

Welcome

Without Limits and the Washington University Women's Ultimate program are proud to host the 7th annual Midwest Throwdown. The tournament has grown both in size and competitiveness over the years, and we appreciate all of your support in helping us develop this event. This tournament was built on the love and support of our friends, and our plan is to keep it that way as long as we are privileged to run this event. We look forward to hosting you in St. Louis this weekend. Play hard, play fair, and have fun!

- Michelle, Maya, and Alli

Weekend Schedule

No Captains' Meeting- ALL TEAMS MUST CHECK IN AT FRISBEE CENTRAL

Saturday, March 1

Women's Pool A, D-G; Open Pool D Games
Games to 15 (Point Cap at 17)
Soft Cap: 100 minutes
Hard Cap: 115 minutes

Women's Pool B-C Games
Games to 11 (Point Cap at 13)
Soft Cap: 70 minutes
Hard Cap: 85 minutes

Open Pool A-C Games
Games to 13 (Point Cap at 15)
Soft Cap: 85 minutes
Hard Cap: 100 minutes

Women's Division Skills Clinic (5:00-6:05)
Meet at Frisbee Central at 4:45!

Sunday, March 2

All Bracket Play Games
Games to 13 (Point Cap at 15)
Soft Cap: 85 minutes
Hard Cap: 100 minutes



Emergency Contacts

Need water? Reporting a score? Text or call!

Michelle Ng
(415) 215-0903



vcultimate.com



MIDWEST THROWDOWN 2014

TOURNAMENT RULES

USA Ultimate 11th Edition Rules

No horns due to different start, soft cap, and hard cap times.

Please consult with opposing team's captains and/or coaches before the game to confirm times.

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 2014

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 the entire tournament, so use team names that are clear.

TEXT SCORES TO (415) 215-0903.



