

**2004 NATIONAL COLLEGIATE
WOMEN'S GYMNASTICS
CHAMPIONSHIPS**



**CENTRAL REGION
CHAMPIONSHIP**

**Hosted by
Louisiana State University
Friday, April 2, 2004
6:00 PM**

PARTICIPANT MANUAL



March 23, 2004

To All Participants:

On behalf of the University and the LSU Athletics Staff, let me welcome you to Baton Rouge and the campus of Louisiana State University for the 2004 NCAA Central Region Gymnastics Championship. My staff and I are at your disposal, and it is our hope to provide for you the best possible atmosphere as you prepare to compete in this most prestigious event.

The following participant manual is to be utilized in conjunction with the NCAA Gymnastics Handbook. It will provide information for you regarding the facilities at LSU, the event schedule, the Baton Rouge area and other information that we hope will help make your stay with us an enjoyable one.

Please feel free to contact anyone on my staff if we may be of further assistance. Congratulations on a successful regular season and best of luck throughout the gymnastics championship competition!

Sincerely,

Skip Bertman
Director of Athletics

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TOURNAMENT PERSONNEL

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Trainer:	Andy Barker Office: 225-578-8315 Cell: 225-268-1310

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Physician:	Dr. Brent Bankston Office: 225-924-2424 Cell: 225-931-9889 Pager: 225-377-5285 Home: 225-769-4965
Ticket Manager:	Tiffany Creel Office: 225-578-7148 Fax: 225-578-3344
Transportation:	Mary Jane Merrill Office: 225-578-1459 Cell: 225- 241-0242 Fax: 225-578-3895

QUALIFICATION DEADLINES

Monday, March 15 -- Deadline for institutions to submit a regional qualifying score sheet to their region's regional advisory committee chair.

Saturday, March 20 -- Cut-off date for scores that will be used for qualification purposes.

Sunday, March 21 -- Deadline for institutions to report scores from meets conducted between March 15 and 20. **An updated RQS must be submitted, accompanied by an updated RQS sheet, to their region's regional advisory committee chair.**

Monday, March 22 -- Selection and notification of teams and individuals to the regional championships.

Tuesday, March 23, 12:00 Noon -- Deadline for institutions that have qualified for the regional championships to accept or decline the invitation to participate. Notify Sharon Cessna, NCAA Director of Championships in writing at scessna@ncaa.org if the institution is declining the invitation to participate. Submit the championships entry form to Judy Southard, Central Region Meet Director, if the institution is accepting the invitation to participate.

Friday, April 2 – Central Region Championship

SCHEDULE OF EVENTS

Thursday, April 1:

2:00 – 3:40 PM	Practice Session I	Maravich Assembly Center
3:40 – 4:00 PM	Media Interviews	Maravich Assembly Center
4:00 – 5:40 PM	Practice Session II	Maravich Assembly Center

Friday, April 2:

9:00 AM	Coaches Meeting	Baton Rouge Marriott
10:30 AM	Coaches Sounding Board	Baton Rouge Marriott
2:30 PM	Officials Meeting	Courtyard Marriott Hotel
3:45 PM	Warm-up Session	Maravich Assembly Center
4:00 PM	Gates Open	
4:30 PM	Line-up Turned In	
6:00 PM	Competition	Maravich Assembly Center

PRACTICE SCHEDULE

Thursday, April 1 (Day prior to competition)

1. The competitive gym will be set up for teams to begin practicing on Thursday. **Teams and individuals will be assigned to a practice session according to their competitive starting event.**

Practice Session

#1 (2:00 – 3:40 PM)

#2 (4:00 – 5:40 p.m.)

Competitive Starting Event

Vault, Bars, Bye Before Floor

Bye Before Bars, Beam, Floor

Per NCAA Bylaw 17.1.6.5.1, student-athletes of host institutions may not miss class for practice sessions; therefore, the schedule may be adjusted to accommodate the class schedule for LSU student-athletes.

2. Two practice sessions will be conducted, and each will be one hour and 40 minutes in length (20 minutes for stretching and 20 minutes per event). An announcement will be made with five minutes, two minutes, etc., left in each rotation. The schedule is:

Practice Session I

2:00 – 2:20 PM

2:20 – 2:40 PM

2:40 – 3:00 PM

3:00 – 3:20 PM

3:20 – 3:40 PM

Stretching

Rotation I

Rotation II

Rotation III

Rotation IV

Practice Session II

4:00 - 4:20 PM

4:20 - 4:40 PM

4:40 – 5:00 PM

5:00 - 5:20 PM

5:20 - 5:40 PM

3. The five all-around competitors and the four event specialist competitors will practice Thursday with her/their assigned team.

