



Welcome

Without Limits and the Washington University Women's Ultimate program are proud to host the 5th annual Midwest Throwdown. The tournament has grown both in size and competitiveness over the years, and this year, we are proud to fully incorporate the Open Division into the event. We hope that you join us in pushing our sport forward and creating playing and development opportunities. This tournament was built on the love and support of our friends, and our plan is to keep it that way for as long as we are privileged to run this event.

- Katie, Eileen, and Michelle

Weekend Schedule

Saturday, Mar 5 (Div I)

Captains' Meeting:

Sat 8:30 AM @ Frisbee Central

	Start Time	Soft Cap	Hard Cap
Round 1	9:00	10:30	10:50
Round 2	11:00	12:30	12:50
Round 3	1:00	2:30	2:50
Crossovers	3:00	4:15	4:35

Saturday, Mar 5 (Div II)

Captains' Meeting:

Sat 7:30 AM @ Frisbee Central

	Start Time	Soft Cap	Hard Cap
Round 1	8:00	9:15	9:35
Round 2	9:45	11:00	11:20
Round 3	11:30	12:45	1:05
Round 4	1:15	2:30	2:50
Crossovers	3:00	4:15	4:35

Saturday, Mar 5 (Open Div)

Captains' Meetings:

Sat 7:30 AM / 9:15 AM @ Frisbee Central

	Start Time	Soft Cap	Hard Cap
Round 1	8:00	9:15	9:35
Round 2	9:45	11:00	11:20
Round 3	11:30	12:45	1:05
Round 4	1:15	2:30	2:50
Round 5	3:00	4:15	4:35

Women's Division Skills Clinic (5:00-6:05)

Meet at Frisbee Central at 4:50!

OFFICIAL SPONSOR



Sunday, Mar 6 (All)

	Start Time	Soft Cap	Hard Cap
Round 1	8:30	10:00	10:20
Round 2	10:30	12:00	12:20
Round 3	12:30	2:00	2:20
Round 4	2:30	4:00	4:20

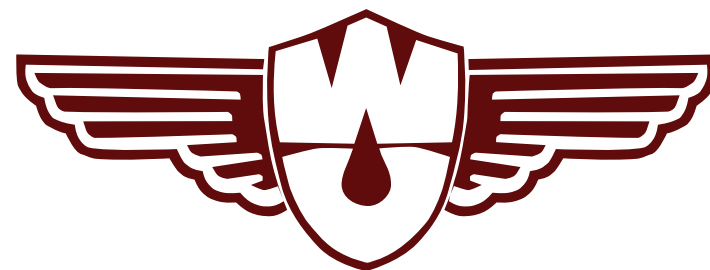


student union
your student government



Emergency Contact

Michelle Ng | (415) 215-0903



MIDWEST THROWDOWN 2012

TOURNAMENT RULES

USA Ultimate 11th Edition Rules

Women's Pools A-B- games are to 15 (point cap at 17)

Women's Pools C-J- games are to 13 (point cap at 15)

Open Pool Play- games are to 13 (point cap at 15)

All Bracket Play- games are to 15 (point cap at 17)

Horns (for Women's Pools C-J, Open Pools, Crossover Games, and Bracket Games)

Start of round: 1 horn

Soft cap: 2 horns

Hard cap: 3 horns

Timeouts

One timeout per half plus one floater

Caps do not affect timeouts.

Caps

Soft cap: Add two to the higher score after the point and play to that. No more win by 2.

Hard cap: Finish the point. If it's tied, play one more.

If not, game over.

Determining pool finishes in case of a 3-way tie

Results will be determined using:

1. Point differential among teams in the tie
2. Point differential against the rest of the pool
3. Total points scored
4. Coin flip

MIDWEST THROWDOWN 2012

INSTRUCTIONS FOR REPORTING SCORES

Please report your scores via text message. At the end of the day, check to make sure that your scores are reported at Frisbee Central. You may also report your scores via the USAU SRT. If possible, please report your halftime scores as well, so that people can follow from home.

Example

Your Team: University of California-Santa Barbara Burning Skirts

Opponent: University of Washington Element

Halftime Score: 8-4

Final Score: 15-11

TEXT:

Santa Barbara 8 - Washington 4 (H)

Santa Barbara 15 - Washington 11 (F)

Please keep in mind that we are collecting scores for 52 teams, so use team names that are clear.

TEXT SCORES TO (415) 215-0903.



