O
R

B
E
N
C
H

U
T
A
H

S
T
A
T
E

B
E
N
C
H

SOUTH END ZONE

Volleyball

EVENT MANAGER CONTACT

The game manager will be Scott Randall. He can be reached at 435-757-0764 for any event questions or help you need.

CONTEST LOCATION

Dee Glen Smith Spectrum. Please see directions on page 2 of this guide.

PARKING

Your team bus may drop off and pick up at the main entrance to the Spectrum and then park along the curb on the north side of the Spectrum. If you have any other vehicles and/or support vehicles please contact Scott Randall, at (435) 757-0764 for passes. Parking will be on a space available basis. Any general parking questions can be directed to Teresa Johnson, Parking Coordinator at 435-797-1934.

PRACTICE ARRANGEMENTS

Visiting teams need to contact Taubi Neves to arrange practice times. All times are based on availability of the facility. Please arrange your practice times at least two weeks before competition date. Taubi can be reached at 435-797-2063. If you cannot make your scheduled practice time, a cancellation call is appreciated 24 hours prior to your scheduled times. If Taubi is unavailable please leave a voicemail.

LOCKER ROOM FACILITIES

Upon arrival to the Spectrum a representative will show you to your locker room.

TRAINING ROOM

The volleyball trainer is Fawn Michel. She can be reached at 435-797-3636 (office) or 435-881-8015 (cell).

LAUNDRY AND EQUIPMENT SERVICE

Please contact Mike Bair at 435-797-3255 for any laundry or equipment needs.

MEDIA INFORMATION

All requests for credentials should be made through the Media Relations Department. The contact for volleyball is Doug Hoffman; he can be reached at 435-797-3714.

TICKET INFORMATION AND WILL CALL

The Utah State ticket office is located on the main level of the Dee Glen Smith Spectrum. Ticket sales and public will call are located at this office. Office hours are 10:00 a.m. through 5:00 p.m.

All seating is general admission.

All doors open one hour prior to tip-off. All individuals over the age of two require a ticket. Disabled access seating is available through the USU ticket office. Please call Ticket Manager, Stephanie Pleuard, at the number listed below to make arrangements.

Player will call is located at the main ticket office, located in the Dee Glen Smith Spectrum. A member of our staff will be available to assist you with your distribution of player tickets. Please notify Stephanie Pleuard of your need for assistance by Wednesday prior to the game.

For assistance with any questions regarding ticket policy, please call Assistant Athletics Director/Ticket Operations Stephanie Pleuard at 435-797-0307.

Please have your visiting team ticket list completed and turned into the ticket office at least 2 hours prior to tip-off.

A complimentary ticket list is available on page 9 of this guide.

Soccer

DIRECTIONS

Your locker rooms are located in the Dee Glen Smith Spectrum. Please refer to the directions on page 4 of this guide. A manager will be available to assist you. To get to Bell Field from the Spectrum go right on 800 East to 1400 North and take a right. The soccer field is on the right hand side. Parking is located above (South) the soccer field.

Chuck and Gloria Ball Field is located at 1400 North and 1100 East (approx.). Please refer to the map on page 2.

MEDICAL INFORMATION

Athletic training personnel will be on-site in case of emergency. If you have any questions, please contact Head Trainer Dale Mildenerger at 435-797-3636.

VISITING TEAM WARM-UP AND BENCH AREA

The visiting team designated warm-up and bench areas are located on the north end of the field.

PRACTICE OPTIONS

If you need the field prior to the contest please contact Lyndy Agee at lyndy.agee@usu.edu or (435) 760-4785. She will work to arrange a practice time for you.

PARKING INFORMATION

Team buses will be allowed to park in the Stan Laub parking lot, south of the field.

FILMING INFORMATION

Team manager Jordan McQueen will show you where filming is allowed.

GUEST LIST

There is no admission charge for USU soccer games, thus no need for a pass list.

USU HOME UNIFORMS

White jersey, white shorts, and white socks (unless otherwise specified.)

