

**2008 National Collegiate Women's Gymnastics  
Regional Competition**



**April 12 ~ 7 p.m.**

**Hosted by:  
The University of Florida  
at the  
Stephen C. O'Connell Center  
PARTICIPANT MANUAL**

As of 4/4/08 - noon

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## CHAMPIONSHIP ADMINISTRATIVE TEAM

|   |   |
|---|---|
| DIRECTOR OF ATHLETICS<br>(352) 375-4683, ex. 6000 (Patty Foster)  | Jeremy Foley  |
| SENIOR ASSOCIATE ATHLETICS DIRECTOR,<br>SENIOR WOMEN'S ADMINISTRATOR<br>(352) 375-4683, ex. 6050 (Rosie Hall)   | Lynda Tealer  |
| ASSOCIATE ATHLETICS DIRECTOR,<br>CHAMPIONSHIPS LIAISON<br>(352) 375-4683, ex. 6035<br>Cell: (352) 316-4327  | Mike Spiegler   |
| MEET DIRECTOR<br>(352) 375-4683, ex. 6039<br>Cell: (352) 317-1926 <a href="mailto:bryanf@gators.uaa.ufl.edu">bryanf@gators.uaa.ufl.edu</a>  | Bryan Flood   |
| FLORIDA GYMNASTICS HEAD COACH<br>(352) 375-4683, ex. 5500 (Lee Turner)<br>Cell: (352) 317-0997 <a href="mailto:rhondaf@gators.uaa.ufl.edu">rhondaf@gators.uaa.ufl.edu</a>   | Rhonda Faehn  |
| FACILITIES OPERATIONS, O'CONNELL CENTER<br>(352) 392-5511 <a href="mailto:cynkar@ufl.edu">cynkar@ufl.edu</a>  | Jeremy Cynkar   |
| SPORTS INFORMATION / MEDIA<br>(352) 375-4683 ex. 6110<br>Cell: (352) 317-5855 <a href="mailto:maryh@gators.uaa.ufl.edu">maryh@gators.uaa.ufl.edu</a>  | Mary Howard   |
| ASSISTANT DIRECTOR, MARKETING<br>(352) 375-4683, ex. 6607<br><a href="mailto:meghanf@gators.uaa.ufl.edu">meghanf@gators.uaa.ufl.edu</a>   | Meghan Fitzgerald   |
| HEAD TRAINER / PHYSICIAN CONTACT<br>(352) 375-4683, ex. 5107<br>Cell: (352) 262-4041 <a href="mailto:stacey@gators.uaa.ufl.edu">stacey@gators.uaa.ufl.edu</a>   | Stacey Higgins  |
| TICKET OFFICE<br>(352) 375-4683, ex. 6815 <a href="mailto:phyllism@gators.uaa.ufl.edu">phyllism@gators.uaa.ufl.edu</a>  | Phyllis McNeill   |
| CONCESSIONS<br>(352) 375-4683, ex. 6566   | Charlie Maloney   |
| GYMNASTICS PROGRAM ASSISTANT<br>(352) 375-4683, ex. 5500<br>Cell: (352) 682-3027 <a href="mailto:leet@gators.uaa.ufl.edu">leet@gators.uaa.ufl.edu</a>   | Lee Turner  |
| Chair, NCAA Women's Gymnastics Committee:<br>(706) 542-7848 <a href="mailto:cpurks@sports.uga.edu">cpurks@sports.uga.edu</a>  | Christie Purks<br>Assoc. Director of Events Mgmt<br>University of Georgia   |
| NCAA Staff Liaisons:<br>(317) 917-6494<br>Cell: (317) 966-6442<br>Fax: (317) 917-6237 <a href="mailto:dkeller@ncaa.org">dkeller@ncaa.org</a><br><br>NCAA Media Coordinator:<br>(317) 917-6547<br>Fax: (317) 917-6268 <a href="mailto:jcannon@ncaa.org">jcannon@ncaa.org</a> | D'Ann Keller (Primary Liaison)<br>Assoc. Director of<br>Championships<br>NCAA, Indianapolis, IN<br><br>Laurie Cannon (Secondary<br>Liaison)<br>Asst. Director of Media<br>Coordination for<br>Championships<br>NCAA, Indianapolis, IN |

## SCHEDULE OF EVENTS

### FRIDAY, APRIL 11

|              |  |   |
|--------------|--|---|
| 9:00-10:30am | Championship Organizational Meeting                      | Room 1220, O'Connell Center   |
| 10:30am      | Equipment Check and Meet Procedures Meeting              | Main Arena Floor, O'Connell Center  |
| 1:00-6:00pm  | Student-Athlete/Coaches Hospitality<br>Media Hospitality | Gate 3, Level 1, O'Connell Center<br>Martial Arts Room, Gate 4, Level 1, SCOC |
| 2:00-3:40 pm | Practice Session I                                       | Main Arena Floor, O'Connell Center  |
| 4:00-5:40 pm | Practice Session II                                      | Main Arena Floor, O'Connell Center  |
| 8:00-11:00pm | Coaches' Hospitality                                     | Cabot Lodge Conference Room   |

### SATURDAY, APRIL 12

|                             |  |   |
|-----------------------------|--|---|
| 9:00 a.m.                   | Coaches' Meeting   | Cabot Lodge Conference Room   |
| 10:00 a.m.                  | Coaches' Sounding Board                                  | Cabot Lodge Conference Room   |
| 3:00-10:00pm<br>3:00-8:00pm | Student-Athlete/Coaches Hospitality<br>Media Hospitality | Gate 3, Level 1, O'Connell Center<br>Martial Arts Room, Gate 4, Level 1, SCOC |
| 4:30 p.m.                   | Informal Coaches' Meeting                                | Main Arena Floor, O'Connell Center  |
| 5:30 p.m.                   | Judges' Meeting  | Room 1202, O'Connell Center   |
| 4:45-6:40 p.m.              | Warm-Up  | Main Arena Floor, O'Connell Center  |
| 6:00 p.m.                   | Scoring Meeting  | Main Arena Floor, O'Connell Center  |
| 7:00 p.m.                   | Competition  | Main Arena Floor, O'Connell Center  |
| Post Competition            | Press Conference   | Martial Arts Room, Gate 4, Level 1, SCOC                                      |

