



# University Women's Outdoor Regionals 2016 Information Pack

We look forward to seeing you at University Women's Outdoor Regionals 2016. 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

<b>Tournament director:</b>	Sitara Hajizada	sitara_46@hotmail.com	07597525350
<b>Accommodation organiser:</b>	William Stewart	wmstew@essex.ac.uk	07791720015
<b>Party organiser:</b>	Oscar Treleven	<a href="mailto:otrele@essex.ac.uk">otrele@essex.ac.uk</a>	07834230761

**UK Ultimate Events Coordinator:** Benji Heywood      [benji.heywood@ukultimate.com](mailto:benji.heywood@ukultimate.com)

## Venue

### Address:

University of Essex  
Colchester  
Essex  
CO4 3SQ

### Directions:

Coming from London, make sure to stay on the A12. Once you have arrived to Colchester, there will be several signs towards the University.

To find the Sports Centre Car Park, follow directions towards University South Courts.

### Parking:

Parking should all be made in the Sport Centre Car Park

Weekend parking is free and directions from Sport Centre Car Park to the field and changing rooms will be present. Ensure not to leave valuable stuff behind in the car.

Showers are available in the outdoor changing rooms and in the Sports Centre. Make sure to bring your own toiletries and towels.

**Arrival:** Please report to the TD desk 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 **10:15** to **17:15** on both days. We have made a later start both days to help teams that are using public transport - please check the final schedule for the full details.

## 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.

## Safety

Please remember that it is never worth endangering yourself or others to get the disc. Please do remain aware of other players and your surroundings.

## Food and Drink

There is a pavillion on site serving hot tea and coffee. We have a Students Union Shop just 5 minutes away from the fields where you can buy sandwiches, drinks and snacks.

[There are vending machines selling drinks at the Sports Centre.

You will find cafes, canteen, and a SU bar also 5 minute walk from the fields.

Water will be available from the pavillion and the changing rooms.

## 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 St. John's Ambulance. Ice will be available from the pavillion.

For serious incidents, the nearest hospital is:

Turner Road

Colchester

CO4 5JL

01206 747474

Or call 999 for an ambulance.

Maps showing the route to the hospital will be available from the TD desk.

## Schedule

The schedule will be released when ready - sorry! There are likely to be late dropouts from this event, and so we are unable to publish promptly.

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

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**Discraft** sponsor all *UK Ultimate* tournaments and are of course the suppliers for your team disc at this event.



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