QR code for reporting scores via SRT



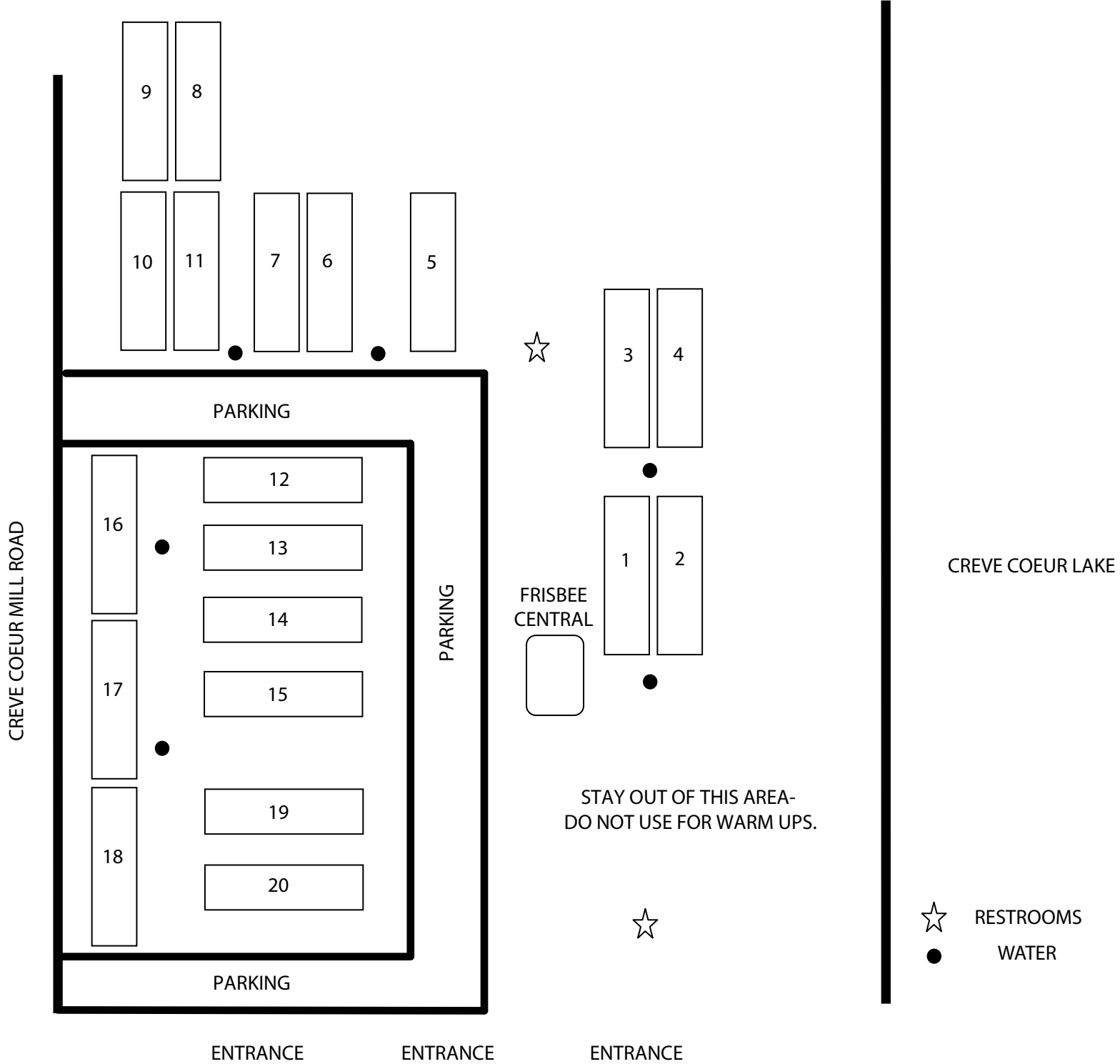
WithoutLimitsUltimate



@wlultimate

MIDWEST THROWDOWN 2012

FIELD MAP



MIDWEST THROWDOWN 2012

WOMEN'S DIVISION- SATURDAY POOL PLAY

Please report your scores via text message to (415) 215-0903.

DIVISION I

Pool A							
A1: Iowa				A2: Ohio State			
A3: Colorado				A4: Illinois			
R	F#	GAME	SCORE	R	F#	GAME	SCORE
1	1	A1-A3	-	1	2	A2-A4	-
2	1	A1-A4	-	2	2	A2-A3	-
3	1	A1-A2	-	3	2	A3-A4	-

Final Standings	
1	
2	
3	
4	

Pool B							
B1: Iowa State				B2: Central Florida			
B3: Washington University				B4: Northwestern			
R	F#	GAME	SCORE	R	F#	GAME	SCORE
1	3	B1-B3	-	1	4	B2-B4	-
2	3	B1-B4	-	2	4	B2-B3	-
3	3	B1-B2	-	3	4	B3-B4	-

Final Standings	
1	
2	
3	
4	

All Division I teams have crossover games at the end of Saturday.



QR code for reporting scores via SRT

GAMES TO 15

R	ROUND TIME
1	9:00 - 11:00
2	11:00 - 1:00
3	1:00-3:00

MIDWEST THROWDOWN 2012

Please report your scores via text message to (415) 215-0903.

WOMEN'S DIVISION- SATURDAY POOL PLAY (CONTINUED)

DIVISION II

Pool C				
C1: Minnesota C2: Luther C3: North Park				
R	F#	GAME	SCORE	BYE
1	5	C1-C3	-	C2
2	5	C2-C3	-	C1
3	5	C1-C2	-	C3

Pool D				
D1: Wisconsin-Eau Claire D2: Drake D3: Missouri State				
R	F#	GAME	SCORE	BYE
1	6	D1-D3	-	D2
2	6	D2-D3	-	D1
3	6	D1-D2	-	D3

Pool E				
E1: Colorado State E2: Grinnell E3: Drury				
R	F#	GAME	SCORE	BYE
1	7	E1-E3	-	E2
2	7	E2-E3	-	E1
3	7	E1-E2	-	E3

Pool F				
F1: Purdue F2: Valparaiso F3: Northern Iowa				
R	F#	GAME	SCORE	BYE
1	8	F1-F3	-	F2
2	8	F2-F3	-	F1
3	8	F1-F2	-	F3

Pool G				
G1: Kansas G2: Nebraska G3: Missouri S&T				
R	F#	GAME	SCORE	BYE
1	9	G1-G3	-	G2
2	9	G2-G3	-	G1
3	9	G1-G2	-	G3

Pool H				
H1: Missouri H2: Carleton College-B H3: Washington University-B				
R	F#	GAME	SCORE	BYE
1	10	H1-H3	-	H2
2	10	H2-H3	-	H1
3	10	H1-H2	-	H3

Pool I				
I1: St. Louis I2: Emory I3: Illinois-B				
R	F#	GAME	SCORE	BYE
1	11	I1-I3	-	I2
2	11	I2-I3	-	I1
3	11	I1-I2	-	I3

Pool J				
J1: SUNY-Buffalo J2: Truman State J3: Iowa-B				
R	F#	GAME	SCORE	BYE
1	12	J1-J3	-	J2
2	12	J2-J3	-	J1
3	12	J1-J2	-	J3

All Division II teams have crossover games at the end of Saturday.



QR code for reporting scores via SRT

GAMES TO 13

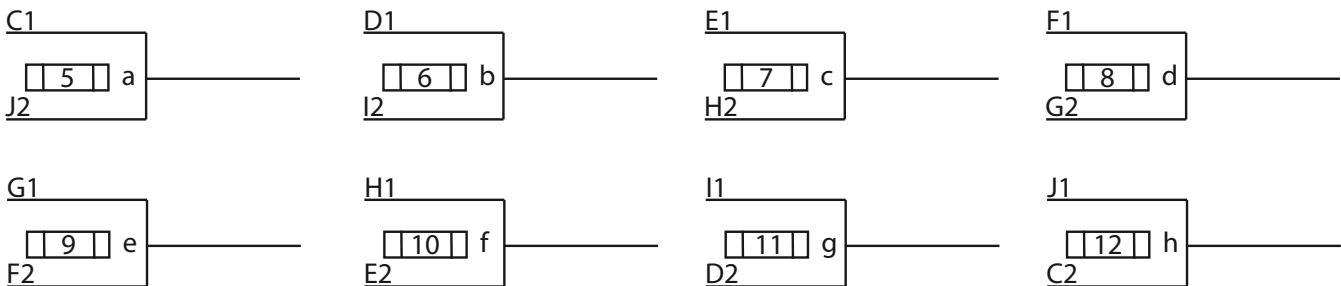
R	ROUND TIME
1	8:00 - 9:45
2	9:45 - 11:30
3	11:30 - 1:15

MIDWEST THROWDOWN 2012

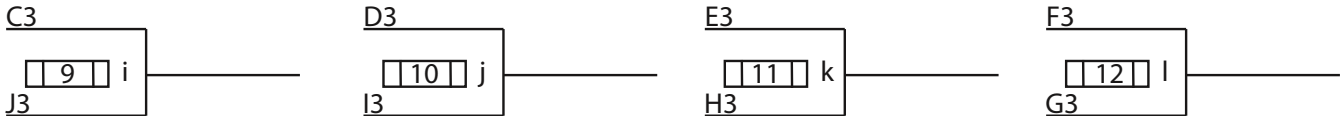
Please report your scores via text message to (415) 215-0903.