**WARM UPS, COMPETITION SCHEDULE, MARCH IN,
COMPETITION ROTATION**

WARM UPS

Bars

Team = 3:15
All-around = :30
Specialist = :30
Team = 3:15
All-around = :30
Specialist = :30
Team = 3:15
All-around = :30
Specialist = :30
Team = 3:15
All-around = :30
Specialist = :30

Beam

Team = 6:25
All-around = 1:05
Specialist = 1:05
Team = 6:25
All-around = 1:05
Specialist = 1:05

Time required to adjust the bars between team and individual event specialist/all-around competitor as well as the time required to prepare the balance beam area is not included in the timed warm-up.

As competitors arrive at each event for competition, each team will be allotted a three-minute touch warm-up with a minimum of two vaults per gymnast (including an alternate); the all-around competitor will take her own 30-second touch warm-up after the team's. On the vault and floor only, the all-around competitor may add her own 30-second touch to the team's three minutes and warm-up with the team. In addition, any event specialist may take her 30-second touch warm-up after the all-around competitor.

COMPETITION WARM-UP SCHEDULE

3:45 – 4:00 p.m.	Stretching
4:00 - 4:15 p.m.	Rotation I
4:15 - 4:30 p.m.	Rotation II
4:30 - 4:45 p.m.	Rotation III
4:45 - 5:00 p.m.	Rotation IV
5:00 - 5:15 p.m.	Rotation V
5:15 - 5:30 p.m.	Rotation VI
6 p.m.	Competition

MARCH IN

Teams will march in and line up in alphabetical order by institution, followed by the all-around competitor and/or event specialist assigned to rotate with the team. During the march in, the name of the institution as well as each athlete's name and the head coach's name may be announced expediently.

COMPETITION ROTATION

A random draw will be conducted by the NCAA office to determine the competitive rotation of the team, all around competitors and individual event specialists. The six rotations will be as follows:

Vault – Bye before bars – Bars – Beam – Bye before floor – Floor

LODGING

Fifteen (15) rooms have been reserved for each team at the Baton Rouge Marriott (information below). Each institution is obligated to confirm or cancel the accommodations. An institution is not obligated to stay at a designated property; however, it is financially responsible for canceling its reservations and then securing its own accommodations. If an institution wants to stay at another hotel, it must (a) obtain a release for the rooms (in writing) from the hotel manager, or (b) use the rooms for persons accompanying the official travel party. If an institution fails to make satisfactory arrangements for use of the rooms with the hotel, full charges for the rooms will be billed to the institution. A rooming list form (Appendix C) has been provided at the back of the manual. **Please complete the list and forward via fax to the hotel as soon as possible.**

Team Hotel: Baton Rouge Marriott
5500 Hilton Avenue
Baton Rouge, LA 70808
Telephone: 225-924-5000
Contact: Sherry Walker, Sales Manager
E-Mail: sherry641@marriottsales.com
Fax: 225-925-1330

For the convenience of friends, family and other fans, a complete listing of area hotels (Appendix D), restaurants (Appendix E), area attractions and entertainment (Appendix F) may be found at the back of this manual.

TRANSPORTATION

Information regarding travel to and around Baton Rouge, LA appears in Appendix G. Directions and a map of the LSU campus may be found in Appendix H. Additional questions may be directed to Mary Jane Merrill, Travel Manager for the LSU Athletics Department at 225-578-1459.

COACHES MEETING

A coaches meeting will be held Friday, April 2 at 9:00 AM. At this meeting, coaches will review the format of the meet, opening ceremonies, meet procedures, etc. The meeting will take place at the Baton Rouge Marriott. **Coaches are reminded that this meeting is mandatory, subject to financial penalty.**

COACHES SOUNDING BOARD

The regional representative or designee of the National Association of Collegiate Gymnastics Coaches (Women) will conduct a general discussion to provide coaches the opportunity to discuss concerns and make recommendations for future competition. This meeting will take place immediately following the coaches meeting (approximately 10:30 AM).

MEDIA INTERVIEWS

Media interviews will be scheduled on Thursday, April 1 from 3:10 – 4:00 PM. Laurie Cannon, LSU Associate Sports Information Director, will coordinate requests for interviews with the head coach or the designated sports information representative. As requested by the media, interviews will be conducted in a designated room off the competition floor in the Southwest portal on the lower level of the Pete Maravich Assembly Center.