## QUALIFICATION DEADLINES

|                        |  |
|------------------------|--|
| <b>March 10</b>        | <b>Deadline—regional qualifying score sheets to regional advisory chair</b>  |
| March 17               | Regionals participant manuals posted on NCAA Web site  |
| March 21               | National participant manual posted on NCAA Web site  |
| <b>March 29</b>        | <b>Deadline for scores used for qualifying purposes</b>  |
| <b>March 30 (noon)</b> | <b>Deadline for institutions to report scores from meets conducted March 10-29</b>   |
| March 31 (Monday)      | 10 a.m. (ET) conference call for regional selections and announcement by 5pm   |
| <b>April 2 (noon)</b>  | <b>Deadline—regional-entry form to respective meet director and D'Ann Keller*</b> See website: <a href="http://www1.ncaa.org/membership/champadmin/gymnastics/index.html">www1.ncaa.org/membership/champadmin/gymnastics/index.html</a><br><b>Deadline for qualifying institutions to decline invitation in writing to NCAA national office (<a href="mailto:dkeller@ncaa.org">dkeller@ncaa.org</a>)</b> |
| April 2                | 1:30 p.m. (ET) Conference call with regional meet directors  |
| April 12               | Regionals  |
| April 14 (Monday)      | 10 a.m. (ET) conference call to confirm national championships competitors   |
|                        | <b>National championship selections announced by noon</b>  |
| <b>April 16 (noon)</b> | <b>Deadline—national-entry form to tournament director and Ms. Keller. Deadline for qualifying institutions to decline invitation in writing to NCAA national office (<a href="mailto:dkeller@ncaa.org">dkeller@ncaa.org</a>)</b>  |
| April 24-26            | National Collegiate Gymnastics Championships at the U. of Georgia  |

\* Changes to the 15 athletes on the entry form must be made in writing to Florida's Meet Director no later than the institution's departure from campus.

## CHEERLEADERS/MASCOTS/BANDS/BANNERS

Band members, not to exceed 25, who are in uniform and performing at the championship will not be charged admission to the competition. The host institution must designate seating off the competitive floor. Mascots may not be on the competitive floor at any time. Bands or any component thereof may play only during the 15 minutes before the competition when the floor is cleared, the three-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 three-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 THREE-MINUTE TOUCHES.

Signs or banners promoting the participating teams are permissible under the following circumstances: (1) They are hand-held and do not obstruct the view of other spectators; (2) the games committee approves them in regard to appearance and content; (3) they include no commercial identification; and (4) they are not affixed to the venue.

Participating institutions must notify the host institution whether or not it will bring a pep band and/or cheerleaders no later than April 8, 2008.

## COACHES' MEETINGS

### COACHES/ADMINISTRATORS MEETING / COACHES' SOUNDING BOARD

A MANDATORY coaches/administrators meeting will be held on Saturday, April 12, at 9:00am in the Conference Room at the Cabot Lodge. At this meeting the coaches will review the format of the meet, opening ceremonies, meet procedures, etc. The Meet Director, Meet Referee, and NCAA Committee member will be present. Following the general meeting, the Coaches' Sounding Board will take place.

### COACHES' PRE-COMPETITION MEETING

A brief meeting has been scheduled for 4:30pm on the competition floor for coaches to discuss any last-minute concerns with the Meet Referee and Meet Director.

PRESS CONFERENCES – Please refer to "Press Conferences" on page 11.

## COMPETITION (Warm-up, March-in, Rotations, Schedule)

### WARM-UP – TEAM TIME ALLOTMENTS

The rotation of a team with their all-around competitor or event specialist(s) during the warm-up session on bars and beam will be as follows:

| <b>Bars</b>                              | <b>Beam</b>                               |
|--|---|
| Team = 3:15<br>AA/Event Specialist = :30 | Team = 6:25<br>AA/Event Specialist = 1:05 |
| Team = 3:15<br>AA/Event Specialist = .30 | Team = 6:25<br>AA/Event Specialist = 1:05 |
| Team = 3:15<br>AA/Event Specialist = .30 |   |
| Team = 3:15<br>AA/Event Specialist = .30 |   |

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. 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.

|             |   |
|-------------|---|
| 4:45-5:00pm | Stretching                              |
| 5:00-5:15pm | Rotation I                              |
| 5:15-5:17pm | Transition                              |
| 5:17-5:32pm | Rotation II                             |
| 5:32-5:34pm | Transition                              |
| 5:34-5:49pm | Rotation III                            |
| 5:49-5:51pm | Transition                              |
| 5:51-6:06pm | Rotation IV                             |
| 6:06-6:08pm | Transition                              |
| 6:08-6:23pm | Rotation V                              |
| 6:23-6:25pm | Transition                              |
| 6:25-6:40pm | Rotation VI                             |
| 6:40pm      | Clear Floor and Prepare for Competition |
| 6:57pm      | Arrive at Gate 4; line up for march-in  |
| 7:00pm      | Competition                             |

### **MARCH-IN**

Teams will march in alphabetically and by shortest to tallest gymnast, followed by the all-around competitor or event specialist(s) assigned to rotate with each team. During the march-in the name of the institution as well as each student-athlete's name and the head coach's name shall be announced expediently. Teams will march in from Gate 4; judges will march in from Gate 2.

### **COMPETITION ROTATION – provided by the NCAA**

| <b>Rotation</b> | <b>Vault</b>                                       | <b>Bye</b>  | <b>Bars</b>                                       | <b>Beam</b>                                       | <b>Bye</b>  | <b>Floor</b>                                      |
|-----------------|--|---|---|---|---|---|
| <b>1</b>        | Nebraska<br>S. Waldman,<br>William &<br>Mary       | Florida<br>B. George,<br>Maryland                 | UCLA<br>D. Willacy,<br>Towson                     | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson | W. Virginia<br>L. Delima,<br>George<br>Washington | N. Carolina<br>M. Brenner,<br>Maryland            |
| <b>2</b>        | N. Carolina<br>K. Simpson,<br>George<br>Washington | Nebraska<br>S. Waldman,<br>William &<br>Mary      | Florida<br>B. George,<br>Maryland                 | UCLA<br>D. Willacy,<br>Towson                     | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson | W. Virginia<br>L. Delima,<br>George<br>Washington |
| <b>3</b>        | W. Virginia<br>L. Delima,<br>George<br>Washington  | N. Carolina                                       | Nebraska<br>S. Waldman,<br>William &<br>Mary      | Florida<br>B. George,<br>Maryland                 | UCLA<br>D. Willacy,<br>Towson                     | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson |
| <b>4</b>        | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson  | W. Virginia<br>L. Delima,<br>George<br>Washington | N. Carolina<br>A. Dama,<br>Maryland               | Nebraska<br>S. Waldman,<br>William &<br>Mary      | Florida<br>B. George,<br>Maryland                 | UCLA<br>D. Willacy,<br>Towson                     |
| <b>5</b>        | UCLA<br>D. Willacy,<br>Towson                      | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson | W. Virginia<br>L. Delima,<br>George<br>Washington | N. Carolina<br>T. Tossone,<br>Maryland            | Nebraska<br>S. Waldman,<br>William &<br>Mary      | Florida<br>B. George,<br>Maryland                 |
| <b>6</b>        | Florida<br>B. George,<br>Maryland                  | UCLA<br>D. Willacy,<br>Towson                     | N. Carolina<br>State / A.<br>Almenoksa,<br>Towson | W. Virginia<br>L. Delima,<br>George<br>Washington | N. Carolina                                       | Nebraska<br>S. Waldman,<br>William &<br>Mary      |

## **DRUG TESTING**

**The following statement must be read at the coaches' meeting:**

NCAA CHAMPIONSHIPS COMMITTEES, FOLLOWING A RECOMMENDATION FROM THE NCAA DRUG-TESTING SUBCOMMITTEE, HAVE DISCONTINUED THE PRACTICE OF ANNOUNCING WHETHER DRUG TESTING WILL BE CONDUCTED AT NCAA CHAMPIONSHIP EVENTS.

