



# ELUXIR 2016/17 Information Pack

We look forward to seeing you at East & London Mixed Indoor Regionals. We hope you will have an enjoyable and competitive weekend, and we believe the information contained in this pack will facilitate this. Contact details for the organisers are included if you do have further questions.

## Contacts

**Tournament/ Accommodation director:** Chris c.grayston@uea.ac.uk 07455855575

**UK Ultimate Events Coordinator:** Benji Heywood benji.heywood@ukultimate.com

## Venue

**Address:** SportsPark, University of East Anglia, Norwich, Norfolk, NR4 7TJ

**Directions:** This website has all the info you need about getting to the venue:  
<http://www.sportspark.co.uk/contact>

**Parking:** *There are plenty of spaces but, for the sake of the environment, please use as few cars as possible. It is free to park all weekend but make sure you register your ticket or token at the sportspark reception. If minibuses are used please can you park in the blackdale building which is situated at the northeast of the university. The entrance is off of bluebell road just north of the university drive entrance. (see campus map for guidance)*

[https://www.uea.ac.uk/polopoly\\_fs/1.91534!/campusmap\\_April09\\_V9.pdf](https://www.uea.ac.uk/polopoly_fs/1.91534!/campusmap_April09_V9.pdf)

**Arrival:** Please report to the TD on arrival to receive any new instructions or any changes to this information. There will not be a separate captain's meeting, but every team should make sure that a representative checks in on arrival. If you don't, don't blame us when you don't know what's going on!

**Times:** Games will run from approx. 11-6:20pm on Saturday, and from 10:20am - 4:20pm on Sunday.

## Paper and Printing

We DON'T intend to print out schedules and copies of this pack for every team. Please make sure you bring your own (or ensure you can access it through your phone) if you need a copy. There will be a large up to date copy at the TD desk throughout the weekend of course.

## Food and Drink

There is a café on site serving hot and cold food. It will be open all the time we're there. There are vending machines selling drinks and small snacks. There's a little shop on campus (follow the signs) for snacks and a Tesco's Express near the entrance to the campus. Water will be available throughout the weekend.

Do NOT take food or drink into the hall itself, other than water in a properly sealed container.

## **Accommodation**

Saturday night accommodation has been arranged for those teams that have specifically requested it. You will receive an email saying where you will be staying for that night.

Friday night accommodation has been arranged for teams that have to travel quite far and will not be able to make it before the games start Saturday.

## **Spirit of the game**

Spirit scores will be entered through an online form, which can be found here:



<http://goo.gl/G5V2Kg>

You should be able to access the form on your smartphone (or one of your team-mates' phones – some models seem to struggle more than others) and facilities will be available at the TD desk to input your scores if you can't get it to work – but be aware there may be a queue for just one laptop there! Use your phone if you can.

Please enter scores as promptly as you are able – in particular, we expect to award a spirit trophy based on the results that have been entered before the presentation. If you fail to enter your scores on the day, it is of course still worth entering them later as it improves the feedback your opponents receive, but if you can enter them on the day it would be far better.

(If you end up, a week after the tournament, with the highest spirit – but someone else took the trophy – that's hard luck I'm afraid. Take it up with the teams who submit late!)

## **Medical**

First aid will be provided by the TD and venue staff. Ice will be available from the front desk, but please see the TD first to assess the injury.

For serious incidents, the nearest hospital is:

Norfolk and Norwich University Hospital, Colney Lane, Norwich, NR4 7UY -- 01603 286286  
Or call 999 for an ambulance.

## Schedule

The schedule will be released when ready - sorry! There are often a lot of dropouts through the student season and we're not confident enough to release it early.

The tournament will be played under the [UKU Indoor version](#) of the 2013 WFDF rules, including the changed 'pull' and 'time-out' rules.

All other game rules, game lengths and formats are explained on the schedule itself.

## Merchandise

Exciting news! There will also be an opportunity to purchase 5Ultimate gear and merch throughout the duration of this tournament.

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**We wish you the best of luck for the weekend and hope you have a great time.**