Women's



Open

QR codes for reporting scores via SRT

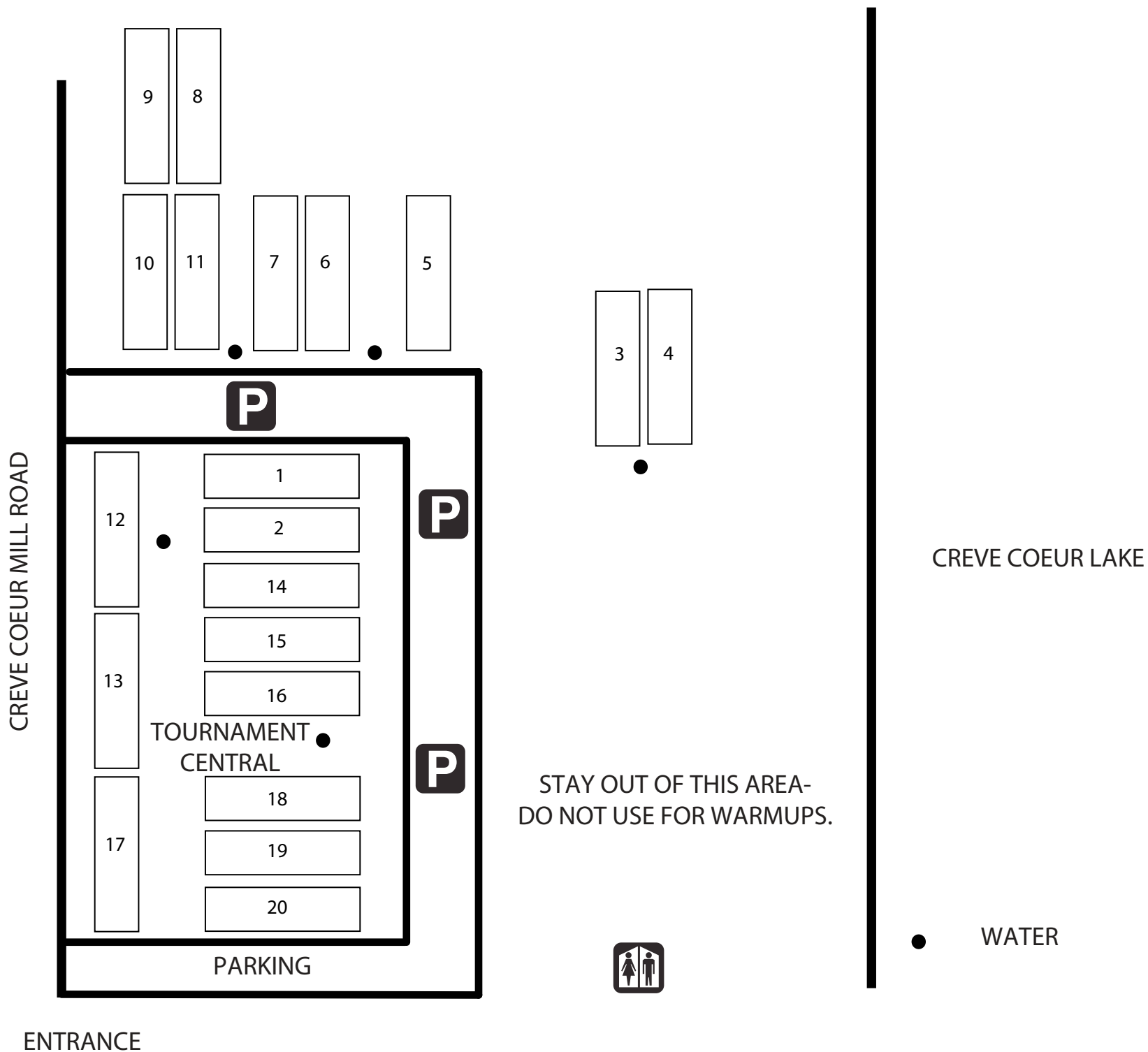


WithoutLimitsUltimate



@wlultimate

MIDWEST THROWDOWN 2014 FIELD MAP



MIDWEST THROWDOWN 2014

WOMEN'S DIVISION- SATURDAY POOL PLAY

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

DIVISION I

Pool A						
(0-0) A1 Michigan						
(0-0) A2 Northwestern						
(0-0) A3 Iowa State						
(0-0) A4 Colorado State						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	1	A1A3	---	2	A2A4	---
11:00am	1	A1A4	---	2	A2A3	---
1:00pm	1	A1A2	---	2	A3A4	---

Pool B						
(0-0) B1 Kansas						
(0-0) B2 Iowa						
(0-0) B3 Minnesota						
(0-0) B4 Colorado College						
(0-0) B5 Washington University						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	3	B1B5	---	4	B2B4	---
10:30am	3	B1B3	---	4	B4B5	---
12:00pm	3	B2B5	---	4	B3B4	---
1:30pm	3	B1B4	---	4	B2B3	---
3:00pm	3	B1B2	---	4	B3B5	---



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POOL A: GAMES TO 15 (POINT CAP AT 17)

POOL B: GAMES TO 11 (POINT CAP AT 13)

MIDWEST THROWDOWN 2014

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

WOMEN'S DIVISION- SATURDAY POOL PLAY (CONTINUED)

DIVISION II

Pool C						
(0-0) C1 Northern Iowa						
(0-0) C2 Marquette						
(0-0) C3 Missouri						
(0-0) C4 Northwestern-B						
(0-0) C5 Washington University-B						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	5	C1C5	---	6	C2C4	---
10:30am	5	C1C3	---	6	C4C5	---
12:00pm	5	C2C5	---	6	C3C4	---
1:30pm	5	C1C4	---	6	C2C3	---
3:00pm	5	C1C2	---	6	C3C5	---

Pool D						
(0-0) D1 Valparaiso						
(0-0) D2 Michigan-B						
(0-0) D3 Drake						
(0-0) D4 Missouri S&T						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	7	D1D3	---	8	D2D4	---
11:00am	7	D1D4	---	8	D2D3	---
1:00pm	7	D1D2	---	8	D3D4	---

Pool E						
(0-0) E1 Claremont						
(0-0) E2 Wisconsin-Stevens Point						
(0-0) E3 Harding						
(0-0) E4 Minnesota-B						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	9	E1E3	---	10	E2E4	---
11:00am	9	E1E2	---	10	E3E4	---
3:00pm	1	E1E4	---	2	E2E3	---

Pool F						
(0-0) F1 Wisconsin-Milwaukee						
(0-0) F2 Northern Michigan						
(0-0) F3 Dayton						
(0-0) F4 Bradley						
Sat	Fld	Game	Score	Fld	Game	Score
9:00am	11	F1F3	---	12	F2F4	---
1:00pm	9	F1F4	---	10	F2F3	---
3:00pm	9	F1F2	---	10	F3F4	---

Pool G						
(0-0) G1 Truman State						
(0-0) G2 Nebraska						
(0-0) G3 Kansas State						
(0-0) G4 Mississippi						
Sat	Fld	Game	Score	Fld	Game	Score
11:00am	11	G1G3	---	12	G2G4	---
1:00pm	11	G1G4	---	12	G2G3	---
3:00pm	11	G1G2	---	12	G3G4	---

POOL C: GAMES TO 11 (POINT CAP AT 13)
 POOL D-G: GAMES TO 15 (POINT CAP AT 17)