**Although knowing prior to competition whether NCAA drug testing was to occur had value for reasons of convenience, it left open the possibility that student-athletes might be tempted to use banned substances if they knew that NCAA testing was not being conducted at the site of competition.**

**Therefore, all coaches and student-athletes should presume that NCAA drug testing will occur at this championship event. Please inform your student-athletes that in the event they are notified of their selection for drug testing, the student-athlete must inform an official representative of your institution (e.g., coach, athletic trainer) before proceeding to the drug-testing site. Student-athletes will be reminded by the courier to contact their team representative.**

If Florida is selected as a drug-testing site, it will take place in the Nutrition office, ground floor, Gate 3 entry, and the Men's Staff locker room, ground floor, Gate 3 hallway.

## **EQUIPMENT**

The approved equipment list can be found in Appendix C, and a map of the Stephen C. O'Connell Center floor in Appendix D.

NOTE: The bars will be anchored.

CD, MP3, and tape-playing capability will be available for floor exercise music.

## **FINANCIAL PENALTIES**

The NCAA Women's Gymnastics Committee may assess a financial penalty (up to a maximum of \$300) 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.

## **HOSPITALITY**

Please see the schedule for student-athlete and coaches' hospitality times and locations.

## HOST HOTEL & GENERAL HOTEL INFORMATION

Eighteen (18) non-smoking rooms have been reserved for each team at the host hotel, **The Cabot Lodge**, at a cost of \$110.00/night, single or double occupancy. All rooms are booked for three nights, with check-in on Thursday, April 10, and check-out on Sunday, April 13. The price for each room includes a full breakfast, but there is no full-service dining room. Each institution is responsible for contacting the hotel directly to confirm reservations and for making its own special arrangements for meals and other functions. If an institution does not wish to stay at the designated hotel, it must obtain a written release of the reserved rooms from the hotel management or use the rooms for persons accompanying the official party. Failure to make satisfactory arrangements will result in the room charges being deducted from the team's per diem.

The Cabot Lodge  
Hotel contact: Eric Kidwell  
3726 SW 40<sup>th</sup> Boulevard, Gainesville FL 32608  
Phone: (800) 843-8735; (352) 375-2400  
Fax: (352) 335-2321

**Directions from I-75 to Cabot Lodge:** Take Exit 384 (Archer) and head east onto Archer Road. The first crossroad is SW 40<sup>th</sup> Boulevard; turn left. Cabot Lodge is immediately on the west (left) side.

**Directions from Gainesville Airport to Cabot Lodge:** From the airport, head west (right) onto SR 222 (39<sup>th</sup> Avenue). Stay on 39<sup>th</sup> Avenue approximately 9 miles, and head south on I-75. Take Exit 384 (Archer) off I-75 and head east on Archer Road. The first crossroad is SW 40<sup>th</sup> Boulevard. Turn left onto SW 40<sup>th</sup> Boulevard. Cabot Lodge is immediately on the west side (left side).

**Directions from Cabot Lodge to the O'Connell Center:** Return to Archer Road and turn left (East); go a little over 3 miles to Lemerand Drive, a left-turn lane, and turn. Continue on Lemerand Drive to the third light, or Stadium Road. Travel party vehicles turn left onto Stadium Road and right at the guard shack lot entry. All others continue on Lemerand Drive past the O'Connell Center (on the left) and enter the parking lots.

Other area hotels and a variety of dining choices are provided in Appendix H.

## LOCKER ROOMS / TRAINING ROOM ASSIGNMENTS

Locker rooms for each team's and qualifiers' use were positioned by random draw:

1. Room 1410 (Locker Room 1) – UCLA / Decelia Willacy, Towson
2. Room 1418 (Locker Room 2) – Florida / Brandi George, Maryland
3. Room 1116 (Locker Room 3) – Nebraska/ Stevie Waldman, William & Mary
4. Room 1128 (Locker Room 4) - North Carolina / Michelle Brenner, Talia Tossone, Allison Dama (Maryland); Kristen Simpson, George Washington
5. Room 1219 (Locker Room 5) - West Virginia / Leslie Delima, George Washington
6. Room 1220 (Locker Room 6) - North Carolina State / Annukka Almenoksa, Towson

The teams assigned to rooms 1-3 will use athletic training room 1412, and those assigned to rooms 4-6 will use athletic training room 1212. Guards will be posted at the entrance to each locker room. Towels and a cooler of bottled water and electrolyte replacement drinks will be provided.

## **MEDICAL / ATHLETIC TRAINING ROOMS**

The two O'Connell Center athletic training rooms will provide taping and treatment facilities for all student-athletes. Teams, along with their all-around and/or event specialists, have been assigned to the athletic training room nearest their locker room (SEE "Locker Rooms" above), and an athletic training student will be assigned to assist each team.

Water, electrolyte replacement drinks, cups, injury ice, and a biohazard kit will be available at Gates 1, 2, and 3 on the competition floor.

Courtesy products available include various therapeutic modalities, i.e. ice, heat packs, cold-warm whirlpool, electrical stimulation, and ultrasound. Each institution, however, should bring its own personal stock of tape/first aid supplies. Athletic trainers will be available throughout the entire tournament. Please call Stacey Higgins at 352/375-4683, ext. 5107, to make special arrangements. The athletic trainer for each team will receive more information upon arrival in Gainesville. A physician and paramedics will be on site during the competition, as well as on call throughout the championship. Shands Hospital is the designated hospital for the event. It is located ½ mile south of the Stephen C. O'Connell Center (Please see Appendix G for directions).

## **MERCHANDISE**

There will be NCAA Championship merchandise on sale at the O'Connell Center. Should a team wish to purchase merchandise before the competition, please contact John Sullivan at 352/375-4683 ext. 6514.

## **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.

## **OFFICIALS (JUDGES)**

All judges will be selected by the NCAA Women's Gymnastics Committee. The meet referee will be present at both practice sessions on Friday.

## **PARKING/ARENA ENTRANCES**

Reserved parking for teams, NCAA representatives, officials, and event staff will be located in the West Lot between the O'Connell Center and the University of Florida Baseball Stadium. Each team will receive three parking passes and all-around/specialist competitors will receive one parking pass with their credentials. Please be sure to display the parking pass on the dashboard of your vehicle.

Because of increased security on the day of competition, a special entrance for the teams, judges, and event staff has been set up at Gate 4 through the O'Connell Center's loading dock. Please have your team arrive as one unit in which the head or assistant coach can vouch for the entire team and all of their possessions. Any

member(s) of an institution's traveling party arriving separately will be subject to a complete search of all items such as backpacks, gym bags, carry bags, video/camera cases, and purses.