POSTGAME SHOWERS

Please contact Lyndy Agee at lyndy.agee@usu.edu or (435) 760-4785 if you would like to shower after the match. Please make arrangements at least 48 hours prior to the match.

GAME BALL

Nike Premium Ball

FIELD DIMENSIONS

120 x 78 yds

Men's and Women's Basketball

EVENT MANAGER CONTACT

The game manager will be Scott Randall. He can be reached at 435-757-0764 for any event questions or help you need.

CONTEST LOCATION

Dee Glen Smith Spectrum. Please see directions on page 2 of this guide.

COLORS WORN BY THE HOME TEAM

Utah State University will wear white jerseys with blue numerals for all home competitions.

PARKING

Your team bus may drop off and pick up at the main entrance to the Spectrum and then park along the curb on the north side of the Spectrum. If you have any other vehicles and/or support vehicles please contact Scott Randall, at (435) 757-0764 for passes. Parking will be on a space available basis. Any general parking questions can be directed to Joe Izatt, Parking Coordinator at 435-797-1934.

PRACTICE ARRANGEMENTS

Visiting teams need to contact Lance Beckert (Men) or Erin Scholz (Women) to arrange practice times. All time are based on availability of the facility. Please arrange your practice times three weeks before competition date.

Lance Beckert can be reached at 435-797-3133 (office) or 435-881-5352 (cell)

Erin Scholz can be reached at 435-797-8130 (office) or 435-757-0241 (cell)

If you cannot make your scheduled practice time, a cancellation call is appreciated 24 hours prior to your scheduled times. If Lance or Erin is unavailable please leave them a voice mail.

LOCKER ROOM FACILITIES

Upon arrival to the Spectrum a representative will show you to your locker room.

TRAINING ROOM

The men's basketball trainer is Mike Williams. He can be reached at 435-797-0586 (office) or 435-881-8019 (cell).

The women's basketball trainer can be reached at 435-797-3636.

LAUNDRY AND EQUIPMENT SERVICE

Please contact Mike Bair at 435-797-3255 for any laundry or equipment needs.

MEDIA INFORMATION

All requests for credentials should be made through the Media Relations Department. The contact for men's basketball is Doug Hoffman; he can be reached at 435-797-3714. The contact for women's basketball is Ashley McWilliams; she can be reached at 435-797-1361.

TICKET INFORMATION AND WILL CALL

The Utah State ticket office is located on the main level of the Dee Glen Smith Spectrum. Ticket sales and public will call are located at this office. Office hours are 10:00 a.m. through 5:00 p.m.

For men's basketball games, visitor seating is located directly behind the visitor's bench and in section D. For women's games, all seating is general admission; however, there are approximately 12 seats directly behind the visiting team bench that can be utilized in whatever manner you choose.

All doors open one hour prior to tip-off. All individuals over the age of two require a ticket. Disabled access seating is available through the USU ticket office. Please call Ticket Manager, Stephanie Plueard, at the number listed below to make these arrangements.

Player will call is located at the main ticket office, located in the Dee Glen Smith Spectrum. A member of our staff will be available to assist you with your distribution of player tickets. Please notify Stephanie Plueard of your need for assistance by Wednesday prior to the game.

For assistance with any questions regarding ticket policy, please call Assistant Athletics Director/Ticket Operations Stephanie Plueard at 435-797-0307.

Please have your visiting team ticket list completed and turned into the ticket office at least 2 hours prior to tip-off.

A complimentary ticket is available on page 7.

Gymnastics

KEY CONTACTS

Event Manager- Scott Randall	435-757-0764
Meet Director- Eric Gunnerson	435-752-3681
Media Relations Contact- Zach Fisher	435-797-2066
Head Coach- Jeff Richards	435-797-1494

DESIGNATED WAITING AREA

In order to keep the competition area as uncongested as possible, we have set up “designated waiting areas” for your gymnasts. Please see the enclosed layout of our competition arena.