WOMEN'S DIVISION- SATURDAY CROSSOVER GAMES

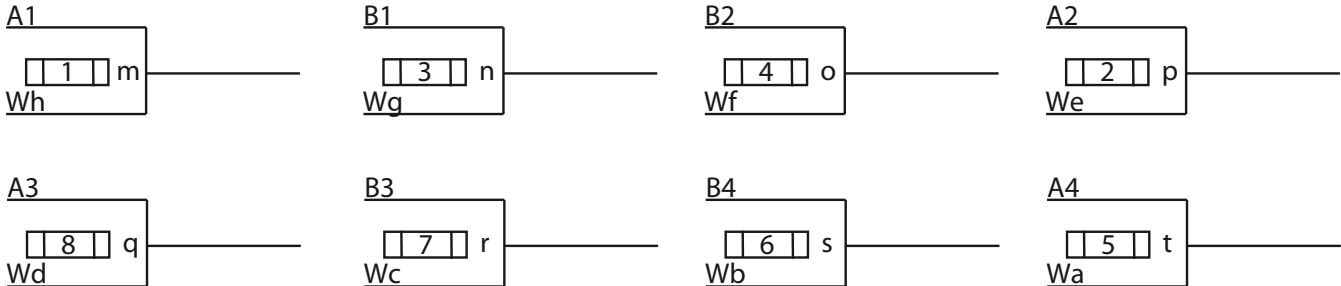
DIVISION II CROSSOVER GAMES (SAT 1:15-3:00)



DIVISION II CROSSOVER GAMES (SAT 3:00-4:45)



DIVISION I / DIVISION III CROSSOVER GAMES (SAT 3:00-4:45)



MIDWEST THROWDOWN 2012

OPEN DIVISION- SATURDAY POOL PLAY

Please report your scores via text message to (415) 215-0903.

Pool A

A1: Iowa

A2: Northern Iowa A3: Missouri S&T

A4: Hendrix A5: Luther-B

R	F#	GAME	SCORE	R	F#	GAME	SCORE	BYE
1	13	A1-A5	-	1	14	A2-A4	-	A3
2	13	A1-A3	-	2	14	A4-A5	-	A2
3	13	A2-A5	-	3	14	A3-A4	-	A1
4	13	A1-A4	-	4	14	A2-A3	-	A5
5	13	A1-A2	-	5	14	A3-A5	-	A4

Final Standings

1
2
3
4
5

Pool B

B1: Wisconsin-Whitewater

B2: Nebraska B3: Missouri State

B4: Wisconsin-B B5: Drury

R	F#	GAME	SCORE	R	F#	GAME	SCORE	BYE
1	15	B1-B5	-	1	16	B2-B4	-	B3
2	15	B1-B3	-	2	16	B4-B5	-	B2
3	15	B2-B5	-	3	16	B3-B4	-	B1
4	15	B1-B4	-	4	16	B2-B3	-	B5
5	15	B1-B2	-	5	16	B3-B5	-	B4

Final Standings

1
2
3
4
5

Pool C

C1: Iowa State

C2: St. Louis C3: Nebraska-Omaha

C4: Truman State C5: Iowa-B

R	F#	GAME	SCORE	R	F#	GAME	SCORE	BYE
1	17	C1-C5	-	1	18	C2-C4	-	C3
2	17	C1-C3	-	2	18	C4-C5	-	C2
3	17	C2-C5	-	3	18	C3-C4	-	C1
4	17	C1-C4	-	4	18	C2-C3	-	C5
5	17	C1-C2	-	5	18	C3-C5	-	C4

Final Standings

1
2
3
4
5

Pool D

D1: Wisconsin-Steven's Point

D2: Washington University D3: North Park

D4: Grinnell D5: Iowa State-B

R	F#	GAME	SCORE	R	F#	GAME	SCORE	BYE
1	19	D1-D5	-	1	20	D2-D4	-	D3
2	19	D1-D3	-	2	20	D4-D5	-	D2
3	19	D2-D5	-	3	20	D3-D4	-	D1
4	19	D1-D4	-	4	20	D2-D3	-	D5
5	19	D1-D2	-	5	20	D3-D5	-	D4

Final Standings

1
2
3
4
5



QR code for reporting scores via SRT

R ROUND TIME

1	8:00-9:45
2	9:45-11:30
3	11:30-1:15
4	1:15-3:00
5	3:00-4:45

GAMES TO 13

MIDWEST THROWDOWN 2012

WOMEN'S DIVISION- SKILLS CLINIC

PRE-REGISTRATION REQUIRED!

1. 24/7 - HOW TO GET OPEN
ROSS WELCH / WHITNEY FOSE

2. ONE-ON-ONE: GAINING THE EDGE ON DEFENSE
NAOMI WARREN / AMANDA GOOD

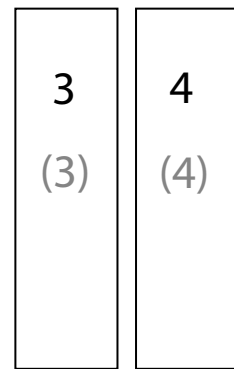
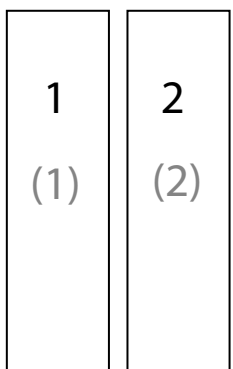
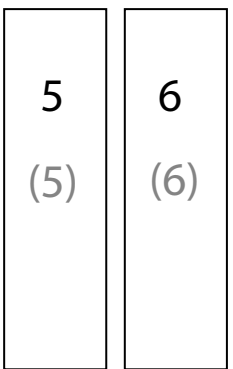
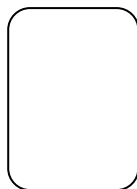
3. HUCKING
ROBYN FENNIG / SARAH HOISTAD