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MIDWEST THROWDOWN 2014

OPEN DIVISION- SATURDAY POOL PLAY

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

Pool A						
(0-0) A1 Nebraska						
(0-0) A2 Mississippi						
(0-0) A3 Northern Michigan						
(0-0) A4 Bethel						
(0-0) A5 DePaul						
Sat	Fld	Game	Score	Fld	Game	Score
8:00am	13	A1A5	---	14	A2A4	---
9:45am	13	A1A3	---	14	A4A5	---
11:30am	13	A2A5	---	14	A3A4	---
1:15pm	13	A1A4	---	14	A2A3	---
3:00pm	13	A1A2	---	14	A3A5	---

Pool B						
(0-0) B1 Harding						
(0-0) B2 Wisconsin-B						
(0-0) B3 Drake						
(0-0) B4 Illinois-B						
(0-0) B5 Washington University-B						
Sat	Fld	Game	Score	Fld	Game	Score
8:00am	15	B1B5	---	16	B2B4	---
9:45am	15	B1B3	---	16	B4B5	---
11:30am	15	B2B5	---	16	B3B4	---
1:15pm	15	B1B4	---	16	B2B3	---
3:00pm	15	B1B2	---	16	B3B5	---

Pool C						
(0-0) C1 Truman State						
(0-0) C2 Missouri S & T						
(0-0) C3 Western Illinois						
(0-0) C4 Luther-B						
(0-0) C5 Iowa-B						
Sat	Fld	Game	Score	Fld	Game	Score
8:00am	17	C1C5	---	18	C2C4	---
9:45am	17	C1C3	---	18	C4C5	---
11:30am	17	C2C5	---	18	C3C4	---
1:15pm	17	C1C4	---	18	C2C3	---
3:00pm	17	C1C2	---	18	C3C5	---

Pool D						
(0-0) D1 Marquette						
(0-0) D2 Wisconsin-Milwaukee-B						
(0-0) D3 Missouri-B						
(0-0) D4 Bradley						
Sat	Fld	Game	Score	Fld	Game	Score
9:30am	19	D1D3	---	20	D2D4	---
11:30am	19	D1D4	---	20	D2D3	---
1:30pm	19	D1D2	---	20	D3D4	---



POOLS A-C: GAMES TO 13 (POINT CAP AT 15)
 POOL D: GAMES TO 15 (POINT CAP AT 17)

QR code for reporting scores via SRT

MIDWEST THROWDOWN 2014

WOMEN'S DIVISION- SKILLS CLINIC

SAT 5:00-6:05 (MEET AT FRISBEE CENTRAL AT 4:45)
PRE-REGISTRATION REQUIRED!