ENTRANCE

Please enter the Spectrum through the west glass doors by the ticket office. Turn right. **Do not go up the escalator.** Turn left at the elevator. Follow the corridor to the visiting team area or the Spectrum floor.

EQUIPMENT

All equipment will be set. Please do not change the specs or matting.

EXHIBITION PERFORMERS

Our goal at Utah State is to run a fast and efficient gymnastics competition. We will allow only ONE exhibition performer per event from your team. This performer must compete last in the event.

FLOOR AREA

Please keep your bench area neat. No sitting on judges’ tables for taping.

MUSIC

Music levels will be set by our event staff, monitored by visiting team coaches. We want a consistent volume for all teams.

PARKING

No parking passes are required. Please park in the L-shaped parking lot directly west of the Spectrum.

TRAINING ROOM

For any special training requests, please contact Head Trainer Dale Mildenerger, or team trainer Holly Fry at 435-797-3636. Otherwise, the training room will open at 4:00 pm the day of the meet.

VISITING TEAM PASS LIST

A pass list is available on page 7 of this guide. Please provide your pass list to the ticket off (located just inside the main doors of the Spectrum) no later than two hours prior to the meet. If you have any questions, please contact Assistant Athletic Director- Ticket Operations, Stephanie Pleuard, at 435-797-0307.

CROWD CONTROL

If there are any problems, please contact our meet director, Eric Gunnerson, immediately. We do not tolerate unsportsmanlike conduct towards our guests.

Visiting Team Questionnaire

Please complete and fax to (435) 797-2615 **one week prior to scheduled meet**. Send team brochure and other materials you feel are appropriate.

Visiting Team: _____

Arrival Date: _____ Time: _____ Airline: _____ Flight #: _____

Departure Date: _____ Time: _____ Airline: _____ Flight #: _____

Other means of transportation: _____

Number of official team travel party: _____

Anticipated time of arrival at competition site: _____

Team hotel: _____

Locker room facilities needed? (circle one) YES NO

Visiting Team Order of Competition

Name of University: _____

Meet Date: _____

Head Coach: _____

Assistant Coaches: _____

Vault

Bars

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

4. _____ 4. _____

5. _____ 5. _____

6. _____ 6. _____

Ex. _____ Ex. _____

Beam

Floor

1. _____ 1. _____

2. _____ 2. _____

3. _____ 3. _____

4. _____ 4. _____

5. _____ 5. _____

6. _____ 6. _____

Ex. _____ Ex. _____

All-Around

1. _____ 2. _____

3. _____ 4. _____

List the gymnasts in the order in which they will compete in each event. Star (*) those gymnasts who are all-arounders.

Dual Meet FormatWarm-up

4:00 p.m.	Training room opens
5:00 p.m.	Open stretch and warm ups Warm up order: USU: vault, bars, beam, floor Visitor's: bars, vault, floor, beam
5:30 p.m.	Warm up rotation 1
5:45 p.m.	Warm up rotation 2
6:00 p.m.	Warm up rotation 3
6:15 p.m.	Warm up rotation 4
6:30 p.m.	Floor cleaned

1. There will be a 30 minute open stretch and warm up. Gymnasts may use equipment as desired.
2. A 15 minute block style warm up will be utilized and in competition order.
3. Any event not used by an institution during this 15 minute event warm up may be used by any gymnast, as per page 52 of NCAA National Collegiate Women's Championship Handbook.