4. BREAKING THE MARK
SAM HUO / ASHLEY SCHERMERHORN

5. SPEED TRAINING: BEYOND THE TRACK
MELISSA GIBBS / LINDSEY GAPSTUR

6. DRILLS FOR DEFENSIVE SKILLS
STEVE MEYER

FRISBEE
CENTRAL



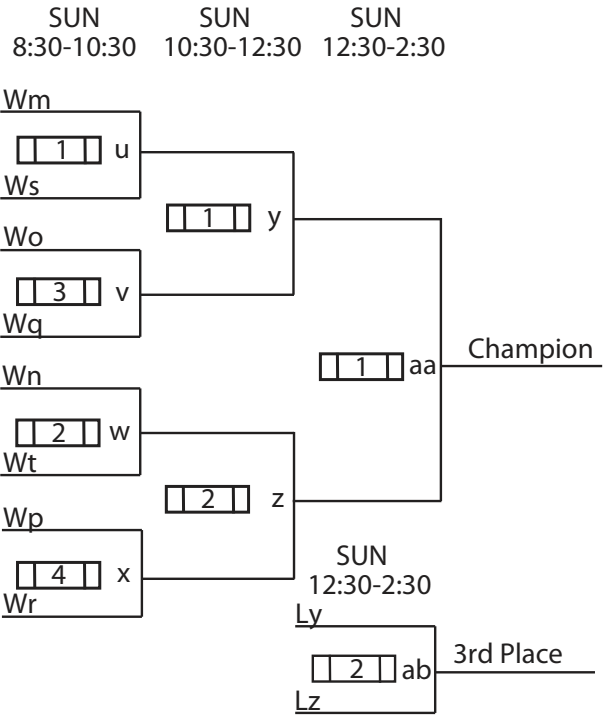
CREVE COEUR
LAKE

MIDWEST THROWDOWN 2012

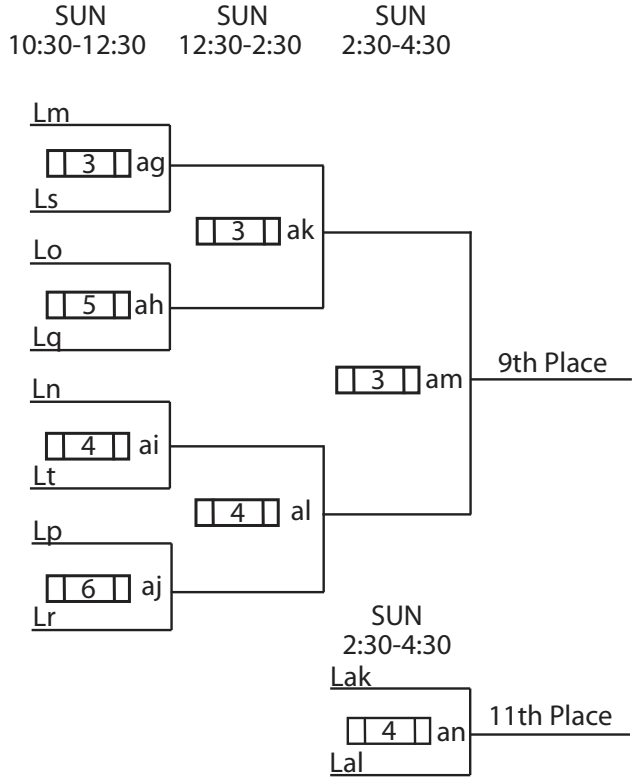
Please report your scores via text message to (415) 215-0903.

WOMEN'S DIVISION- SUNDAY BRACKET PLAY

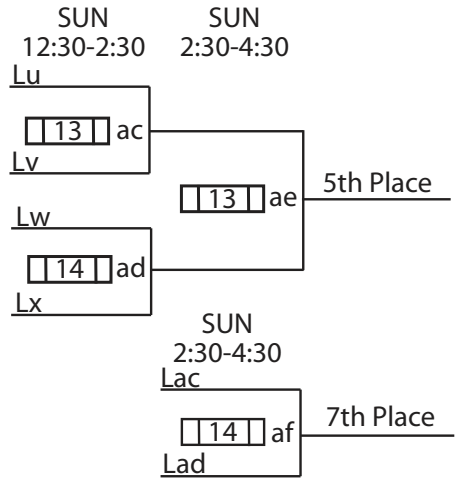
CHAMPIONSHIP BRACKET



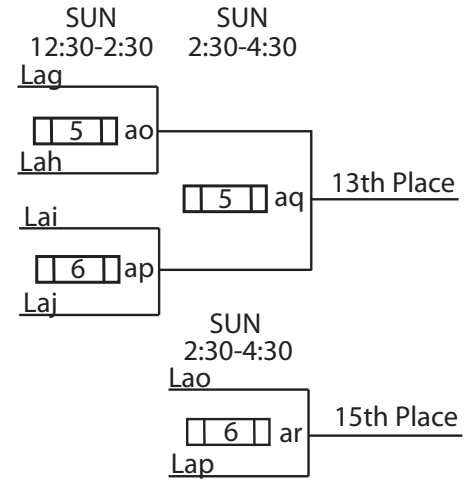
9TH PLACE BRACKET



5TH PLACE BRACKET



13TH PLACE BRACKET



GAMES TO 15

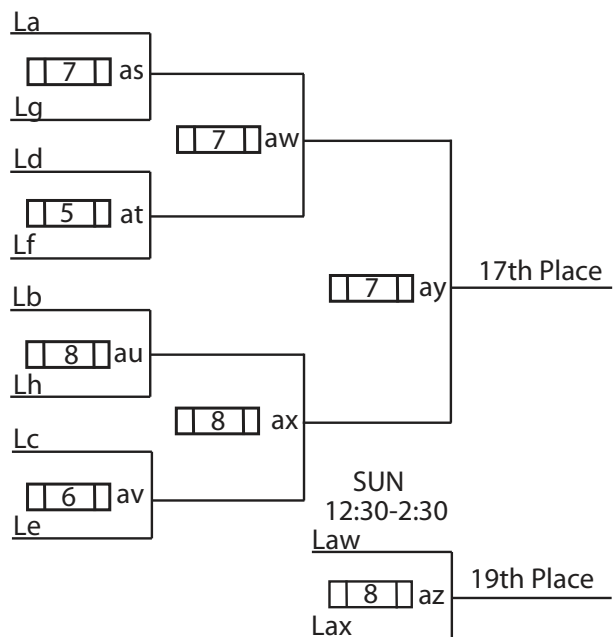
MIDWEST THROWDOWN 2012

Please report your scores via text message to (415) 215-0903.