MEDIA RELATIONS AND MEDIA CREDENTIALS

Credentials: Media credentials should be requested at least 24 hours in advance of the event by contacting Laurie Cannon at 225-578-7947. Credentials may be picked up at the Press Will Call located in the Northeast Corridor of the Maravich Assembly Center or in advance at the LSU Sports Information Office located on the fifth floor of the LSU Athletics Administration Building. Credentials must be worn at all times and are non-transferable.

Meet Results: Complete books, including final box scores, will be provided at least 15 minutes after the conclusion of the championship.

CHAMPIONSHIPS ENTRY FORM & CREDENTIALS

The championships entry form is available on the NCAA Web site at <http://www1.ncaa.org/membership/champadmin/gymnastics/index.html>. This form must be returned to Judy Southard, Central Region Meet Director, by March 23. Changes to the 15 student-athletes designated on the entry form must be made in writing to the meet director and in no event later than the institution's departure from campus.

Team: An issued credential may not be given to another team member or individual. Teams will receive up to 24 credentials as follows:

- Squad Size: Up to 15 student-athletes and three coaches will receive credentials that must be worn to gain entry to the arena and remain on the floor (maximum 18).
- Support Staff: Two floor-access credentials (SID, trainer, physician, manager, etc.)
- Administrator: One temporary floor-access credential for the institution's administrator. The administrator's temporary floor-access credential is for purposes of fulfilling responsibilities at press conferences and post-meet activities only.
- Sports Information Director: One all access/non-transferable

- Photographer: One floor access - restricted to designated photo areas
- Videographer: One limited access – no admittance/no floor access

Individuals: Each individual participant will receive a credential, which must be worn to gain entry to the arena and remain on the floor. Institutions with one or two participants will receive three non-participant credentials. Institutions with three or more participants will receive four non-participant credentials. In addition, one credential may be issued to an administrator.

Coaches and trainers of individual participants only may "trade-out" credentials so that the appropriate coaches and/or trainer have access to the floor. At no time will there be more than the allotted number of non-athletes on the floor at any one time.

Note: If two student-athletes from an institution qualify into the SAME SESSION, an additional credential may be given for another assistant coach.

TICKET INFORMATION

Each participating team is guaranteed a minimum of 60 tickets all of which shall be at courtside. Ninety additional tickets will be available elsewhere in facility. A random draw will be used to determine the location of each institution's block of seats. A block of 60 tickets will also be reserved courtside for individuals qualifying for the event.

<i>Ticket Prices:</i>	Adult (13 & older):	\$8.00
	Youth (3 to 12):	\$5.00
	Student (with college ID):	\$5.00

CHEERLEADERS, MASCOTS, BANDS AND BANNERS

Band members, not to exceed 25, who are in uniform and performing at the championships, will not be charged admission to the competition. The host institution must designate seating off the competitive floor. Bands, or any component thereof, may play only during the 15 minutes before the competition when the floor is cleared, the 3-minute touches, and 15 minutes following the awards ceremony.

In the event there is more than one band, the meet director will divide the 15 minutes and the 3-minute touches equally among the bands. The host will play last with all others performing in alphabetical order. The band MAY NOT interfere with the announcer.

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

Any banners other than the approved NCAA and television and radio banners may not be posted on arena walls without the permission of the NCAA Women's Gymnastics Committee or its designated representative. Hand-held team banners are permissible as long as they do not interfere with the competition or view of spectators. Banners advertising equipment or manufacturers are prohibited.

It is imperative that LSU receive notification no later than March 31 of any participating institution will be bringing a band and/or cheerleaders to the competition.

VIDEOTAPES, FILMS AND STILL PHOTOGRAPHS

Institutions are permitted to videotape championships competition of their teams or individual student-athletes for archival, coaching or instructional purposes. Each institution is permitted to use one camera and may videotape only that portion of the competition in which it participates. The videotapes may not be used for commercial purposes. **Videotaping will not be allowed from the floor** and may occur only from the designated area in the Maravich Assembly Center. Contact Judy Southard at 225-578-1888 **no later than Monday, March 28** if you desire space in the area designated for videotaping.

