

Without Limits & Washington University  
Women's Ultimate present:



## Weekend Schedule

No captains' meeting. Check in at  
Tournament Central.

### ALL GAMES

Games to 13 (Point Cap at 15)  
Soft Cap: 65 minutes  
Hard Cap: 80 minutes

## Tournament Rules

USA 11th Edition Rules

### HORNS

We will not be blowing cap horns. Please make sure to  
communicate with the other team's captains to avoid confusion.

### 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.

### THREE-WAY TIES

In the event of a three-way tie in pool play, tiebreakers will be  
determined according to the USAU Formats Manual.

## Score Reporting

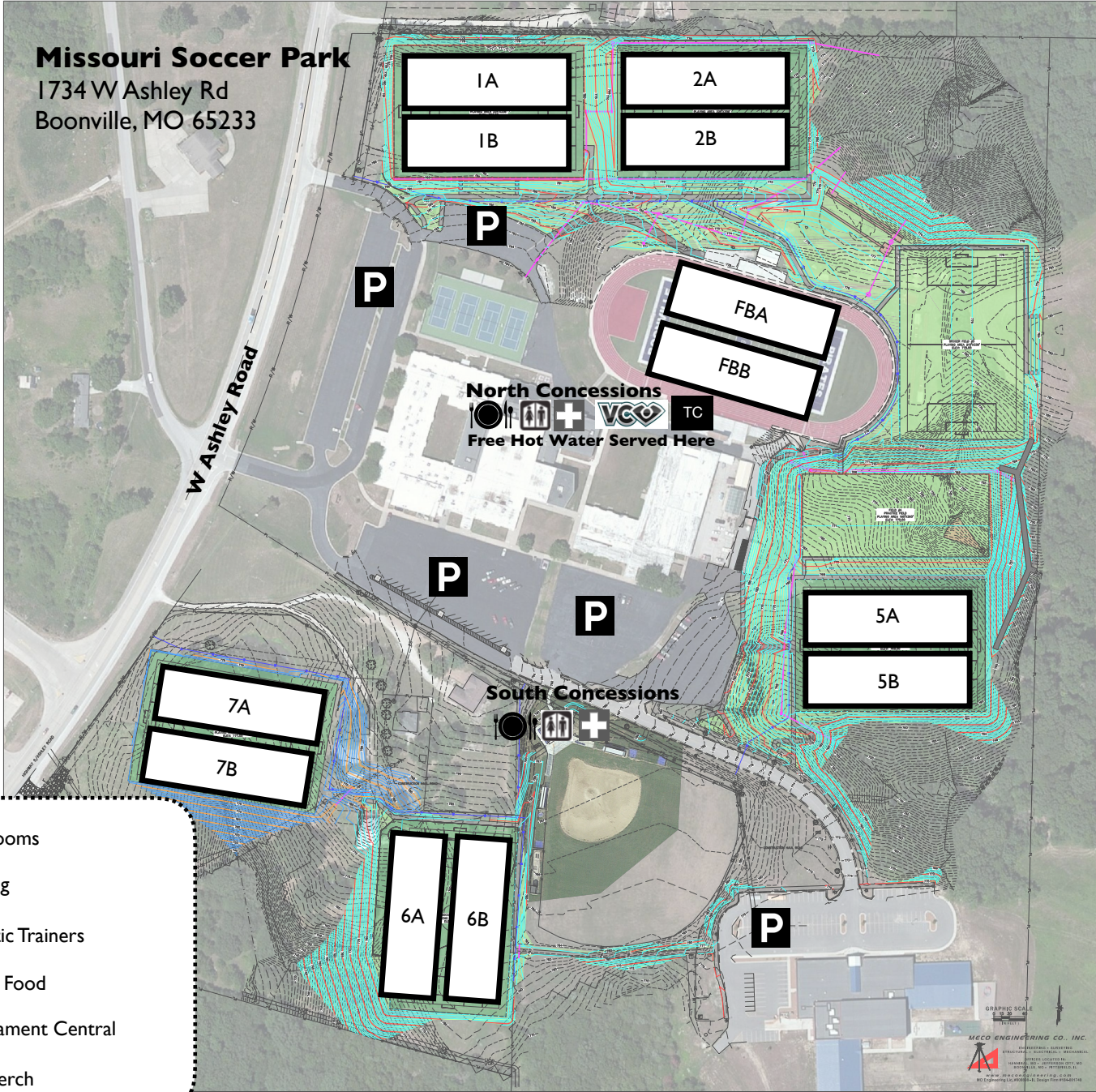
After each game, text your score to 984-244-0274.  
Your team: UCSB Burning Skirts  
Your opponent: Washington Element  
Final score: 15-11  
TEXT: UCSB 15-Washington 11

## Emergency Contact

Need water? Reporting a score? Text or call us!  
984-244-0274

# MIDWEST THROWDOWN FIELD MAP

**Missouri Soccer Park**  
1734 W Ashley Rd  
Boonville, MO 65233



Text scores to 984-244-0274 after each round.