## PRACTICE SCHEDULE

**PRACTICE SCHEDULE – Open to fans and media; photographs permitted, but not interviews, except between practice sessions (SEE below).**

Teams and individuals were assigned to a practice session according to their competitive starting event per the NCAA draw. Announcements will be made with five minutes, then two minutes, etc., left in each rotation. The schedule is as follows:

|                         |                                   |
|-------------------------|-----------------------------------|
| <u>Practice Session</u> | <u>Competitive Starting Event</u> |
| #1 (2:00-3:40pm)        | Vault, Bars, Bye before Floor     |
| #2 (4:00-5:40pm)        | Bye before Bars, Beam, Floor      |

### **PRACTICE SESSION I**

| TIME      | VAULT           | UNEVEN BARS     | BALANCE BEAM    | FLOOR EXERCISE  |
|-----------|-----------------|-----------------|-----------------|-----------------|
| 2:00-2:20 | Stretch         | Stretch         | Stretch         | Stretch         |
| 2:20-2:40 | NE/S. Waldman   | UCLA/D. Willacy | Open            | WV/L. Delima    |
| 2:40-3:00 | WV/L. Delima    | NE/S. Waldman   | UCLA/D. Willacy | Open            |
| 3:00-3:20 | Open            | WV/L. Delima    | NE/S. Waldman   | UCLA/D. Willacy |
| 3:20-3:40 | UCLA/D. Willacy | Open            | WV/L. Delima    | NE/S. Waldman   |

### **PRACTICE SESSION II**

| TIME      | VAULT               | UNEVEN BARS         | BALANCE BEAM        | FLOOR EXERCISE      |
|-----------|---------------------|---------------------|---------------------|---------------------|
| 4:00-4:20 | Stretch             | Stretch             | Stretch             | Stretch             |
| 4:20-4:40 | Open                | FL/B. George        | N.C.S./A. Almenoksa | N.C./M. Brenner     |
| 4:40-5:00 | N.C./K. Simpson     | Open                | FL/B. George        | N.C.S./A. Almenoksa |
| 5:00-5:20 | N.C.S./A. Almenoksa | N.C./A. Dama        | Open                | FL/B. George        |
| 5:20-5:40 | FL/B. George        | N.C.S./A. Almenoksa | N.C./T. Tossone     | Open                |

## PRESS CONFERENCES

**Between practice sessions:** Interested media may meet with participating coaches and a selected team member between the practice sessions on Friday, April 11. These interviews will be conducted in the O'Connell Center's main arena. The Florida Sports Information Director shall make available to all interested parties the details for follow-up with this opportunity.

**Post-Meet Press Conference:** Following the 10-minute cooling-off period at the conclusion of the awards presentation, there will be a post-meet press conference with head coaches and selected members of all participating teams in the Martial Arts Room on the ground floor near Gate 4 of the O'Connell Center. Student-athletes requested by the media will be brought to the press conference by Florida's Sports Information Director or the institution's Sports Information representative.

**Mixed Zone:** interviews with coaches on a bye or those who have completed competition may take place with media members at the gate entrances. These must occur off of the competition floor.

## RESULTS

The results of the meet will be verified by the meet referee and the designated scoring coordinator 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.

## SPORTS INFORMATION / CREDENTIALS / VIDEOTAPING, FILMS, STILL PHOTOGRAPHS

It shall be the responsibility of each institution to see that complete information is sent to the University of Florida.

**By 5pm, Tuesday, April 1** the following information needs to be submitted to Mary Howard of the UF Sports Information office:

- 1) Color team photo with caption
- 2) Color head shot of any individual qualifier (AA or IES)
- 3) Roster with name, event(s), year, hometown (club), coaching staff with alma mater
- 4) Season results in the following format: Date, Meet, Results, Score
- 5) EPS version of school logo
- 6) Quick Facts: Location, Nickname, Colors, NCAA title(s), NCAA Regional title(s)

**CREDENTIALS - GENERAL POLICIES:** Credentials must be worn at all times to gain entry to the floor and designated areas. The Martial Arts Room will serve as media work area and location for post-meet interviews. "Participant" credentials will be provided to all competitors, coaches, athletic trainers, managers and other necessary officials/personnel. Credentials are nontransferable. If a participant or staff member loses a credential, a fine will be imposed (the price of an adult reserved ticket to the event) to replace the credential.

**MEDIA CREDENTIALS:** All requests must be submitted by email or in writing to Mary Howard, Assistant Athletics Director, Sports Information, P.O. Box 14485, Gainesville, FL 32604, or [MaryH@gators.uaa.ufl.edu](mailto:MaryH@gators.uaa.ufl.edu); phone is 352/375-4683, ext. 6110. Credentials must be worn at all times and are nontransferable. Misuse will result in revocation of credentials and removal from the media area. Credentials may be claimed at floor level on the practice day or at Gate 1 Will Call the day of competition.

**TEAM CREDENTIALS:** The entry form will serve as the official credential request form. Teams shall receive a total of 21 individual credentials, with a maximum 15 for competing student-athletes. If a team does not have 15 student-athletes, the remaining credentials may be allocated to other necessary institutional staff members. The following list designates specified credentials not to be included in the 21 above (Note: An exception is for a videographer (See below) filming from the team corral):

Individual Qualifiers: One each for the qualifier(s), plus 4 non-participant credentials for each institution's coach(es), trainer(s), or other necessary institutional staff member(s).

Administrator: One temporary floor-access credential for an institution's administrator, for fulfilling responsibilities at press conferences and post-meet activities only (nontransferable). A ticket is still needed to access the venue.

Sports Information Director: One floor-access credential (non-transferable) for fulfilling media responsibilities and access to the competition floor and locker rooms as needed. (See "Media Credentials" above.)

Team Physician: A temporary floor pass may be issued to a team physician as requested on the entry form. Team physicians will be seated in an area that is easily accessible to the competition floor. A ticket will not need to be purchased.

Photographers/Videographers from Participating Institutions: Two (2) credentials for an institution's photographer and/or videographer may be requested (See "Media Credentials" above). The photographer must cover the event from areas designated by Florida. For the videographer to film from the team corral, s/he will need to be included as part of the 21 permitted in the team corral and listed on the official entry form. Photographers are not permitted in the corrals and their credentials will be handled as indicated above.

Videotaping, Films, Still Photographs: Institutions are permitted to videotape championships competition of their teams or their individual student-athletes for archival, coaching or instructional purposes only and not for any commercial purpose. Each institution is permitted to use **one** camera and may videotape only that portion of the competition in which it participates from either the designated area provided by the host institution, or from their respective corral with the following provisions: The team videographer must have been included as one of the 21 permitted in the corral and must use a hand-held or stationary-tripod camera that does not obstruct fan viewing.

Still photography will be permitted, but use of flashes or strobes is not. Locations for still photographers will be stipulated by the Florida Sports Information Director, with every effort being made to allow photographers to take good shots without interference. Arrangements are to be handled directly with Mary Howard's office (See "Media Credentials" information above).