ATHLETIC TRAINING

The Athletic Training Room on the west corridor in the Maravich Assembly Center will serve as the host facility for any taping and minor treatment needs. In addition, the Broussard Center for Athletic Training, located on the northeast corner of Tiger Stadium (between Gates 9 & 10), will also be available for use by the teams throughout the event. The Broussard Center offers a large hydrotherapy area, which includes in-ground hot and cold whirlpools, as well as the latest modalities and rehabilitative exercise equipment. This athletic training facility will be open from 7:00 AM to 7:00 PM on the practice day, and from 12:30 PM until 4:00 PM during the day of competition. Special needs will be addressed by the athletic training staff and can be arranged for by calling Andy Barker at 225-578-8315. A physician will be on call throughout the championship and will be on site during all competition.

LOCKER ROOMS

Locker rooms in the Maravich Assembly Center will be provided for each team. A key will be provided to the designated representative of each institution. Towels will be available upon request. Locker Room assignments will be made by random draw.

UNIFORMS AND NUMBERS

All competitors must wear exclusively the official uniform of their institution during the competition, warm-ups and during the awards ceremonies. Gymnasts on the competition floor for practice and warm-up may wear one-piece leotards or swimsuit attire that include matching trunks and may include matching sports bra. Swimwear is prohibited during competition. For NCAA regional and national competition, long-sleeve, short-sleeve or sleeveless one-piece leotards are permitted. There will be no deduction for a matching sports bra that is exposed. Backless leotards are permissible.

For practice, shorts and t-shirts are not acceptable unless they are the institution's official uniform (e.g., all gymnasts have the same color and style). When a team (or individual qualifiers from the same school) is on the competition floor, the competitors must be in identical team uniform. During the individual competition, individual leotards may be worn.

Competition numbers assigned to each gymnast are considered a part of the official uniform and must be worn without alteration (e.g., folded over, cut, etc.) on the backs of all gymnast's leotards and other apparel during all practices, timed warm ups and competitive sessions. Two

sets of numbers will be provided and MAY NOT BE ALTERED IN ANY WAY.

A gymnast who does not conform to the uniform policies will be considered "out of uniform" and will be required to conform to the uniform rule prior to competing.

EQUIPMENT

A list of all equipment provided for the event appears in Appendix __. A lay-out of the competition floor is provided in Appendix __.

OFFICIALS

All officials will be selected by the NCAA Women's Gymnastics Committee. The meet referee will be present at all practice sessions on Wednesday.

RESULTS

The results of the meet will be verified by the meet referee and NCAA scoring director immediately following the meet. The results will be declared official 12 hours after the start of the meet. Coaches' signatures are not required on the score sheets.

DRUG TESTING

Student-athletes who compete in these championships may be subjected to drug tests in accordance with Bylaws 18.4.1.5 and 31.2.3, and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

Student-athletes will be selected for testing on the basis of place finish, playing time, position and/or random selection. The goal of the drug-testing program is to provide fair and equitable competition for student-athletes competing in NCAA championships. The program involves urine collection and laboratory analysis for substances on a list of banned drugs.

Persons who test positive at one championship automatically will be tested at the next championship at which they appear and at which drug testing is conducted.

FINANCIAL PENALTIES

The NCAA Women's Gymnastics Committee may assess a financial penalty against an institution for failure of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes failure to comply with the procedures and deadlines for submitting score sheets, schedules and entry forms for qualification and other materials necessary for the efficient administration of the competition.

MISCONDUCT

Misconduct in an NCAA Championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring incident to, en route to, from or at the locale of the competition or practice that discredits the event or intercollegiate athletics.

Criticism of Officials – Members of the coaching staff or other representatives of participating institutions or conferences shall not make public statements critical of officiating in any NCAA championship event. Failure to comply with this policy may subject the individual, institution or conference to the misconduct provisions of Bylaw 31.1.10.

Coaches Meeting – Each games committee shall hold a pre-tournament meeting with the coaches of participating institutions to review and explain the policies related to misconduct.

Hearing Opportunity – An act of misconduct may be found upon an administrative hearing granted to the student-athlete or the institutional representative involved by the governing sports committee or the games committee authorized to act for it.

Misconduct Incident to Competition – If the act of misconduct occurs during the competition, under normal circumstances the individual shall be allowed to complete the competition in which he or she is participating at the time of the incident. An administrative hearing shall be held at the conclusion of the day's competition, during a break in the continuity of the championship when no competition is being conducted or at the conclusion of the championship. However, if the act of misconduct is so flagrant that it obviously violates the principles of fair play and sportsmanship, the games committee may immediately withdraw the student-athlete or institutional representative from the competition and conduct the hearing after this action. Other acts of misconduct may be dealt with at the governing sports committee's convenience.