# MIDWEST THROWDOWN GAME SCHEDULE



Scan me for the game schedule or go to  
<https://play.usultimate.org/events/Midwest-Throwdown-2019/>

Text scores to 984-244-0274 after each round.

# MIDWEST THROWDOWN RESOURCES

Spots close to the fields:

Pilot Travel Center and Wendy's  
1701 W Ashley Rd, Boonville, MO 65233

Arby's  
2421 Mid-America Industrial Dr, Boonville, MO 65233

Love's Travel Stop  
2501 W Ashley Rd, Boonville, MO 65233

Russell Stover Chocolates  
2425 Mid-America Industrial Dr, Boonville, MO 65233

## Know the Symptoms of Frostbite and Hypothermia

**SPOT**

### FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.

**Signs & Symptoms**

- Redness or pain in any skin area may be the first sign of frostbite.

**Other signs include:**

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

### HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

**Signs & Symptoms**

**Adults:**

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

**Infants:**

- bright red, cold skin
- very low energy

**If a person's temperature is below 95° get medical attention immediately.**

Text scores to 984-244-0274 after each round.



# MIDWEST THROWDOWN MAP TO HOSPITAL

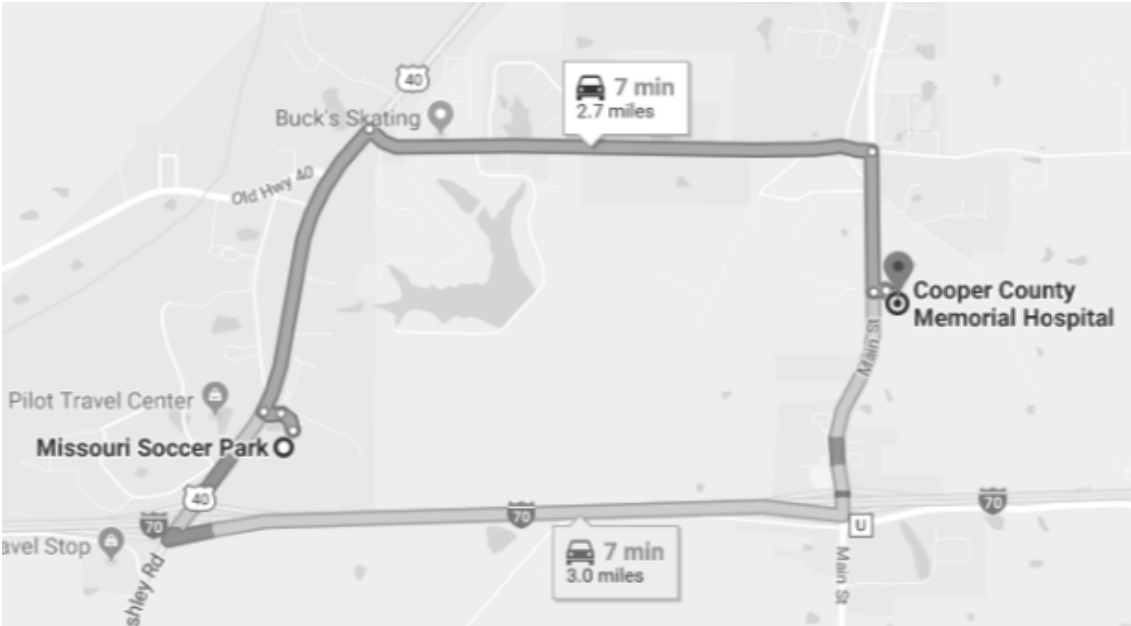
## HOSPITAL

Cooper County Memorial Hospital  
17651 Highway B  
Boonville, MO 65233  
(660) 882-7461

## Missouri Soccer Park

1734 W Ashley Rd, Boonville, MO 65233

- ↑ 1. Head north on Hogg Cir toward Hodges Ln  
299 ft
- ↙ 2. Slight left onto Hodges Ln  
276 ft
- ↘ 3. Turn right onto W Ashley Rd  
0.8 mi
- ↘ 4. Turn right onto Logans Lake Rd  
1.4 mi
- ↘ 5. Turn right onto Main St  
0.4 mi
- ↙ 6. Turn left  
174 ft
- ↘ 7. Turn right  
236 ft  
i Destination will be on the left



**Emergency Contact**  
In case of medical emergency, call 911.  
984-244-0274 or 954-254-1723

Text scores to 984-244-0274 after each round.

# MIDWEST THROWDOWN 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.



COLUMBIA, MO  
WHAT YOU UNEXPECT