A. SKILLS AND DRILLS

NAOMI WARREN, MEERI CHANG, ROSS WELCH

B. PERSON DEFENSE

MELISSA GIBBS, KATE LYONS

C. BREAKING THE MARK

CAROL LI, LIEN HOFFMAN

D. HUCKING

CAMI NELSON, LISI LOHRE

E. CUTTING

KAMI GROOM, ABBY STEPHENS

A	1
---	---

B	2
---	---

C	14
---	----

D	15
---	----

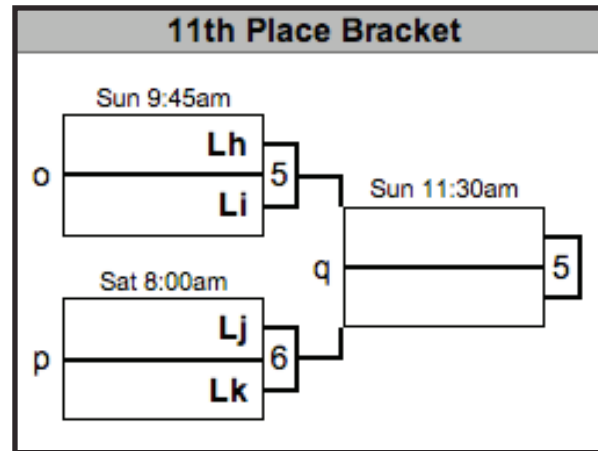
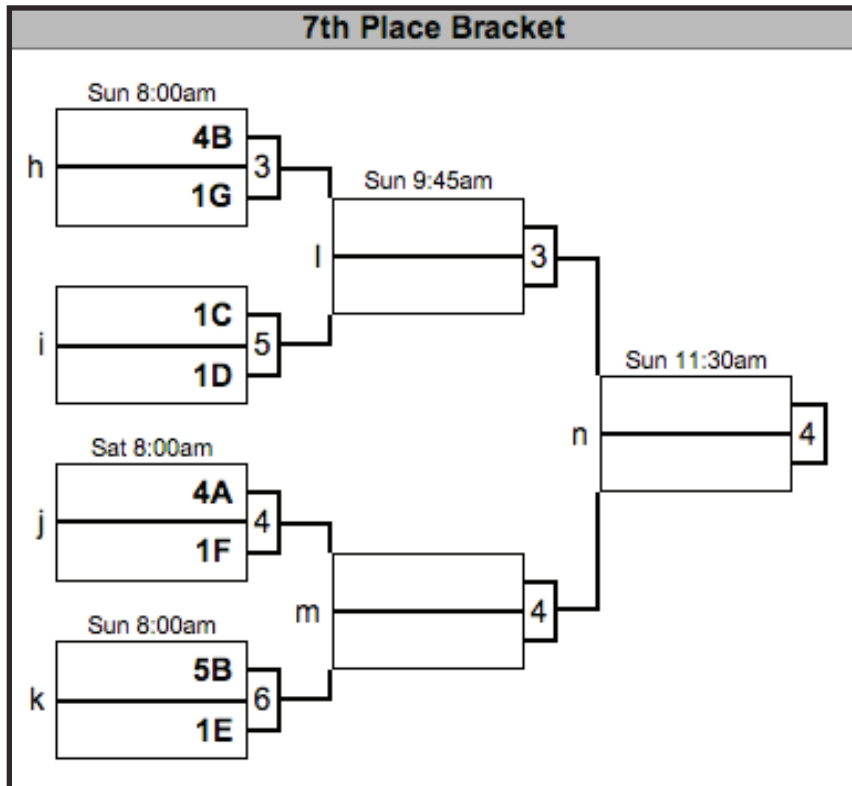
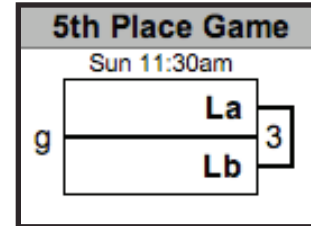
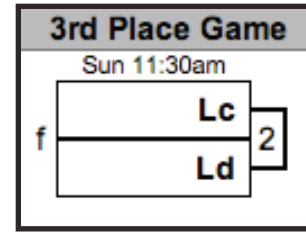
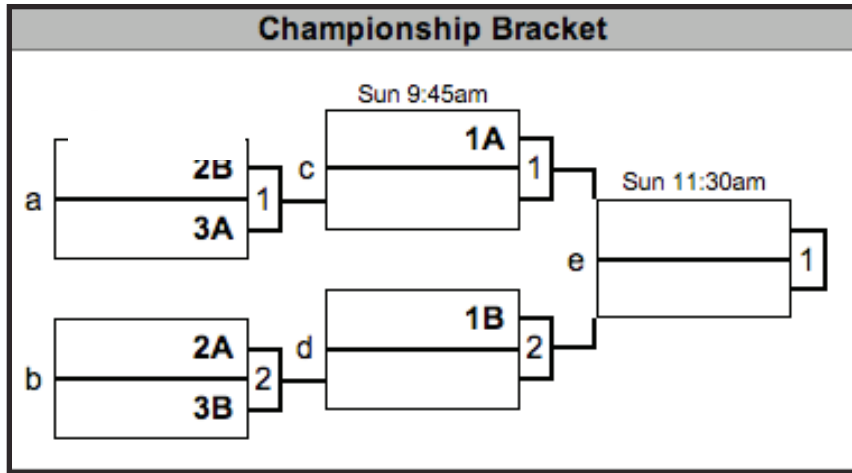
E	16
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TOURNAMENT ●
CENTRAL

MIDWEST THROWDOWN 2014

WOMEN'S DIVISION- SUNDAY BRACKET PLAY

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



GAMES TO 13 (POINT CAP AT 15)