WOMEN'S DIVISION- SUNDAY BRACKET PLAY (CONTINUED)

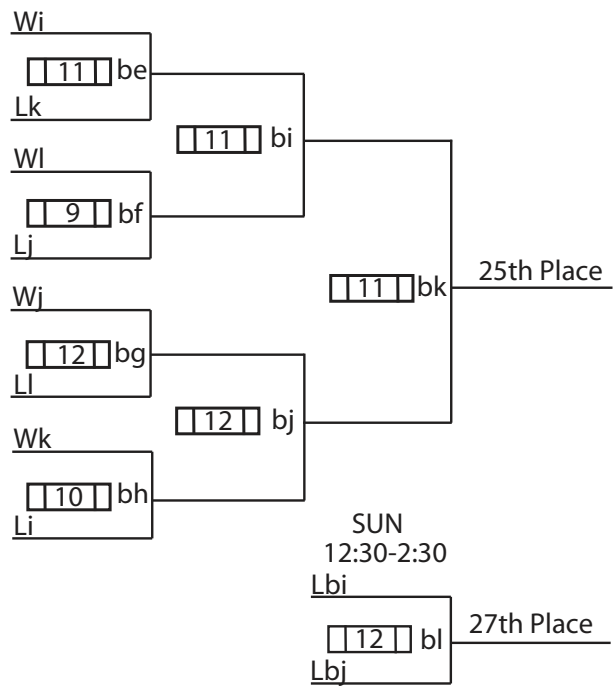
17TH PLACE BRACKET

SUN 8:30-10:30 SUN 10:30-12:30 SUN 12:30-2:30



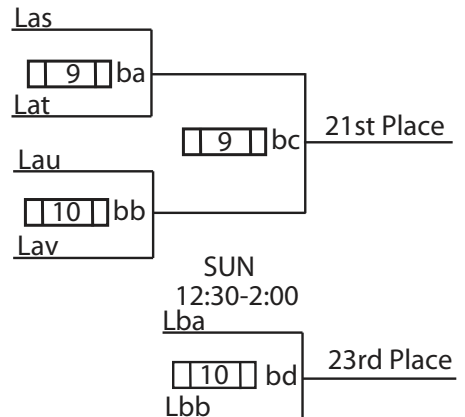
25TH PLACE BRACKET

SUN 8:30-10:30 SUN 10:30-12:30 SUN 12:30-2:30



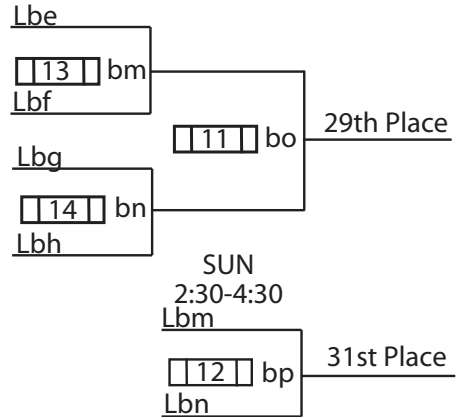
21ST PLACE BRACKET

SUN 10:30-12:30 SUN 12:30-2:30



29TH PLACE BRACKET

SUN 10:30-12:30 SUN 2:30-4:30

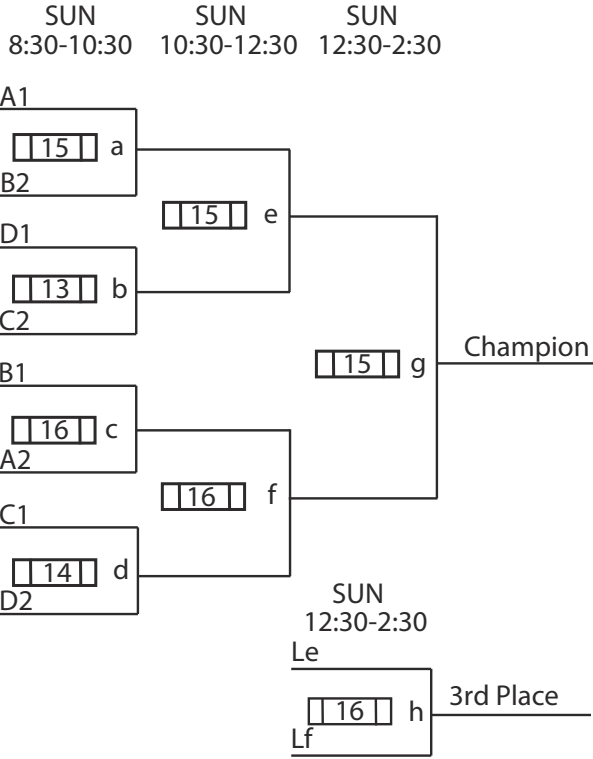


MIDWEST THROWDOWN 2012

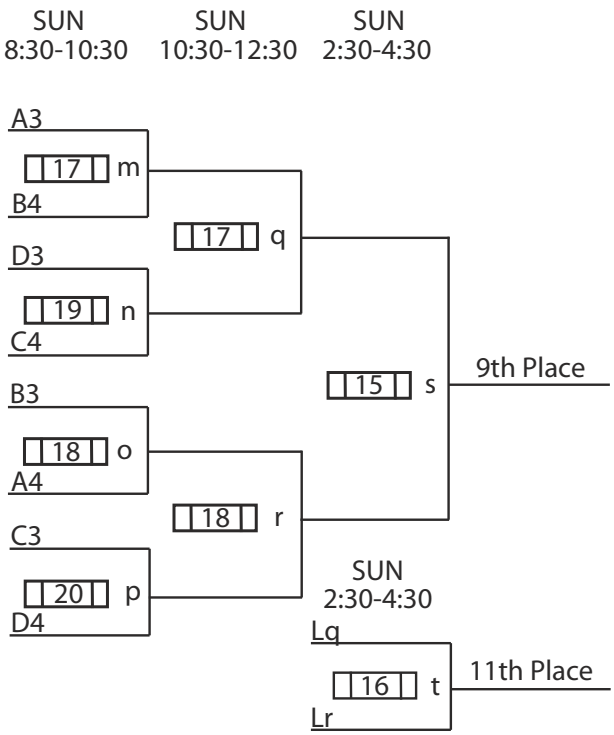
OPEN DIVISION- SUNDAY BRACKET PLAY

Please report your scores via text message to (415) 215-0903.