2004 NCAA CENTRAL REGION GYMNASTICS EQUIPMENT LIST

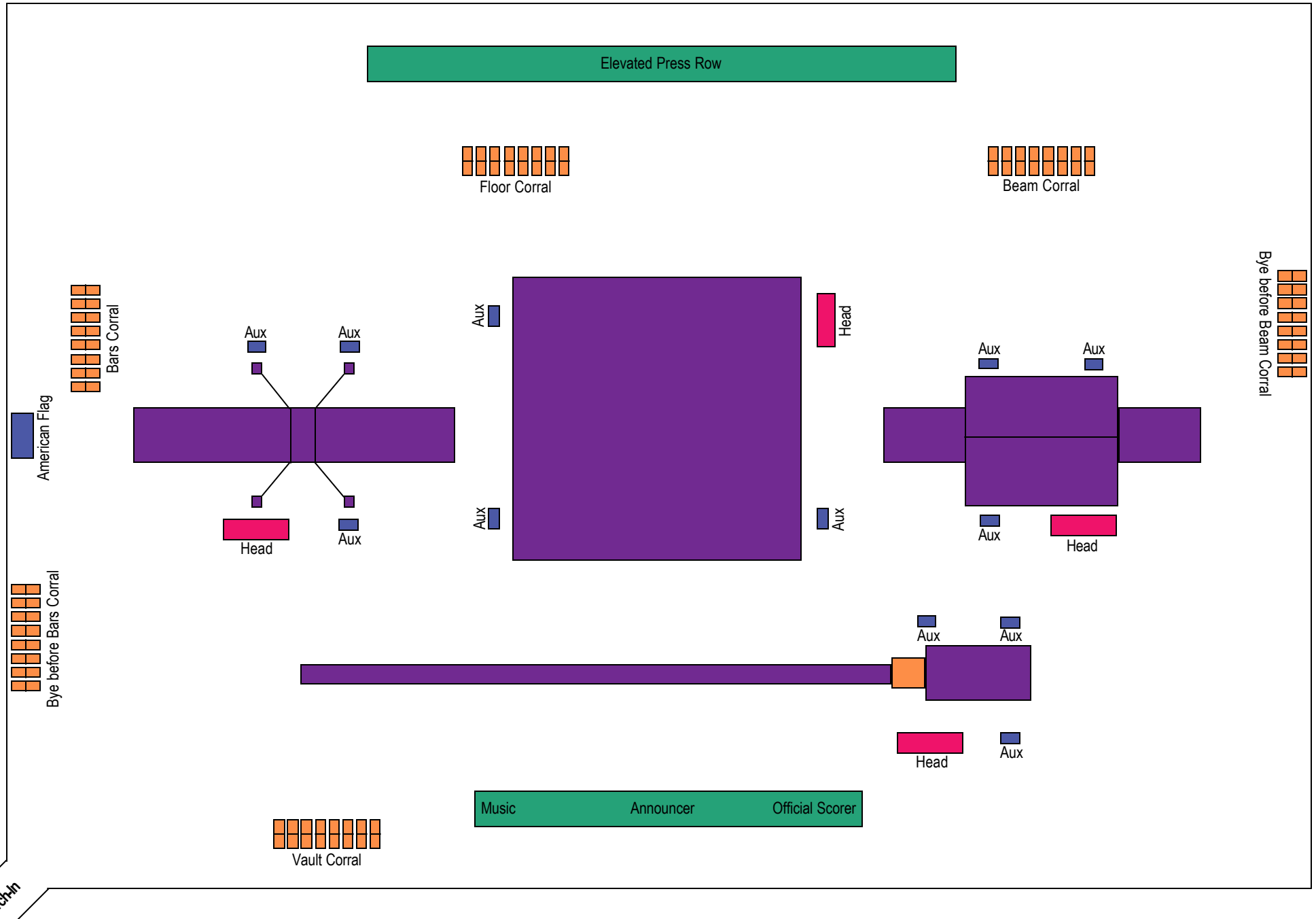
LOUISIANA STATE UNIVERSITY

Appendix A

	800 ELITE SERIES	CATALOG		CHECK		800 ELITE SERIES	CATALOG		CHECK
EVENT	ITEM DESCRIPTION	NO.	QTY.	IF HAVE	EVENT	ITEM DESCRIPTION	NO.	QTY.	IF HAVE
Vaulting	Domestic Vault Table	407-520	1	x	Floor Ex.	Elite Spring Floor System	432-350	1	x
N = Nationals	Padded Vaulting Runway (1-1/4") OR	416-039	1	x	N = Nationals	Working Area = 39.4 7/16 X 39.4 7/16 (12m X 12m)			
	Padded Vaulting Runway (5/8")	416-049				(variance of 2 cm permitted)			
	Stratum Coil Board	407-228	1	x		Extra Floor Panels		2	x
	Vault Safety Zone	416-238	1	x		Reflex Border - 45' X 45'	432-891	1	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	1	x	GMR Purple	Elite Carpet - 45' X 45' (note color in blank column)	416-245	1	x
	FIG 4' X 8' Firm V1 20 cm Cutout	416-550	1	x		Cross-Link Polyethylene Roll Foam - 2" X 6' X 42'	416-750	7	x
	8" Skill Cushion - min. 5'X10'	416-663	1	x		8" Skill Cushion - min. 5' X 10'	416-663	1	x
	Sting Mat - min. 7' X 10'	416-084	1	x		Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x
	Sting Mat - 1m X 2m X 5 cm (for round-off entry vault)	416-082	1	x		4" Throw Mat - min. 5' X 10' OR 7' X 10' preferred	416-667/668	1	x
	Round-Off Pad - 36" X 36"	416-106	N - 1	x					
	4" Throw Mat - min. 7' X 10' OR 8' x 15.5' preferred	416-019/020	1	x					
	Low Height Spotting Block	416-048		x	Misc.	Start Value Flip Charts		16	x
					R = Regionals	Variable Speed Tape Recorder (backup)		2	x
					N = Nationals	Variable Speed CD Player - 1 competition/ 1backup		2	x
Uneven Bars	Elite UTB-844 w/ Graphite X Bars w/ 175 cm width	407-080	1	x		2' X 4' X 1/2" plywood mounting boards w/ non-skid surface			
N = Nationals	Extra Graphite X Bar	407-152	2	x		on both sides (non-varnish; non-logo) - 1 at bars; 1 at beam		2	x