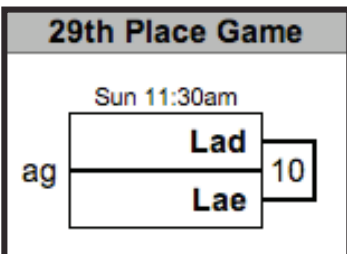
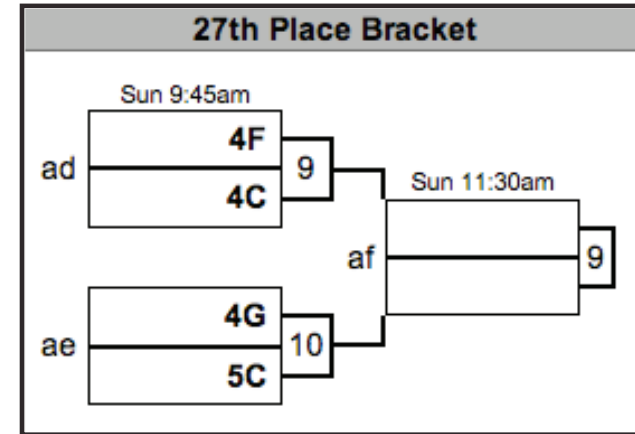
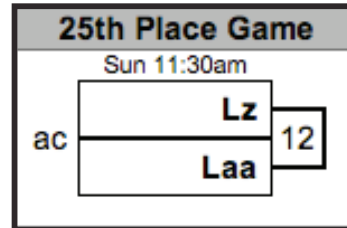
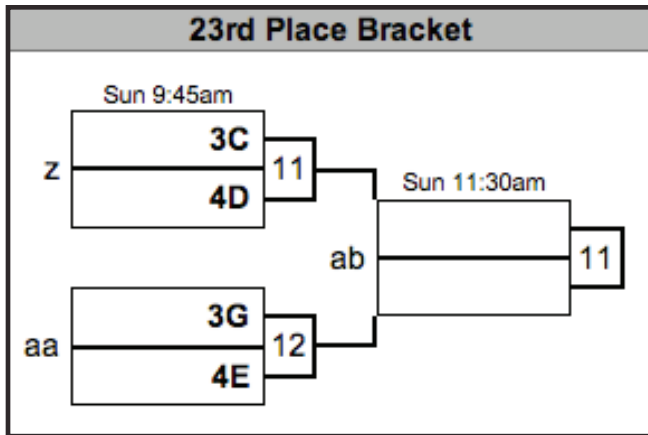
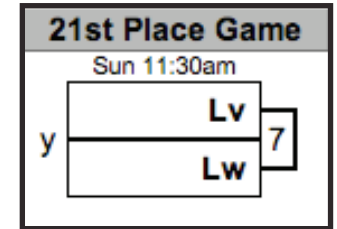
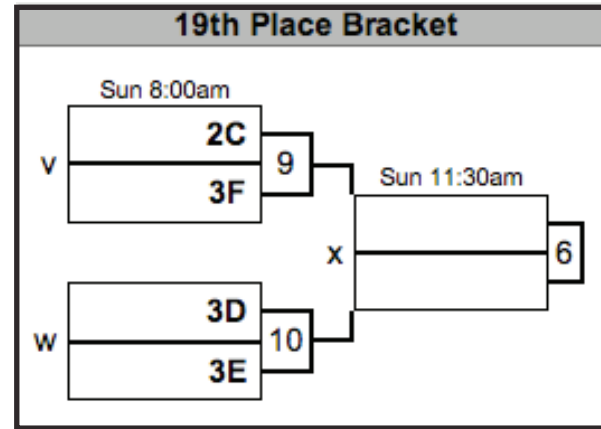
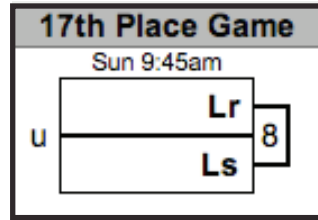
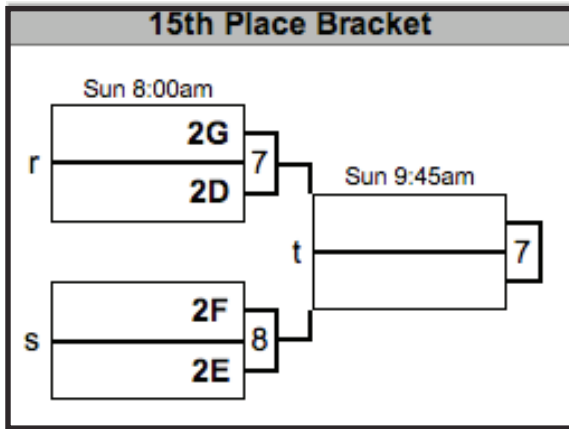


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Please report your scores via text message to (415) 215-0903.