TV/Video: Shooting video for news coverage of event(s) is allowed from designated photo areas. All television media entities observing NCAA championship competition recognize that any Representations may be used only in connection with news/sports coverage within a 72-hour period following the game, and the Representations portion of each such showing will not exceed three (3) minutes in length. All internet media entities observing NCAA championship competition recognize that Representations may be used only in connection with news/sports coverage within a 24-hour period following the game, and the Representations portion of each such showing will not exceed three (3) minutes in length.

At NONTELEVISED events a television station may be allowed to broadcast a live report and/or game highlights from the site of the competition, not to exceed three minutes in its regularly scheduled sports-news segment in a 72-hour window, starting with when the event begins. A television station may not sell, loan, or give away tournament footage to any individual or agency, or use it for any non-sports news program produced or aired by the station. A television station may broadcast any news conference live, regardless of whether they hold the broadcast rights. The rights to these news

conferences remain with the NCAA and are under the same guidelines as the news footage usage. (For more information, go to [www.NCAA.com/broadcast](http://www.NCAA.com/broadcast)).

### **TICKET INFORMATION**

Each participating team is guaranteed a minimum of thirty (30) reserved Level 1 seats (Please see Appendix F). In addition, each team has the opportunity to purchase sixty (60) additional reserved-section tickets elsewhere in the arena. Notification of ticket needs must be made by Monday, April 7, to Phyllis McNeill at (352) 375-4683, x6815. Ticket windows are located at Gate 1 of the O'Connell Center, which will open at 5:30pm prior to the start of the competition.

Level 1 Reserved Section tickets are \$10.00. General admission adult tickets are \$8.00; senior citizens and students are \$6.00; and children under age 17 are \$4.00. Tickets will be available to purchase by telephone at 352-375-4683, ext. 6800.

The Will Call window for the teams is also at Gate 1. If your university is purchasing tickets for student-athletes' families, UF's Ticket Office will handle entry at the Will Call Window (there will be no complimentary admission). Please see Appendix A for the Athletes Guest List and send to Phyllis McNeill either by faxing to 352/372-5801, or scanning and emailing to [phyllism@gators.uaa.ufl.edu](mailto:phyllism@gators.uaa.ufl.edu) by Wednesday, April 9, 2008. Each institution will be invoiced for the number of tickets that are acquired.

Appendix F illustrates the placement of each team's designated sections.

### **TOURNAMENT WEBSITE**

Live scoring and results from the Regional Championships will be available on the University of Florida's website at [www.Gatorzone.com](http://www.Gatorzone.com) and [www.NCAA.com](http://www.NCAA.com).

### **TRANSPORTATION**

#### **National Car Rental**

Location: Gainesville Regional Airport  
Phone: 352/377-7005 or 1-800-227-7368

#### **Budget Car Rental**

Location: Gainesville Regional Airport  
Phone: 800-527-7000

#### **Avis Rent-A-Car**

Location: Gainesville Regional Airport  
Phone: 352/376-8115 or 800-831-2847

#### **Hertz Car Rental**

Location: Gainesville Regional Airport  
Phone: 352/373-8444 or 800-654-3131

#### **BUS TRANSPORTATION:**

#### **Champion Coach**

Ask for the Charter Department  
Phone: 864-284-9000 or 800-583-7668

#### **Candies Bus & Limo**

(352) 332-4334

For additional information on how to reach the meet site, See Appendix G.

## UNIFORMS AND NUMBERS

All competitors are required to be in identical team-issued uniforms for practice, warm-up, and competition, including the awards ceremony.

- a. Gymnasts must wear one-piece leotards that include briefs that are the same color of the leotard or are skin-tone in color. There is no deduction for an exposed sports bra that is in contrast to or matches the color of the leotard as long as it is identical in color worn by all team members.
- b. Leotard straps must be a minimum of 2 cm (7/8") in width. Following a warning, a .10 deduction may be assessed for leotards above the hipbone.
- c. Swimsuit apparel is permitted during practice and warm-up only provided the apparel meets all other requirements.
- d. The meet referee will instruct a gymnast who does not meet the uniform policies that she is "out of uniform". The gymnast must comply with the uniform rules or **a .30 team deduction will be taken**.
- e. Gymnasts are only permitted to wear one stud per ear. No other jewelry is permitted. After a warning, a .20 deduction will be taken from the gymnast's score for each occurrence.

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 gymnasts' **practice and competition leotards** and any other apparel during practice, timed warm-up, and competition. Two sets of numbers will be provided and **MAY NOT BE ALTERED IN ANY WAY**. The gymnast must wear her competition number during the competition, ***unless she is performing a back spin on beam or floor, in which case the coach must show the number to the judges.***

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.

**APPENDIX A**

**UNIVERSITY OF FLORIDA WILL CALL  
PLAYER'S GUEST LIST – Gymnastics**

**NCAA SE Regional Championships – Gainesville, Florida – April 11-12, 2008**

Please fax to Phyllis McNeill at (352) 372-5801 or email [phyllism@gators.uaa.ufl.edu](mailto:phyllism@gators.uaa.ufl.edu)  
by Wednesday, April 9.

I received a complimentary admission via the institution for the student-athlete named below. By signing this form, I certify that I did not, nor do I plan to pay or give anything of value to the student-athlete in exchange for the complimentary admission.

| <b>Name</b> | <b>Guest (Printed name)</b> | <b>Signature</b> | <b>April 12</b> |
|-------------|-----------------------------|------------------|-----------------|
|             | 1.                          |                  |                 |
|             | 2.                          |                  |                 |
|             | 3.                          |                  |                 |
|             | 4.                          |                  |                 |
|             | 5.                          |                  |                 |
|             | 6.                          |                  |                 |
|             | 1.                          |                  |                 |
|             | 2.                          |                  |                 |
|             | 3.                          |                  |                 |
|             | 4.                          |                  |                 |
|             | 5.                          |                  |                 |
|             | 6.                          |                  |                 |
|             | 1.                          |                  |                 |
|             | 2.                          |                  |                 |
|             | 3.                          |                  |                 |
|             | 4.                          |                  |                 |
|             | 5.                          |                  |                 |
|             | 6.                          |                  |                 |
|             | 1.                          |                  |                 |
|             | 2.                          |                  |                 |
|             | 3.                          |                  |                 |
|             | 4.                          |                  |                 |
|             | 5.                          |                  |                 |
|             | 6.                          |                  |                 |
|             | 1.                          |                  |                 |
|             | 2.                          |                  |                 |
|             | 3.                          |                  |                 |
|             | 4.                          |                  |                 |
|             | 5.                          |                  |                 |
|             | 6.                          |                  |                 |

APPENDIX B

**2008 NCAA SOUTHEAST REGIONAL  
GYMNASTICS CHAMPIONSHIP**

University of Florida  
Saturday, April 12, 7:00 p.m.