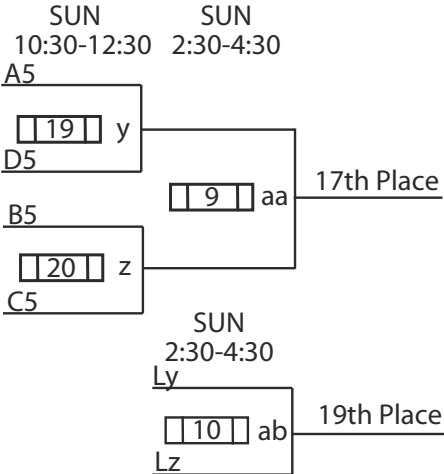
CHAMPIONSHIP BRACKET



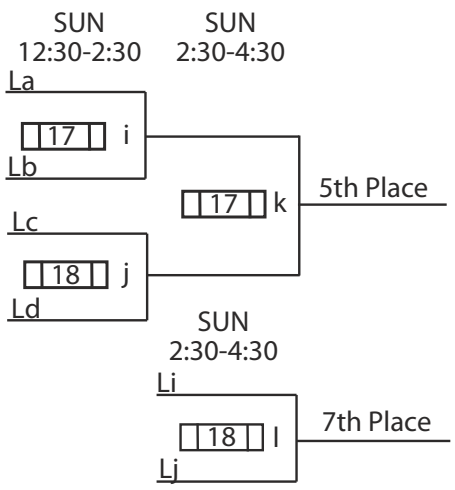
9TH PLACE BRACKET



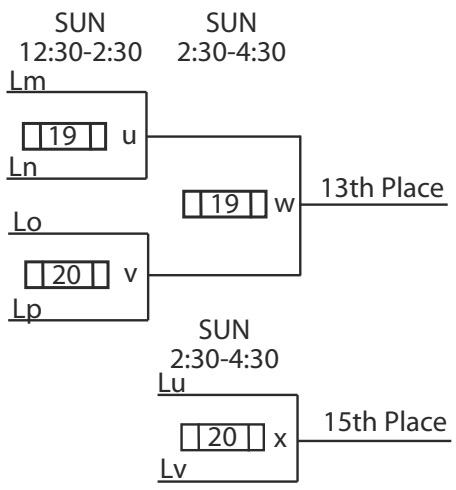
17TH PLACE BRACKET



5TH PLACE BRACKET



13TH PLACE BRACKET



GAMES TO 15

MIDWEST THROWDOWN 2012

MAPS

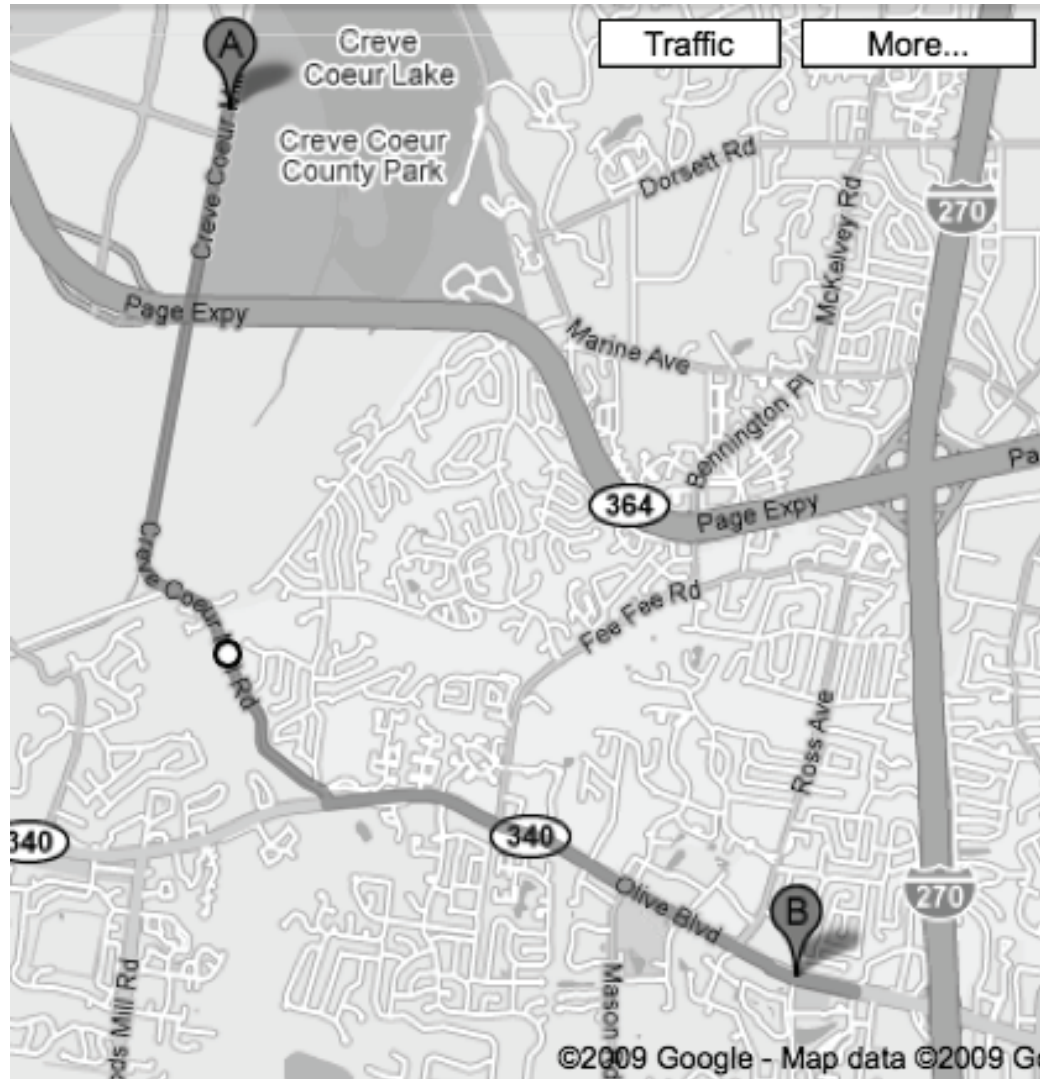
HOSPITAL

Barnes-Jewish West County Hospital

12634 Olive Blvd

St. Louis, MO 63141

(314) 996-8000



DIRECTIONS FROM FIELDS:

