



Northern University Mixed Indoor Regionals 2016 Information Pack

We look forward to seeing you at Northern University Indoor Mixed 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. Last year was a success, but we really need Spirit Scores done in time this year as last year the actual winners missed out.

Please look at making this a priority in between games. We will print off a few Spirit codes and place them around the venue to spot.

The hashtag for the tournament will be #NUXIR

Contacts

Tournament director: Tom Daly thomas.daly1290@gmail.com 07860 869548

Accommodation organiser: Andy Taylor ajtaylor8@uclan.ac.uk
07960427026

Taxis (please order the night before): Millers 01772 884000
AAA Taxis 01772 555999

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

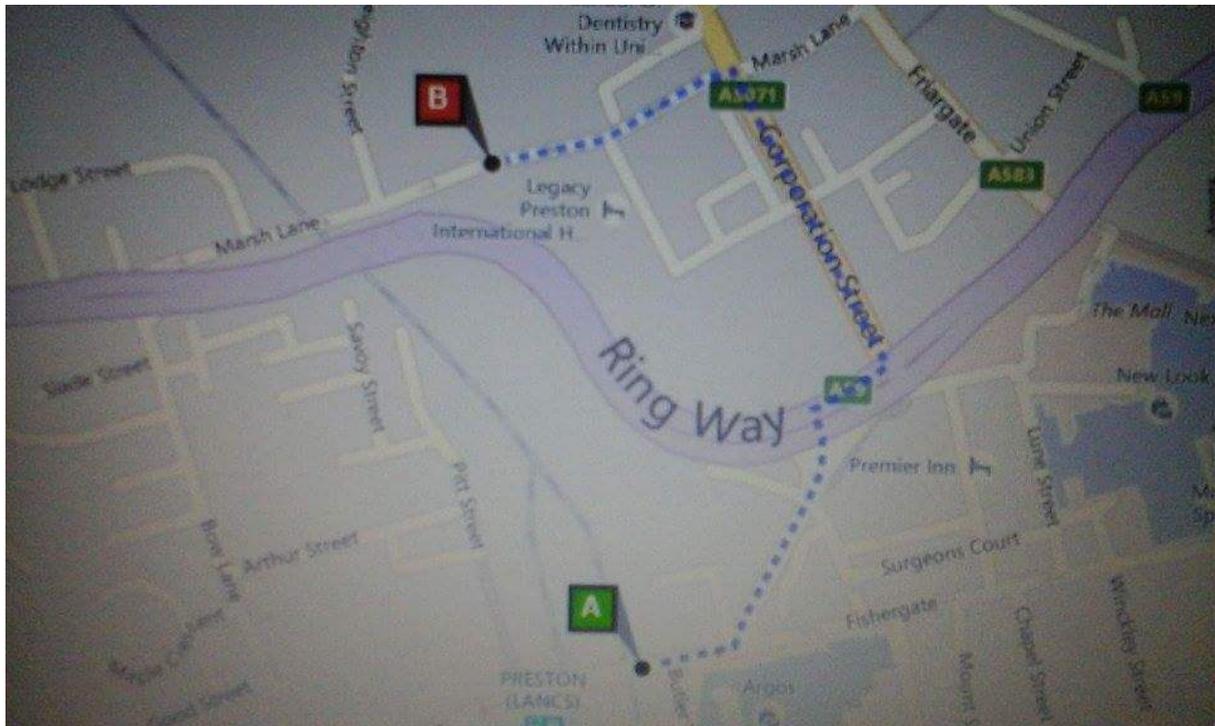
Venue

Address: Sir Tom Finney Sports Centre, University of Central Lancashire, Marsh Lane, Preston, Lancashire, PR1 2HE