	Elite UTB Adapters (if no floor plates); pre-filled wght	407-361/349	1	x		Block Chalk		Case	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	2	x		Green Start Flags		4	x
	FIG 8' X 12' Firm V2 20 cm	416-637	2	x		Yellow Flags		2	x
	FIG 5' X 7.5' Firm V2 20 cm (insert mat)	416-648	1	x		Wire Brush (securely attached to bars chalk tray)		1 - 2	x
	8" Skill Cushion - min. 5' X 10'	416-663	1	x		Bell (beam warning in addition to voice warning)		1	x
	Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x		Timers/Stop Watches (5 + 3 backups)		8	x
	4" Throw Mat - min. 7' X 10' OR 8' x 15.5'	416-019/020	1	x		100 ft. US Tape Measure		1	x
	Stratum Coil Board	407-228	1	x		20 meter Tape Measure		1	x
	Low Height Spotting Block	416-048	1	x		Collegiate Vault Values Chart		1	x
						Additional Panel Mats (2 bye areas)		2 - 4	x
						High Chalk Trays	407-012	2	x
Bal. Beam	Elite Reflex Adjustable Beam OR	407-440	1			Chalk Pans	417-010	N - 4	x
N = Nationals	Elite Reflex Non-adjustable Beam	407-430		x		Score Flasher - 3 digit (panel judges)	418-002	12	x
	Elite Reflex Beam Upright Leg Pad System	416-320	1 set	x		Score Flasher - 4 digit (chief judges & vault number)	418-003	5	x
	Elite Reflex Beam Leg Pad System	416-310	1 set	x		Spray Water Bottles for Bars		2-4	x
	FIG 8' X 15.5' Firm V2 20 cm	416-639	4	x					
	FIG 8' X 12' Firm V2 20 cm	416-637	1	x					
	FIG 5' X 7.5' Firm V2 20 cm - extra insert from bars	416-648	1	x					
	8" Skill Cushion - min. 5'X10'	416-663	1	x					
	Sting Mat - min. 5' X 10' OR 7' X 10'	416-083/084	1	x					
	4" Throw Mat - min. 7' X 10' OR 8' X 15.5'	416-019/020	1	x					
	Stratum Coil Board	407-228	1	x					
	Panel Mats (for warm-up area)		2	x					
	7' X 3.5' (1m X 2m) sting OR suede beam pad	416-051	N - 1	x					