**LINE-UP FORM**

Institution: \_\_\_\_\_

Head Coach: \_\_\_\_\_

VAULT

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

UNEVEN BARS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

BALANCE BEAM

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

FLOOR EXERCISE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

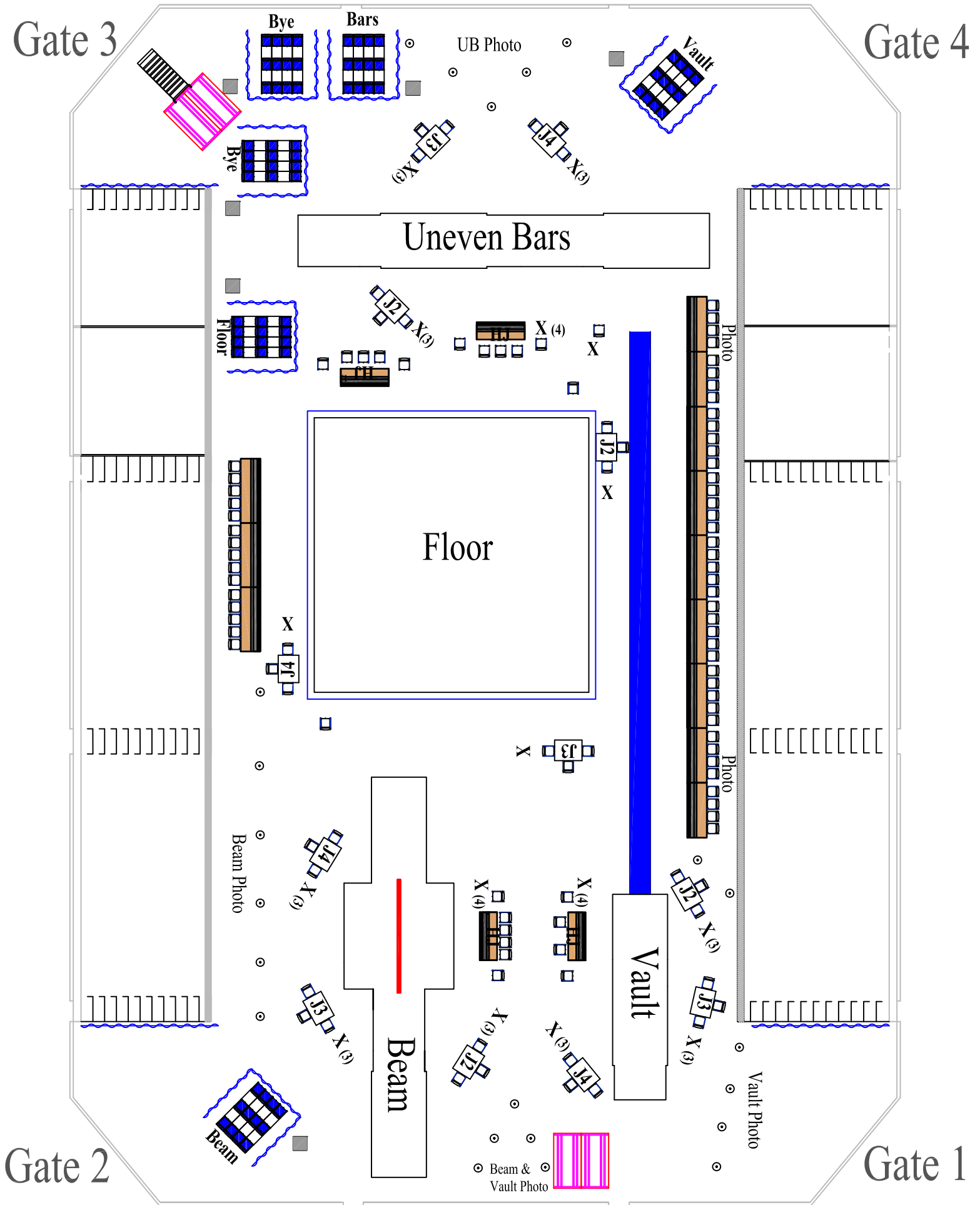
## APPENDIX C: EQUIPMENT LIST

| 800 ELITE SERIES   |  |
|--|--|
| EVENT  | ITEM DESCRIPTION   |
| <b>VAULT</b>   | TAC 10/LZT Vault Table   |
|  | Padded Vaulting Runway (1 1/4" x 3' x 82')                           |
|  | TAC 10/LZT Board   |
|  | Contoured Vault Safety Zone  |
|  | Vault Anchor Mat 20 cm   |
|  | FIG 8' x 15.5' x 20 cm V2 - Firm                                     |
|  | FIG 4' X 8' x 20 cm V2 - Firm Slab Mat                               |
|  | Throw Mat 8' x 15' x 4" folding - Vinyl Top and Mesh Bottom          |
|  | SC-8" 5' x 10' - Skill Cushion - Vinyl Top and Mesh Bottom           |
|  | SC-8" 5' x 10' - Skill Cushion - Vinyl Top and Mesh Bottom "SOFTY"   |
|  | Sting Mat - 7' x 10' x 1.5" (High Density)                           |
|  | TAC/10 Round off Pad - 39.4" x 51.2" x 1 3/8" (no personal pads)     |
|  | Mini TAC/10 Round off Pad - 36" x 36" x 1 3/8" (no personal pads)    |
|  | Low Spotting Block 2' x 1' x 4'                                      |
|  | <b>UNEVEN BARS</b>   |
| <b>Circle one</b>  | Floor Plates   |
|  | Elite Uneven Bars - Includes Graphite Bars - adjusts to 170 cm width |
|  | Extra Graphite X Bar   |
|  | Elite Uneven Bars Adapters - if floor plates are not available       |
|  | FIG 8' X 15.5' x 20 cm V2 - Firm                                     |
|  | FIG 8' x 12' x 20 cm V2 - Firm                                       |
|  | FIG 5' x 7.5' x 20 cm V2 - Slab                                      |
|  | Throw Mat 7' x 10' x 4" - Vinyl Top and Mesh Bottom                  |
|  | Sting Mat - 7' x 10' x 1.5" (High Density)                           |
|  | SC-8" 5' x 10' - Skill Cushion - Vinyl Top and Mesh Bottom "SOFTY"   |
|  | Throw Mat 8' x 15' x 4" folding - Vinyl Top and Mesh Bottom          |
|  | TAC 10/LZT Board   |
|  | Low Spotting Block 2' x 1' x 4'                                      |
| <b>800 ELITE SERIES</b>  |  |
| EVENT  | ITEM DESCRIPTION   |
| <b>BEAM</b>  | Elite Reflex Beam  |
|  | Elite Beam Leg Pads  |
|  | Elite Beam Leg Filler Mat System                                     |
|  | FIG 8' x 15.5' x 20 cm V2 - Firm                                     |
|  | FIG 8' x 15.5' x 20 cm V4 - Firm                                     |
|  | FIG 8' x 12' x 20 cm V2 - Firm                                       |
|  | FIG 4' X 8' x 20 cm V2 - Firm Slab                                   |
|  | Throw Mat 7' x 10' x 4" - Vinyl Top and Mesh Bottom                  |
|  | SC 8" 5' x 10' - Skill Cushion - Vinyl Top and Mesh Bottom           |
|  | Sting Mat - 7' x 10' x 1.5" (High Density)                           |
|  | Sting Mat 4' x 7' x 1.5" (High Density Foam)                         |
|  | Throw Mat 8' x 15' x 4" folding - Vinyl Top and Mesh Bottom          |
|  | TAC 10/LZT Board   |
|  | Suede Beam Pad   |
|  | <b>FLOOR EX.</b>   |
| Elite Spring Tables  |  |
| All-American Elite Carpet - 45' x 45' (note color in blank column) |  |
| QuadLam Foam - 2" 6' x 42'   |  |
| SC-8" 5' x 10' - Skill Cushion - Vinyl Top and Mesh Bottom         |  |
| Throw Mat 7' x 10' x 4" - Vinyl Top and Mesh Bottom                |  |