Opening Ceremonies Begin

6:48 p.m.	March-in: music- visiting team first
6:50 p.m.	National Anthem
7:00 p.m.	March to first event- one minute to march to first event and prepare for warm up. Rotation 1 USU- vault Visitors- bars
7:02 p.m.	3 minute warm ups begin
7:05 p.m.	Meet begins with first Aggie vaulter. First visitor on bars waits until first vaulter has performed her vault! Do not alternate performances once the first competitor on each event has competed.
Music	Rotation 2- gymnasts rotate to second event USU- bars Visitors- vault
Music	Rotation 3- gymnasts rotate to third event USU- beam (1st up) Visitors- floor
Music	Rotation 4- gymnasts rotate to fourth event USU- floor Visitors- beam (1st up)
8:30 p.m.	Meet concludes- gymnasts will march back in and mix teams during this march-in to form one line across the FX area.
8:35 p.m.	Coca-Cola Outstanding Gymnast Award (by vote)
8:40 p.m.	Final team scores announced

Coaches and gymnasts please stay on the spectrum floor to make yourself available to the media at the conclusion of the meet.

Warm-up

4:00 p.m.	Training room opens
5:00 p.m.	Open stretch and warm ups
5:30 p.m.	Timed warm ups begin – 15 minutes per event – Rotate in Olympic Order.
	<u>Vault</u> <u>Bars</u> <u>Beam</u> <u>Floor</u>
	Visitor 3 USU Visitor 1 Visitor 2
	The highest nationally ranked team, 2 weeks prior to the meet, will begin warm-ups on beam, 2 nd highest ranked begins on floor, and 3 rd highest ranked begins on vault.
6:30 p.m.	Floor cleaned

Opening Ceremonies Begin

6:48 p.m.	March-in: music- visiting team first (Visitor 3, Visitor 2, and Visitor 1)
6:50 p.m.	National Anthem
7:00 p.m.	March to first event- one minute to march to first event and prepare for warm up.
	Rotation 1
	<u>Vault</u> <u>Bars</u> <u>Beam</u> <u>Floor</u>
	USU Visitor 1 Visitor 2 Visitor 3
7:02 p.m.	3 minute warm ups begin
7:05 p.m.	Meet begins
Music	Rotation 2- All teams rotate in Olympic Order
Music	Rotation 3- All teams rotate in Olympic Order
Music	Rotation 4- All teams rotate in Olympic Order
8:30 p.m.	Meet concludes- gymnasts will march back in and mix teams during this march-in to form one line across the FX area.
8:35 p.m.	Coca-Cola Outstanding Gymnast Award (by vote)
8:40 p.m.	Final team scores announced

Coaches and gymnasts please stay on the spectrum floor to make yourself available to the media at the conclusion of the meet.

FIGHT SONGS MAY NOT BE PLAYED DURING THE 3-MINUTE TOUCHES.

When notifying the Utah State University Ticket office of your ticket request, please indicate if you will be bringing a band and/or cheerleaders. There will be no floor access for these groups.

Equipment:

Audio Equipment:

EV 100 M Amplifier/Mixer
(2) EV FM-1202 1-way floor speakers
JVC TD-W317 Tape Deck with pitch control
Yamaha CDC-555 CD Player

Backup Equipment:

JVC TD-W317 Tape Deck with pitch control
Technics SL-PC20 CD Player
(2) EV 100S 2-way Floor Speakers

MATTING FOR ALL GYMNASTICS APPARATUS

Vault

- 1- AAI TAC10 Vault Table
- 1- AAI Padded Runway (elite)
- 1- AAI Stratum Boards
- 1- AAI Safety Zone
- 1- 3 x 6 Sting mat
- 1- 4 x 8 x 20 cm Vault cutout mat
- 1- 18 x 8 x 20 cm FIG Vault mat
- 1- 6 x 10 x 8 AAI Landing mat
- 1- 7 x 10 x 4 AAI Throw mat
- 1- 7 x 10 Sting mat
- 1- 36 x 36 Round off pad

Bars

- 1- Elite Uneven Bars
- 2- Graphite x Rails with new pistons

- 6- 16 x 8 x 12 cm CLM's
- 1- 6 x 10 x 8 Landing Mat
- 1- 7 x 10 Sting mat
- 2- 7 x 10 Throw mat
- 1- AAI TEC boards