Directions

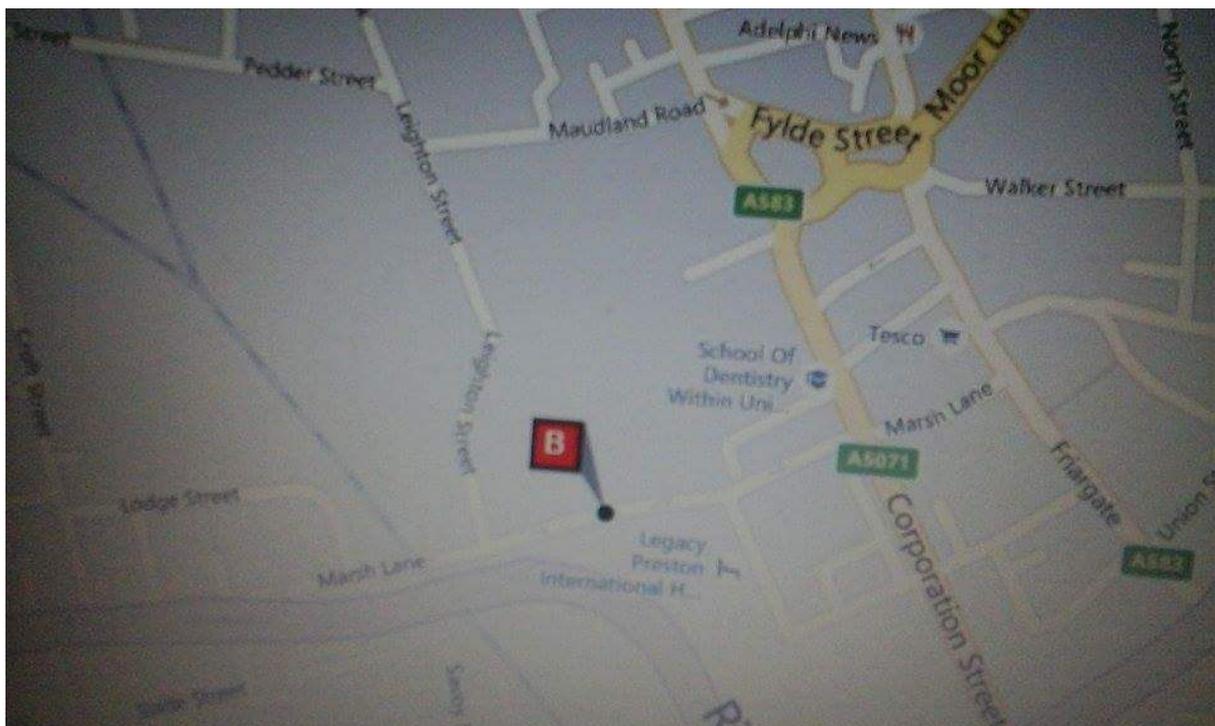
Via Train:

Preston train station (A) is approximately 7 minutes walk from the sports centre (B).



Via Road:

The sports centre is located opposite the Legacy Preston International Hotel, on Marsh Lane. It is accessible by car or mini bus using the postcode **PR1 2HE** via either Marsh Lane (**one way road in the direction TOWARDS Corporation Street/A5071**) or via Leighton Street.





Parking:

There is limited parking outside the sports hall, which is available for use by teams on a first come first served basis, this parking is signposted as **Darwin Car Park** and is accessible via **Leighton Street**. There are also public pay and display car parks located between Corporation Street and Friargate (roads shown on the above map) and numerous signposted public car parks within the city centre.

Please note that most on-street parking in the area is subject to enforced restrictions.

For those teams who have requested accommodation for the Friday and/or Saturday nights, please liaise with your hosts regarding parking facilities in their area.

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.

The TD desk will be located through the turnstiles upon entering the sports hall and to the right, overlooking the pitches, opposite the main changing facilities. Please do not leave bags in the way of viewing areas.

Times:

Games will run from 9am to 5pm on Saturday, and from 9am to 5pm on Sunday.

Showers, Changing Rooms and Toilets:

There are ample showering, changing and toilet facilities within the sports hall, all clearly signposted and available for use by players at the tournament. Any queries about these please direct to either a Uclan Spinners volunteer, player, or member of the sports hall staff, who will be happy to help.

Please could any teams who have requested accommodation from Team UCLan players use the showering facilities in the sports hall.

Viewing Games:

There are two pitches in use for this tournament, both of which have glass viewing areas located above them. Upon entry to the sports hall the main viewing area is to the right hand side, before the sports hall turnstiles. This area can provide viewing for both pitches and also has vending machines within it.

Secondary viewing areas are located through the turnstiles and to the right hand side, adjacent to the TD desk.

Pitches:

Pitches are accessed via the lower floor of the sports centre, via stairs opposite the entrance turnstiles. There are two separate doors to each pitch.

Personal Property:

Please note the sports hall will be in use by other members of the public over the weekend and thus personal property should not be left unattended. There are lockers available in the changing rooms, and also near the doors to the pitches.

Please use these lockers and do not leave belongings in corridors or seating areas.



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 of the schedule at the TD desk throughout the weekend.

Food and Drink

There is not a café on site, however there are a number of vending machines selling sports drinks, hot drinks and snacks such as chocolate bars and crisps.

The sports centre is within easy walking distance of various shops, restaurants, take-aways and pubs which serve food throughout the day. The closest of these are:

Tesco Express - 4 minutes walk - 76 Friargate, Preston, PR1 2LD

Subway - 7 minutes walk - 73 Fylde Road, Preston, PR1 2XQ

The Adelphi - 4 minutes walk - hot and cold cheap pub food - 43 Fylde Street, Preston, PR1 7DP

Ships and Giggles - 4 minutes walk - hot and cold cheap pub food - 3 Fylde Road, Preston, PR1 2XQ

Water:

Water will be available in the sports hall from various drinking fountains around the building. The closest to the pitches are those on the lower level near the pitch entrances.