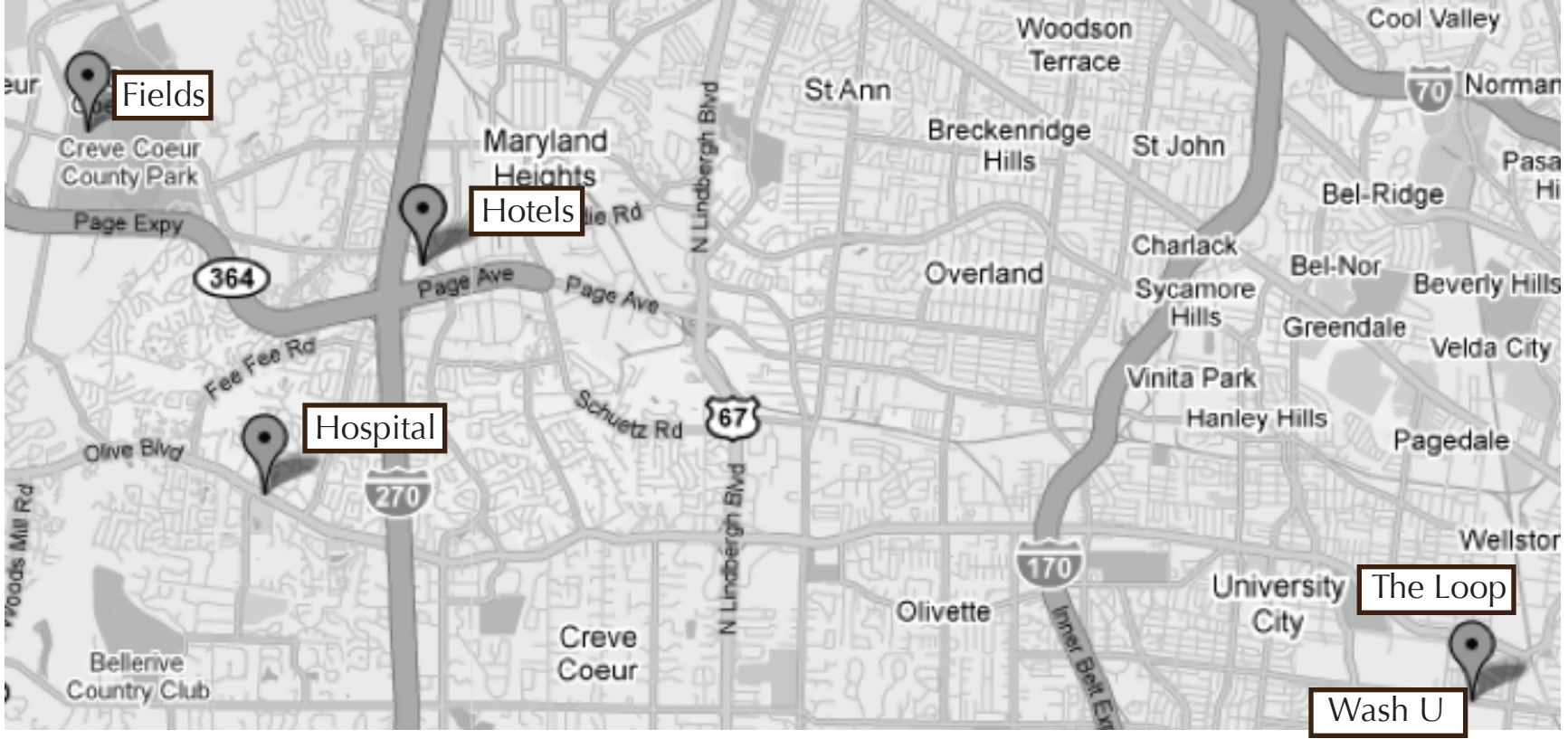
1. Head south on Creve Coeur Mill Rd toward River Valley Dr. (2.8 Miles)
2. Turn left at MO-340 W/Olive Blvd. Hospital will be on the right. (1.2 Miles)

Emergency Contact

Michelle Ng | (415) 215-0903

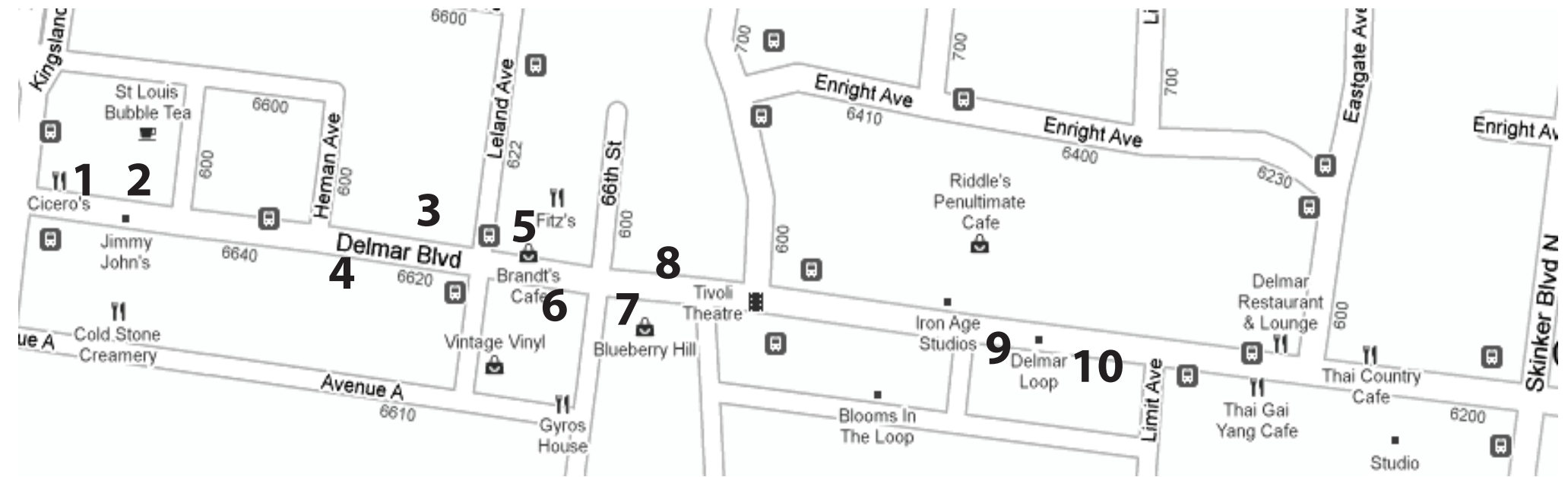
MIDWEST THROWDOWN 2012 MAPS (CONTINUED)

