



WUWOR Information Pack.

We look forward to seeing you at Western University Women's Outdoor Regionals in Cardiff. 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 director: John Gilliland cardiffnofrills@gmail.com 07446990456

Accommodation and party organiser: Alice Newton alicenewtonofhorsell@gmail.com
07581475905

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

Venue

Address: Cardiff University Sports Fields - Llanrumney, CF3 4JN

There is a car park at the venue

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 9am to 5pm on Saturday, 9am to 4pm on Sunday - check schedule for the 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.

Food and Drink

Burger Van should be on site on the Saturday

Vending machines on site

Tescos + Co-op supermarkets 10 mins walk from venue

Drinking taps in every toilet + drinkable taps in the boot-washing area.

Please do not leave your litter lying around.

Accommodation & Friday Night Meeting point

Cathays Community Centre, 36-38 Cathays Terrace, Cardiff CF24 4HX.

You are allowed access from 11pm Saturday Night until 9am Sunday Morning. There are toilets in the hall and we recommend bringing pillows and sleeping bag. The accommodation is a 2 minute walk from The Woodville Pub which serves good value food. Cost for the night is £1 per person and will be collected in cash at one point during the weekend.

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 should 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. Ice will be available from the clubhouse.

For serious incidents, the nearest hospital is:

Heath Park, Cardiff CF14 4XW

029 2074 7747

Or call 999 for an ambulance.

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.

The tournament will be played under the 2013 WFDF rules.

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

Twitter

The hashtags for all your results tweets this weekend will be #WUWOR. Cardiff will be posting frequent updates from @cardiffnofrills.

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.