# NCAA Gymnastics Regionals 2008

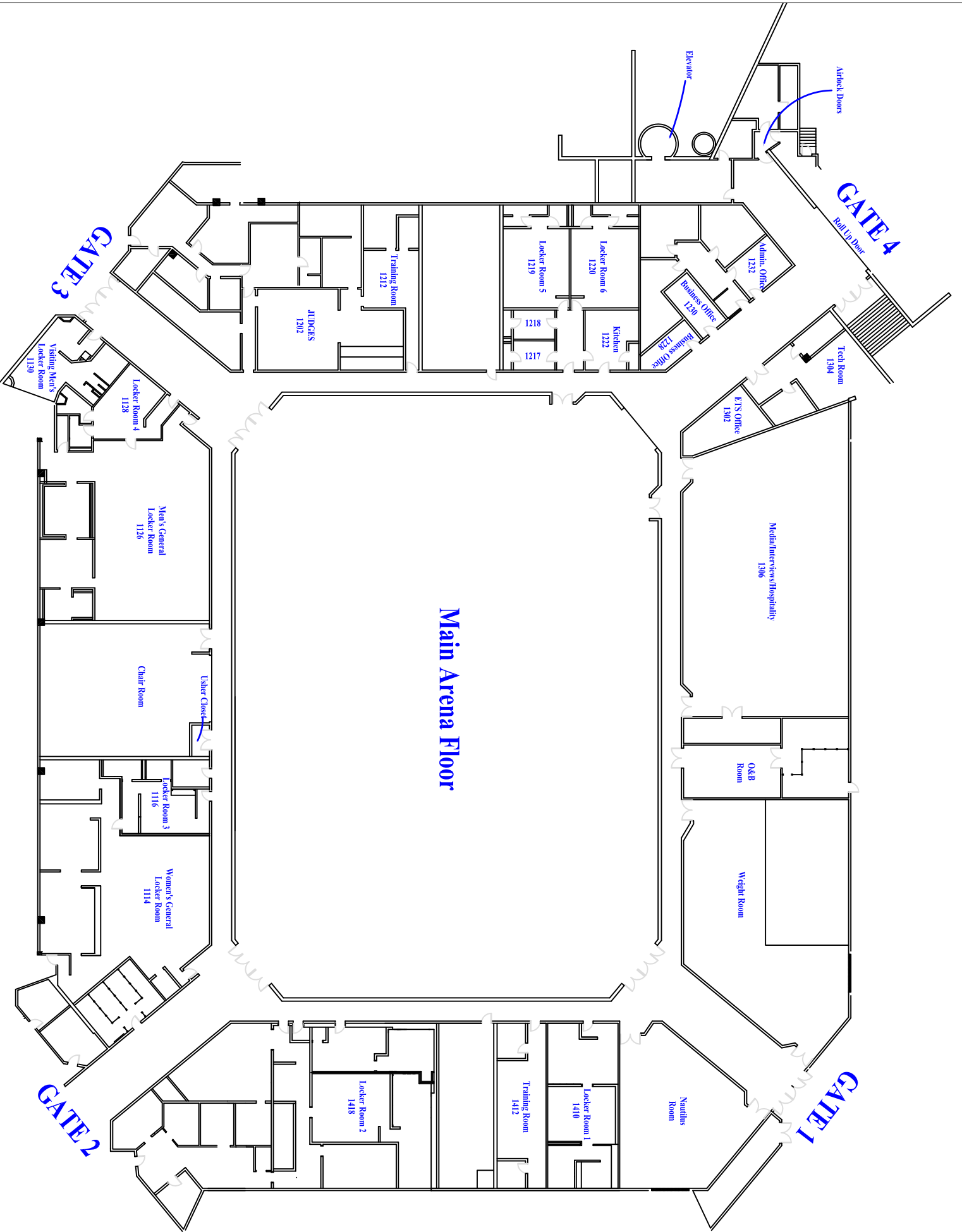
Gate 3

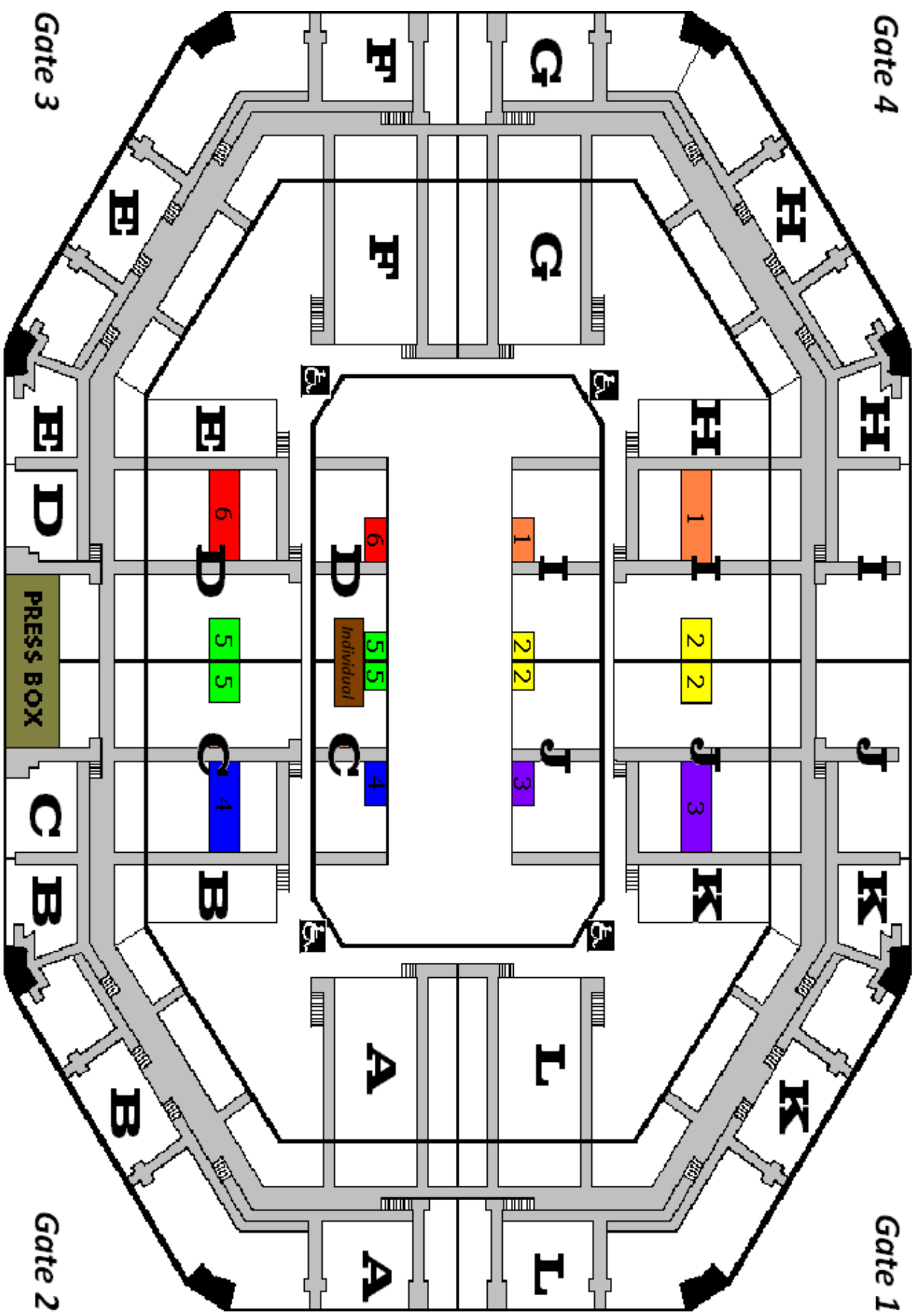
Gate 4



Gate 2

Gate 1





Stephen C. O'Connell Center - 2008 Gymnastics Regional Seating Chart

- UCLA 1
- UF 2
- NEB 3
- UNC 4
- NC ST 5
- WVU 6
- Individual

## **APPENDIX G: DIRECTIONS TO STEPHEN C. O'CONNELL CENTER**

### **From The Gainesville Regional Airport**

Turn RIGHT from airport property onto NE 39<sup>th</sup> Ave. Turn LEFT on Waldo Road (first traffic light). Continue to University Ave., and turn RIGHT. Follow University Ave. to Gale Lemerand Drive (a left-turn-only street immediately past the football stadium). Turn onto Gale Lemerand Drive, and the O'Connell Center parking lot is on the right.

### **From The Northeast (Jacksonville)**

I-95 South to 295 South to I-10 West to 301 South to S.R. 24... Take S.R. 24 to University Ave and turn RIGHT. Follow University Ave. to Gale Lemerand Drive (a left-turn-only street immediately past the football stadium). Turn LEFT onto Gale Lemerand Drive, and the O'Connell Center parking lot is on the right.

### **From the North (Atlanta)**

From I-75 South, take Exit 387 (Gainesville - Newberry Road) and turn RIGHT (East) onto Newberry Road (S.R. 26). Newberry Road becomes University Ave; take S.R.26A (continuing straight rather than taking the left-curve split), which becomes SW 2<sup>nd</sup> Ave. Follow 2<sup>nd</sup> Avenue to immediately past the Sanders Football Practice Fields. Enter the O'Connell Center parking lot by turning RIGHT.

### **From the Northwest (Tallahassee)**

I-10 East to I-75 South. (See directions from Atlanta above to complete the trip).

### **From The South (Orlando)**

Florida Turnpike to I-75 North. Follow I-75 to Exit 384 (Gainesville - Archer Road) and turn RIGHT onto Archer Road. Continue to the busy SW 34<sup>th</sup> Street intersection and turn LEFT (there are two left-turn lanes). Turn RIGHT onto SW 2<sup>nd</sup> Ave. Follow 2<sup>nd</sup> Avenue to immediately past the Sanders Football Practice Fields. Enter the O'Connell Center parking lot by turning RIGHT.

### **To Shands Hospital from the O'Connell Center**

Exit the O'Connell Center parking lot onto Lemerand Drive, and turn RIGHT (South). Continue to Archer Road, and turn left. Go approximately 100 yards or so to the main entrance of the hospital on the left, and turn into the circle. Valet parking there is recommended, as it is only \$3.