WOMEN'S DIVISION- SUNDAY BRACKET PLAY (CONTINUED)



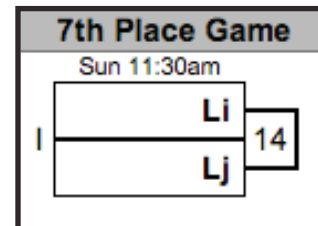
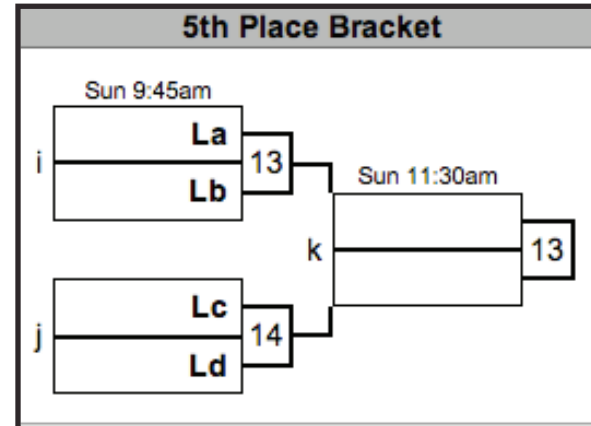
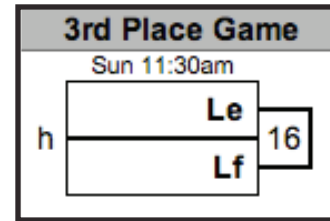
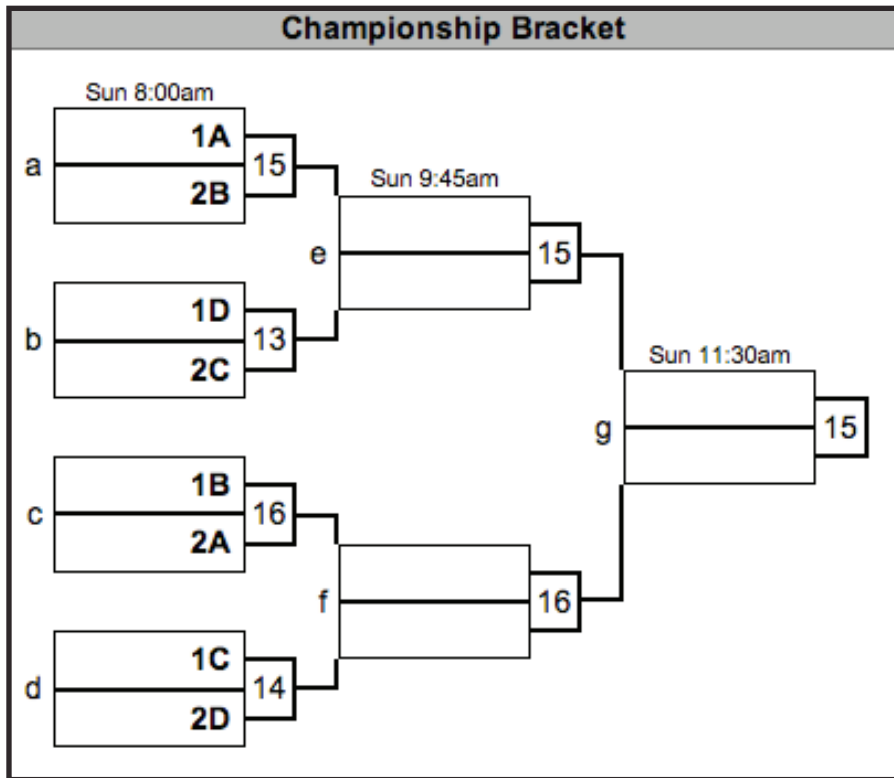
QR code for reporting scores via SRT

GAMES TO 13 (POINT CAP AT 15)