LSU GYMNASTICS

NCAA REGIONALS - FOUR JUDGES



LSU GYMNASTICS

NCAA REGIONALS

COMPETITION FLOOR



Hotel Rooming List

Institution: _____ Head Coach: _____ Phone: _____

Room #1	_____	Room #2	_____
	_____		_____
	_____		_____
	_____		_____
Room #3	_____	Room #4	_____
	_____		_____
	_____		_____
	_____		_____
Room #5	_____	Room #6	_____
	_____		_____
	_____		_____
	_____		_____
Room #7	_____	Room #8	_____
	_____		_____
	_____		_____
	_____		_____
Room #9	_____	Room #10	_____
	_____		_____
	_____		_____
	_____		_____
Room #11	_____	Room #12	_____
	_____		_____
	_____		_____
	_____		_____
Room #13	_____	Room #14	_____
	_____		_____
	_____		_____
	_____		_____
Room #15	_____		

Fax completed rooming list no later than Thursday, March 25, 2004

Attention: Sherry Walker, Sales Manager
 Baton Rouge Marriott

Fax #: 225-925-1330

Best Western Richmond Suites

5668 Hilton Ave.
225/924-5500
3 miles from LSU

Chase Suites

5522 Corporate Blvd.
Baton Rouge, LA.
225/927-5630
5 miles from LSU

Courtyard by Marriott

2421 S. Acadian Thruway
225/924-6400
2.5 miles from LSU

Embassy Suites

4914 Constitution Ave.
225/924-6566
3 miles from LSU

Holiday Inn South

9940 Airline Highway
225/924-7021
6 miles from LSU

Homewood Suites

5800 Corporate Blvd.
225/922-1700
3 miles from LSU

La Quinta Motor Inn

2333 South Acadian Thruway
225/924-9600
2.5 miles from LSU

Marriott Fairfield Inn

7959 Essen Park South
Baton Rouge, A
225/766-9493
7 miles from LSU

Sheraton Baton Rouge

102 France Street
Baton Rouge, LA 70802
225/242-2600
2 miles from LSU

Radisson Hotel

4728 Constitution Ave.
225/925-2244
3 miles from LSU

BUDGET PROPERTIES**Fairfield Marriott**

7959 Essen Park Ave.
Baton Rouge, LA
225/766-9493
6 miles from LSU

Hampton Inn

4646 Constitution Ave.
225/926-9990
3 miles from LSU

Comfort Suites

3045 Valley Creek
Baton Rouge, LA
225/923-3377
5 miles from LSU

Holiday Inn Express

4924 Constitution Ave.
225/930-0600
3 miles from LSU

Sleep Inn

10332 Plaza Americana Dr.
225/926-8488
6 miles from LSU

RESTAURANTS & DINING

American Market

5251 Nicholson Drive; Ste Q
767-7531

Brew-Bachers

5251 Nicholson Dr.
766-8491

Chili's

4550 Constitution Ave.
927-0035

The Chimes

3357 Highland Road
383-1754

Chinese Inn

1710 Nicholson Dr.
383-1460

Damons

2562 Citi Place Ct.
924-7427

Drusilla Seafood Restaurant

3482 Drusilla Lane
923-0896

Fuddrucker's

5720-A Corporate Blvd.
216-3833

International House of Pancakes

3006 College Drive
218-8467

Jason's Deli

2351 Citi Place Ct.
926-7788

Lone Star Steak House

3014 S. Acadian Thruway
346-0870

Mike Anderson's Seafood

1031 West Lee Dr.
766-7823

Ninfa's

4737 Constitution Ave.
924-0377

On the Border

2552 Citi Place Ct.
924-7400

Outback Steak House

2415 S. Acadian Thruway
927-9488

Piccadilly Cafeteria

5474 Essen Lane
769-8027

Portobello's

1072 West Lee Dr.
761-5005

Ralph and Kakoos

6110 Bluebonnet Blvd.
766-2113

Semolina's

4506 James Town Ave. (off College Dr.)
924-4506

T.J. Ribs

2324 S. Acadian Thruway
383-7427

FAST FOOD NEAR CAMPUS

Arby's – Burbank

Burger King - Highland Rd.

Jack-in-the-Box - Highland Rd.

McDonald's - State St.

McDonald's – Burbank @ College

McDonald's - Nicholson

Mr. Gatti's Pizza - State St.

Subway - State St.