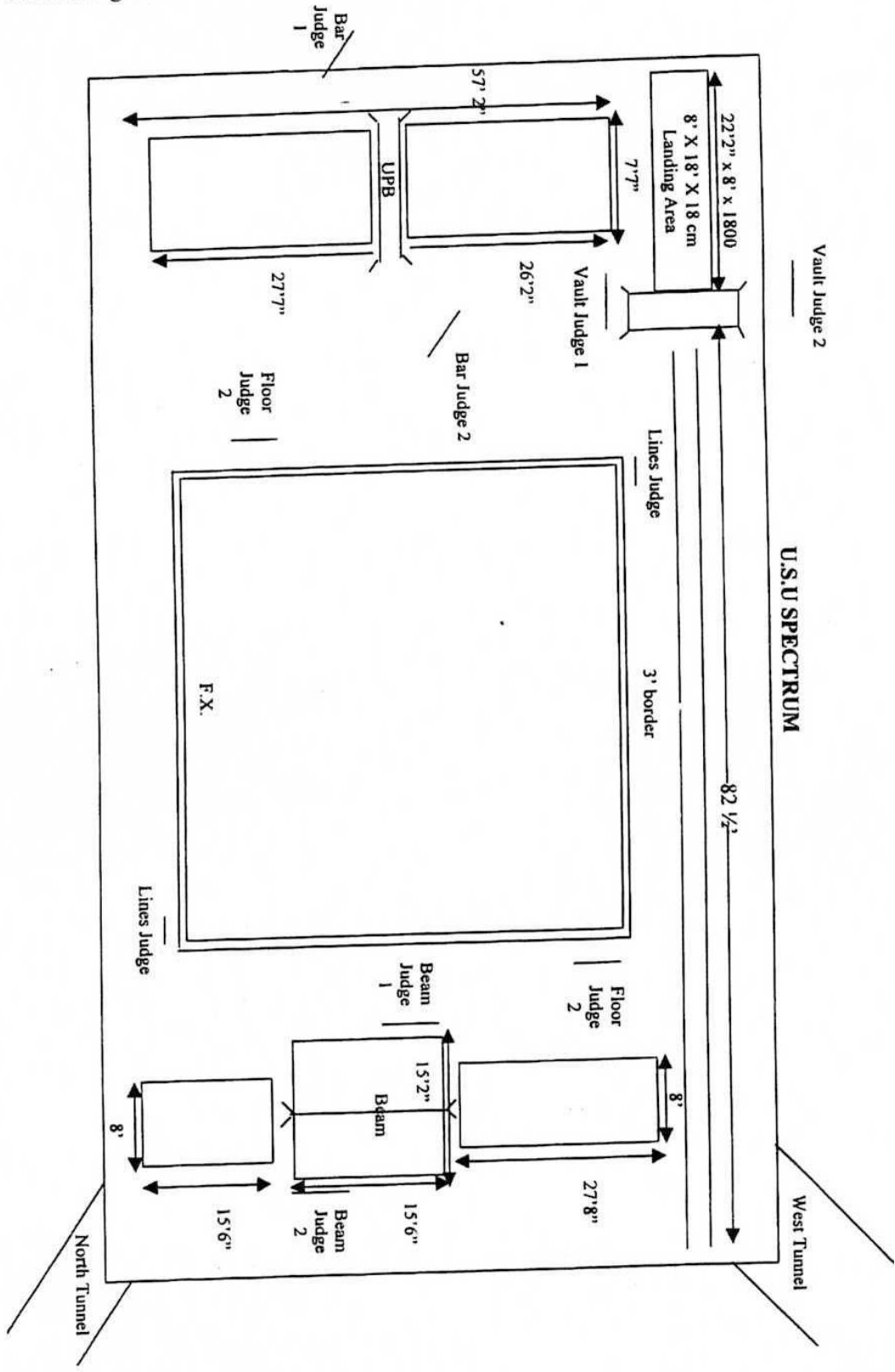
Beam

- 1- AAI Elite beam
- 6- 8 x 16 x 12 cm FIG mats
- 1- 7 x 10 x 4 Throw mat
- 1- 7 x 10 Sting Mat
- 1- 5 x 10 x 8 Landing Mat (SC8)
- 1- Beam leg pads
- 1- Beam upright pads
- 1- AAI TAC10 boards
- 1- 3 x 6 Sting