AREA OVERVIEW



MIDWEST THROWDOWN 2012 MAPS (CONTINUED)

THE LOOP



1. Cicero's – American, Bar
(314) 862-0009

2. Jimmy John's
(314) 862-6565

3. Starbucks
(314) 862-2664

4. Panera
(314) 721-7995

5. Fitz's – American
(314) 726-9555

6. Smoothie King
(314) 862-9700

7. Blueberry Hill – American, Bar
(314) 727-444

8. Fro-yo
(314) 862-1717

9. Chipotle
(314) 678-3200

10. Noodles and Company
(314) 721-1819

MIDWEST THROWDOWN 2012

SPONSORS

We would like to thank all of our sponsors for supporting Washington University Women's Ultimate and Midwest Throwdown. This event would not be possible without our generous partners.

OFFICIAL SPONSOR



MEXICAN GRILL

WITHOUT LIMITS



Women's Ultimate. Community. Competition. Empowerment. Without Limits.

Website: <http://www.withoutlimitsultimate.com>

Email: contactus@withoutlimitsultimate.com

Facebook: <http://www.facebook.com/WithoutLimitsUltimate>

Twitter: <http://www.twitter.com/wlultimate>

Spring 2012 Tournaments and Clinics

January 21-22: Midwest Captaining 101 Clinic (Grinnell, IA)

January 28: Houston Anti Freeze Skills Clinic (Houston, TX)

February 4-5: QCTU Qualifier + HS / College Skills Clinic (Chapel Hill, NC)

February 11: Cupid's Booty Hunt Skills Clinic (Tampa, FL)

February 11-12: Queen City Tune-Up (Charlotte, NC)

March 3-4: Midwest Throwdown + College Skills Clinic (St. Louis, MO)

March 10-11: Music City Mash-Up + HS / College Skills Clinic (Nashville, TN)

March 17-18: Virginia is for Layouts + Roundup Division + College Skills Clinic (Axton, VA)

March 24-25: Women's College Centex + Mixer + Women's Leadership Forum + Guest Coaching Program (Austin, TX)

April 2-3: Keystone Classic + HS / College Skills Clinic (Manheim, PA)

We will also be at Mardi Gras and Amherst Invite with VC Ultimate, and we are working with TUC to hopefully bring a clinic to Toronto in April! We are also in the early planning stages for 2-3 events this summer / fall. Stay tuned for more info!

Liability Waiver

Office of Student Activities ♦ getinvolved.wustl.edu



Statement of Personal Responsibility & Release Regarding Participation in Washington University in St. Louis Student Event
(for students aged 18 or older only)

I wish to participate Midwest Throwdown ("Event")
on 3/3/12-3/4/12 (date) in Creve Coeur Park (St. Louis, MO) (location), organized
by Washington University Women's Ultimate Frisbee (Sponsoring Group). I understand that I am not required to participate
in this Student Event, but am voluntarily doing so, despite the potential dangers and risks (as described in more detail below) and despite this
Release.

I understand and appreciate the dangers, hazards, and risks inherent to the Student Event, including but not limited to
_____ transportation to, from, and around
the Student Event area; natural disasters; inclement weather; riots; terrorist activities or attacks; accidents; illnesses; crimes; and any risks
associated with independent activities I undertake as an adjunct to the Student Event, all of which could include serious or even fatal injuries
or property damage or loss. I further understand that the University, including the individuals acting on its behalf, cannot and does not as-
sume responsibility for such events or personal injuries or property damage arising there from even if such injury or damage is a result of the
negligence of the University or other parties released.

Knowing the dangers, hazards and risks of the Student Event, and in consideration of being permitted to participate in it, on behalf of myself, my
family, heirs, and personal representative(s), I agree to assume all the risks and responsibilities surrounding my participation in the Student
Event and, in advance, release, waive, forever discharge, and covenant not to sue the University, its governing board, officers, agents, em-
ployees, students, and volunteers (collectively, the "Releasees") from and against any and all liability for any harm, damage, claim, demand,
action, cause of action, cost or expense of any nature that I may have or that may hereafter accrue to me, arising out of or related to any loss,
damage or injury, including but not limited to physical injury, suffering or death, that may be sustained by me or by any property belonging to
me, whether caused by the negligence or carelessness of the Releasees with regard to the Student Event. It is my express intent that this
Release shall be deemed a release, waiver, discharge and covenant not to sue the Releasees. I further agree to save and hold harmless,
indemnify, and defend Releasees from any claim by me or my family arising out of my participation in the Student Event.

I understand that I am expected to behave in a manner consistent with the Washington University Judicial Code, the Washington University Drug
and Alcohol Policy, and all other applicable University policies. I understand that the use or possession of any illegal drugs, including mari-
juana, can have very grave consequences, including arrest and imprisonment. I know that I am subject to local law and agree to obey all
laws and ordinances of jurisdictions where I may be during my participation in the Student Event.

I am aware of my own personal medical needs and state that there are no health-related reasons or problems that preclude or restrict my ability to
participate safely in the Student Event. I assume all risk and responsibility for my medical needs, and understand and agree that if I must be
hospitalized or otherwise receive medical care; the University cannot and does not assume legal responsibility for payment of such costs. I
hereby grant permission to the Releasees to authorize emergency medical treatment for me, and understand and agree that neither the Uni-
versity nor any of the other Releasees assume any responsibility for any injury or damage that may arise out of or in connection with such
authorization.

I warrant that I am at least eighteen (18) years of age and fully competent to sign this Release; that I understand the terms contained herein are
contractual and not a mere recital; that I have read this Release with full knowledge of its significance; and that I have signed this Release as
my own free act.

I agree that this Release shall be construed in accordance with the laws of the State of Missouri. If any term provision of this Release shall be
held unenforceable, illegal, or in conflict with any governing law, the validity of the remaining portions shall not otherwise be affected.

**THIS IS A RELEASE OF LEGAL RIGHTS.
READ IT AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING.**

ACCEPTED AND AGREED:

(Signature)

(Date)

(Printed Name)