Subway – Burbank

Wendy's - State St.

MISCELLANEOUS INFORMATION

GROCERY STORE**(Convenient to LSU)****Winn Dixie**

5555 Burbank Rd.
Corner of Burbank and S. Lee Dr.
757-8757

PHARMACIES**Rite Aid**

3080 College Dr.
231-2370

The Medicine Shoppe

5241 Highland Road
769-2585

Winn-Dixie

5555 Burbank Rd.
Corner of Burbank and S. Lee Dr.
757-8757

Wal-Mart

3535 Perkins Rd.
343-9922

CHURCHES (Near Campus)**Campus Light Christian**

3000 Dalrymple Dr.
389-1237

Christ the King Catholic

Highland Rd. @ Dalrymple
344-8595

Chapel on the Campus

3355 Dalrymple Dr.
387-4416

St. Alban's Chapel

Dalrymple
343-2070

Trinity Episcopal

3552 Morning Glory Ave.
387-0396

CHURCHES (Con't)**University Baptist Church**

203 Leeward Drive
766-9474

University United Methodist

3350 Dalrymple Dr.
344-0343

**ENTERTAINMENT, ATTRACTIONS
& SHOPPING****The Mall of Louisiana**

6401 Bluebonnet
About 8 miles from LSU

Cortana Mall

Airline Highway and Florida Blvd.
About 10 miles from LSU

Siegen Village Cinema 10

7166 Siegen Lane
292-6195

Tinseltown USA

10955 N. Mall Drive
295-3300

United Artist CitiPlace Theatre

2610 CitiPlace Blvd
216-0056

USS KIDD and Nautical Center

305 South River Road Down Town
9:00 a.m. - 5:00 p.m. daily
Admission charge

Plantation Homes

Plantation Home tours are available.
For information call the Baton Rouge
Visitor Information Center
225-383-1825 or 800-527-6843

Catfish Town

Mississippi River at South Boulevard
344-8943
Riverboat gaming, dining, music, &
entertainment

AIRLINE SERVICE

- **Baton Rouge Airport**
15 miles from LSU Campus
American Eagle
Continental
Delta
Northwest

AUTOMOBILE RENTALS

- **Avis Rent-A-Car**
225-355-4702
- **Budget**
(Has 15 passenger vans)
225-355-0312
- **Hertz Rent-A-Car**
225-357-5222
- **National Rent-A-Car**
225-355-5651
- **Enterprise** (5 area locations)
(Has 15 passenger vans)
800-736-8222
225-929-7560 (local)

BUS TRANSPORTATION

- **Dixieland Tours**
10520 S. Choctaw Dr.
225-273-9119
- **Great American Coach**
9680 St. Choctaw
225-923-2396
- **Hotard Coaches**
10464 S. Choctaw Dr.
225-273-0080

TOWING SERVICES

- **Dealers**
6675 Airline Highway
356-0126

BUS REPAIR

- **Baton Rouge Bus Maintenance**
928-1840
- **Baton Rouge Diesel**
925-9683

- **Margot**
927-3700

- **Commercial Tire**
775-1035

- OTHER**
Pop-O-Lock
292-6736

DIRECTIONS

From the Baton Rouge Metropolitan Airport to the Baton Rouge Marriott: Leave the main terminal of the airport and turn left (south) on Veteran's Memorial Blvd. Go to the first light (about a mile or more) and turn right (to I-110 South). Stay in the right lane to merge onto I-110 South. I-110 will merge into I-10. Stay on I-10 to the College Drive Exit (#158). Exit at College Drive and stay in the left lane to turn left onto College Drive. Proceed under the overpass to the next major intersection and turn right onto Corporate Boulevard. Turn right at Trust Drive and back left on Hilton Avenue to the hotel. **Driving time: 15-20 Minutes**

From the Baton Rouge Marriott to LSU: Leave the hotel and go left on Hilton Drive to Trust Drive. Turn right onto Trust Drive and then left onto Corporate Boulevard. At College Drive, turn left and stay in the left lane. Merge onto I-10 west via the ramp to the left. Take the Dalrymple Drive exit (#156B) toward LSU. Turn right onto Dalrymple Drive. Follow Dalrymple Drive all the way into campus. Curve left around the Indian Mounds and take the next right (at the Cox Communication Academic Center for Student Athletes) onto North Stadium Drive. The Pete Maravich Assembly Center is at the bottom the hill on the right. **Driving Time: 10-15 Minutes**