MIDWEST THROWDOWN 2014

OPEN DIVISION- SUNDAY BRACKET PLAY

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



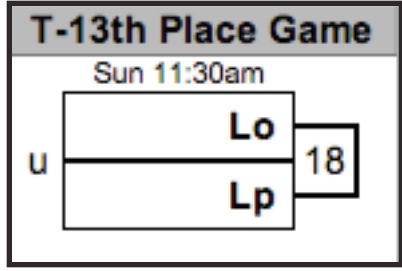
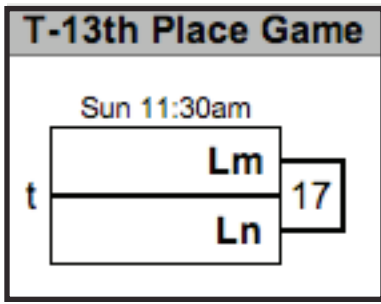
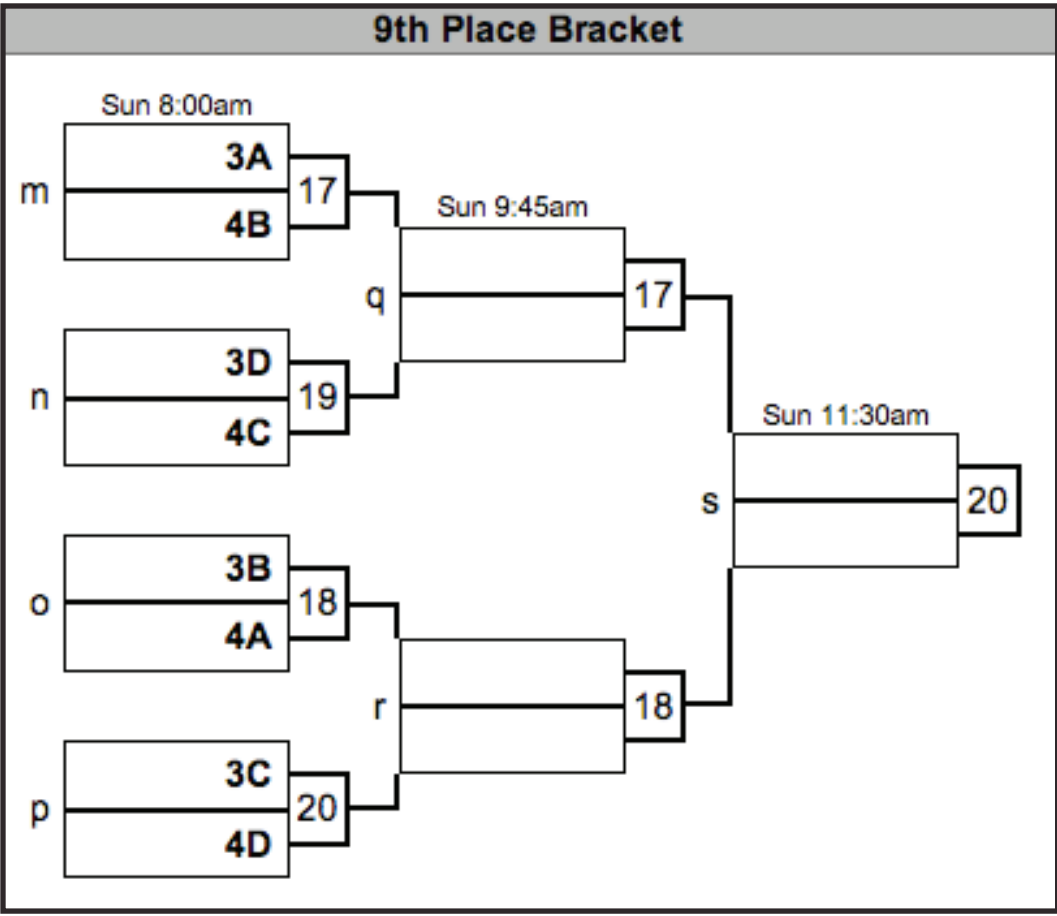
QR code for reporting scores via SRT

GAMES TO 13 (POINT CAP AT 15)

MIDWEST THROWDOWN 2014

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

OPEN DIVISION- SUNDAY BRACKET PLAY (CONTINUED)



Pool E

(0-0) E1 A5
 (0-0) E2 B5
 (0-0) E3 C5

Sun	Fld	Game	Score
8:00am	12	E1E3	---
9:45am	19	E2E3	---
11:30am	19	E1E2	---

GAMES TO 13 (POINT CAP AT 15)