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

Social Media

There will be a hashtag for the event that we would like you all to use and post pictures, updates, comments etc etc. The hashtag will be #NUXIR. There will be tournament updates on twitter @NUXIR2016

As with every tournament we have hosted, there will be photos taken and a Facebook page will be created post-event and everything uploaded onto there. You will be able to add whomever you like and hopefully tag yourselves and friends.



Accommodation

Teams who requested accommodation have been allocated to hosts from the Uclan team. Please could teams make contact with their hosts prior to arrival to discuss addresses, parking and arrival times. A scout hut has also been booked.

These are the details for hosting;

Friday

Durham & Newcastle - Scout Hut - (£2 per person - down from £5)
Tanterton Village Centre, Kids Grove, Preston, PR2 7BX

Saturday

Durham 1 - Host: Jess Lawrence-Miller
116 Ripon Street, PR1 7LU

Durham 2 - Host: Danny Thornborrow
Flat 4, Malt House Courts, PR2 2PH

Durham 3 - Host: Chloe Stead
137 Market Street West, PR1 2HB

Newcastle 1 & Half of Newcastle 2 - Host: Ryan Gibson
6 Kenmure Place, PR1 6DD

Half of Newcastle 2 & Newcastle 3 - Host: Jay Davies
21 Marsh Lane, PR1 2XH

Newcastle 4 - Host: Andy Taylor
1 Elgin Street, PR1 6BH

Hosts will be able to provide information about local facilities - shops, pubs and restaurants. Please be respectful of hosts and use the showering facilities available at the sports centre. For various reasons, hosting has been somewhat of a logistical nightmare this year, so please be gracious to your hosts.



Saturday Night

For food and post tournament drinks, your hosts will take you to the Students' Union where you can order food and have a few drinks. If you have your own idea of food, here are some ideas.

FOOD

The Adelphi - Pub - 43 Fylde Street, PR1 7DP - 01772 201397
www.adelhipreston.co.uk

The Guild - pub - 99 Fylde Road, PR1 2XQ - 01772 252870 -
<http://www.gkmeetandeat.co.uk/locations/guild-preston>

WetherSpoons - The Grey Friar - pub - 144 Friargate, PR1 2EJ - 01772 558542

Roper Hall - pub, bar, club - 113-114 Friargate, PR1 2EE - 01772 270861 -
<http://www.theroperhallpreston.co.uk/>

PARTY

We have not organised a party due to the fact it is Hallowe'en and getting a deal on any places is unlikely, so if you are keen on going out, here are a few venues that you can check out. I would recommend Evoque, but you will need to get there early. Pop World is pretty decent, but they jack the prices up on a Saturday.

Pop World Preston - Nightclub - 13 Church Street, Preston PR1 3BQ
www.popworldpreston.co.uk

Evoque - nightclub - 151 Church Street, PR1 3BU - 01772 252882 -
<http://www.evoqueclub.co.uk/preston>

The Warehouse - nightclub - 50 St Johns Place, PR1 3XX - 01772 253216 -
<http://www.warehousenightclub.co.uk/>

Preston night-life is largely student orientated and so we would advise players to bring student cards to ensure entry to certain venues whenever possible (you shouldn't need it though). Also, Preston has a ton of take aways if you fancy something to eat afterwards. Also, dominos is open for deliveries until 2:45 am.

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 make filling in a priority!

NOTE: Last year we did not get enough spirit scores and the actual winners missed out. Please, please, please do your Spirit Scores so that we don't have to go through that again.

(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!)

Five Ultimate

Five Ultimate will be selling gear at this tournament, or rather we will be for them. Please note that this will be **CASH ONLY**. You can get cash out from Tesco (see lunch options further on down). The following is from Five themselves;

Five Europe are incredibly excited to be sponsoring UKU University Indoor Series 2016-2017! We're pleased to confirm that we will have a stall of our merchandise at this event which will include shorts, hats, discs, hoodies and sweaters, so you can look amazing on and off the field!

We're also delighted to be able to offer each team 10% off in our online store: europe.fiveultimate.com along with free shipping on orders over €120 - so club together and take advantage! Details will be sent to team captains.

If you're interested looking even better in 2017, let Five Europe's team of designers help you create your bespoke custom kit! Contact us for quotes and design queries at europe@fiveultimate.com

As the sport evolves, we strive to reinforce those attributes that make it unique: athletic excellence, honesty, and a sense community. To this end, we provide products that further the ultimate aesthetic and are high quality, good looking, and affordable. We love the sport, and we transfer that passion to the work we do to support it. We eat ultimate for breakfast. From rookie to the old timer, from the casual to the competitive, from the end zone to the dance floor, we make life better for ultimate players.

Have fun!

Medical

First aid will be provided by the sports hall staff, please alert the TD to any injuries. Ice will be available from the TD desk if needed.

For serious incidents, the nearest hospital is:

The Royal Preston Hospital
Sharoe Green Lane North,
Fulwood,
Preston
PR2 9HT
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 - we're so accustomed to dropouts for these events that it's not worth publishing 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.



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