Floor

- 1- Elite carpet 45 x 45
- 1- Foam border 45 x 45
- 7- Foam 2 x 6 x 42
- 1- Elite floor with 4" palmer springs
- 1- 5 x 10 x 8 SC8
- 1- 7 x 10 x 4 Throw mat

Floor Diagram



Softball

CONTEST LOCATION

LaRee and LeGrand Johnson Field is located just north of Romney Stadium on 800 East, at approximately 1200 North. Please refer to the map on page 4 for further directions.

COLORS WORN BY THE HOME TEAM

The USU softball coaching staff will inform you what color uniform the home team will be wearing each day.

PARKING

Your team bus may drop off and pick up at the main entrance to the field. It is advisable to park a little ways away from the field so as not to be hit by any foul balls, but the entire parking lot north of Romney Football Stadium is open for parking.

PRACTICE ARRANGEMENTS

Visiting teams need to contact assistant coach Arleen McKnight to arrange practice times. She can be reached at 435-797-2069.

MEDICAL INFORMATION

There will be athletic training personnel on-site in case of emergency. If you have any questions, please contact Head Trainer Dale Mildenerger at 435-797-3636.

LAUNDRY AND EQUIPMENT SERVICE

Please contact Mike Bair at 435-797-3255 for any laundry or equipment needs.

MEDIA INFORMATION

If you are bringing a media relations representative, please call the USU Media Relations office at 435-797-1361.

GUEST LIST

There is no admission charge for USU softball games, thus no need for a pass list.

TIMELINES

For non-conference contests, the timeline will be as follows:

Clock

90:00	Visiting Team Batting Practice
60:00	Home Team Batting Practice
30:00	Visiting Team Infield Practice
22:00	Home Team Infield Practice
20:00	Starting Lineups to Press Box
14:00	Teams Clear Field
8:00	Umpires and Coaches Meeting at home plate
5:00	Player Introductions (Visitors, then Home)
	National Anthem
	Ceremonial First Pitch (select games)
0:00	PLAY BALL

For WAC contests, the timeline will be as follows:

Clock

95:00	Home Team Batting Practice
60:00	Visiting Team Batting Practice
25:00	Home Team Infield Practice
20:00	Starting Lineups to Press Box
17:00	Visiting Team Infield Practice
9:00	Umpires and Coaches Meeting at home plate
5:00	Player Introductions (Visitors, then Home)
	National Anthem
	Ceremonial First Pitch (select games)
0:00	PLAY BALL

Teams will only be allowed on the infield during their allotted infield times.

Men's and Women's Tennis

CONTEST LOCATION

USU plays its tennis matches off campus at the Sports Academy and Racquet Club, which is located at 1655 North 200 East. Please refer to the map on page 4 for further directions. Your hotel can assist in finding your way, or you can call the athletic department at 435-797-1850 for help.

MEDICAL INFORMATION

There will be athletic training personnel on-site in case of emergency. If you have any questions, please contact Head Trainer Dale Mildenerger at 435-797-3636.

PASS LIST

There is no charge for admission to Utah State tennis, thus no need for a pass list.

Track & Field

CONTEST LOCATION

Ralph Maughan Track Stadium is located just southwest of the Stan Laub Training Center. Parking can be found either at the Laub Center, which can be accessed from 1400 North at approximately 1100 East, or just north of the football stadium, which can be accessed from 800 East at approximately 1200 North. Please refer to the map on page 4 for further directions.

MEDICAL INFORMATION

There will be athletic training personnel on-site in case of emergency. If you have any questions, please contact Head Trainer Dale Mildenerger at 435-797-3636.

PASS LIST

There is no charge for admission to Utah State tennis, thus no need for a pass list.