QR code for reporting scores via SRT

MIDWEST THROWDOWN 2014

MAPS

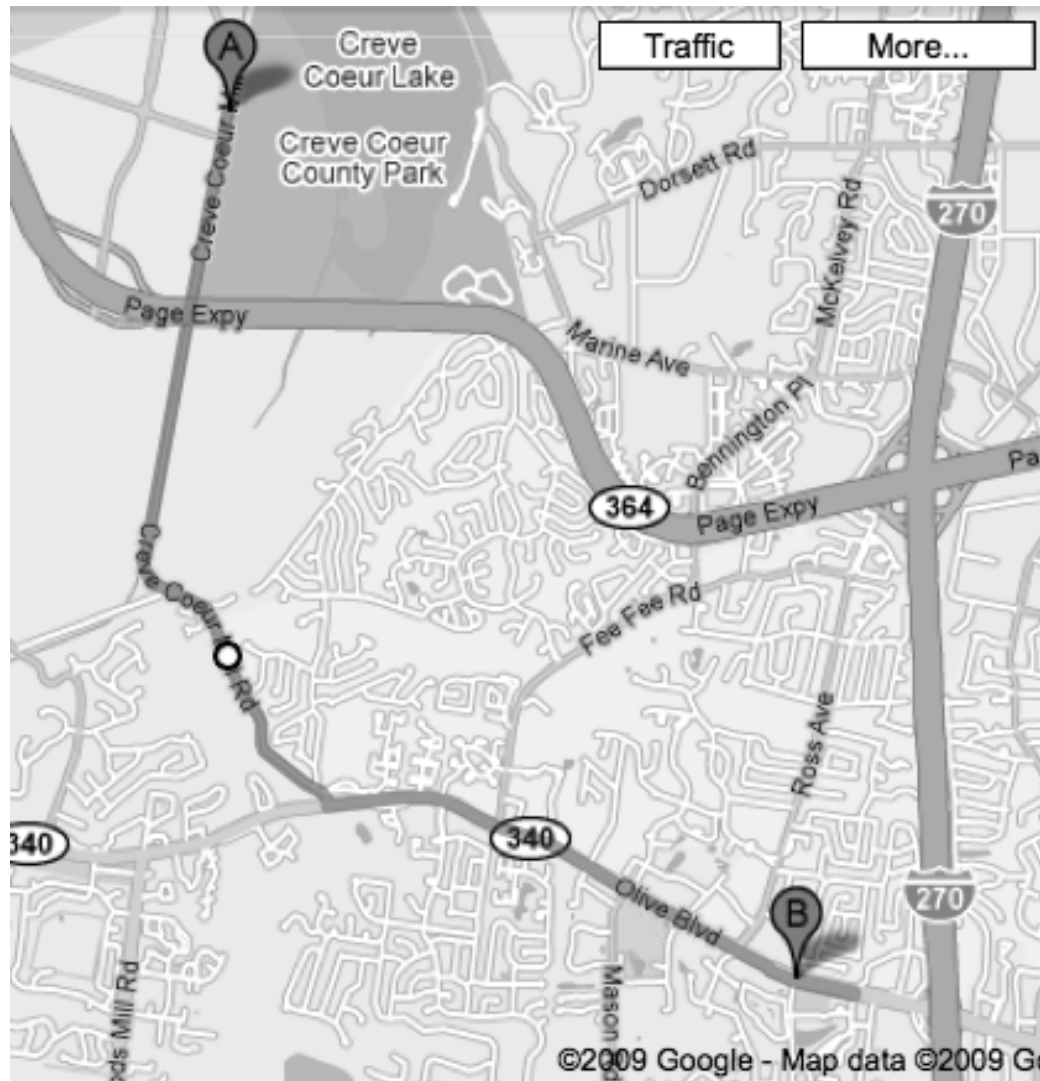
HOSPITAL

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 Road toward River Valley Drive (2.8 Miles).
2. Turn left at MO-340 W/Olive Boulevard (1.2 Miles). Destination will be on the right.

Emergency Contact

Michelle Ng | (415) 215-0903

MIDWEST THROWDOWN 2014

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.



vcultimate.com

Special Without Limits Team Deals from VC Ultimate!

VC is proud to be Without Limits partner, and we want to make sure that teams supporting Without Limits events get the best offers out there on VC uniforms. Teams always receive a 10% discount on any package or product with VC just for attending a Without Limits event, but VC is offering some sweet deals on in-stock gear to get your team decked out in just 2 weeks.

All VC gear listed is in-stock and ready to get printed up in our in-house print shop, and shipped out to you... on us!
Yes, FREE shipping for all team orders on in-stock gear placed before March 1st for teams attending Without Limits events this season.

25% off VC Gear base prices!

VC Jerseys – \$18 (Available in white, black and charcoal)

VC Bro Tanks – \$15 (Available in white, black and charcoal)

VC Shorts: \$16.50 (Available in white, black, charcoal and our new GREY colour – a nice new alternative to Ice and Charcoal)



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>

2014 Tournaments and Clinics

Jan 18-20: Florida Winter Classic + College Leadership and Skills Clinic (Gainesville, FL)

Feb 15-16: Commonwealth Cup (Martinsville, VA)

Mar 1-2: Midwest Throwdown + College Skills Clinic (St. Louis, MO)

Mar 8-9: Music City Mash-Up + HS / College Skills Clinic (Nashville, TN)

Mar 15-16: Virginia is for Layouts + Roundup Division + College Skills Clinic (Martinsville, VA)

Mar 22-23: Women's College Centex + Mixer (Austin, TX)

Mar 29-30: I-85 Rodeo (Efland, NC)

Summer TBD: Heavyweights (Rockford, IL)

Fall TBD: Virginia Fusion (Martinsville, VA)



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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 3/1/14-3/2/14 (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)