## APPENDIX H: MOTEL AND HOTEL ACCOMMODATIONS

1. Country Inn & Suites  
4015 SW 43rd Street  
(352) 375-1550; 1-800-456-4000  
Complimentary breakfast, Non-smoking/disability rooms, pool, exercise room, laundry room.
2. Best Western Gateway Grand  
4200 NW 97th Blvd.  
(352) 331-3336; 1-800-528-1234  
Mini and executive suites, complimentary continental breakfast, data ports in every room, exercise room, guest laundry, meeting facilities, full service restaurant and lounge
3. Cabot Lodge (Host Hotel)  
I-75 & Archer Road, (Exit #384) , 3726 SW 40<sup>th</sup> Blvd.  
(352) 375-2400; 1-800-843-8735
4. Hilton Garden Inn  
4075 SW 33rd Place (352) 338-1466  
Meeting rooms, business center, pool, fitness center, breakfast.
5. Comfort Inn West  
3440 SW 49 Blvd. (352) 264-1771  
Pool, continental breakfast, laundry, handicap rooms
6. Courtyard by Marriott  
3700 SW 42nd St.  
(352) 335-9100; 1-800-321-2211  
Pool, jacuzzi, exercise room, late checkout
7. Springhill Suites by Marriott  
4155 SW 40 Blvd.; (352) 376-8873  
Meeting spaces, valet cleaning, laundry facilities, business center, fitness room, pool, complimentary hot breakfast
8. Econo Lodge NW  
700 NW 75th St.  
(352) 332-2346; 1-800-424-4777; HBO, late checkout
9. Econo Lodge SW  
2649 SW 13th St.  
(352) 373-7816; 1-800-424-4777  
HBO, restaurant, continental breakfast, late checkout, shuttle available 8am-9pm
10. Extended Stay America  
3600 SW 42nd St.  
(352) 375-0073; 1-800-398-7829  
Movie channels, cable, full size kitchens
11. Fairfield Inn by Marriott  
6901 NW 4th Blvd., Tower Centre Plaza  
(352) 332-8292; 1-800-228-8200
12. Gainesville Lodge  
413 W. University Ave.  
(352) 376-1224; 1-800-637-1224  
Pool, HBO, continental breakfast
13. Hampton Inn  
4225 SW 40th Blvd.  
(352) 371-4171  
Heated pool, free continental breakfast, free local calls, late checkout, HBO/Disney
14. Hilton Hotel & Conference Center  
1714 SW 34th St.  
(352) 378-0070  
Located across from the University of Florida, Restaurant on site, Suites Available
15. Holiday Inn University Center  
1250 W. University Ave.  
(352) 376-1661; 1-800-HOLIDAY  
Suites available, pool, restaurant, salon, pets OK, handicap rooms available, shuttle available
16. Clarion Inn (formerly the Holiday Inn West)  
I-75 & Newberry Rd. (Exit #387)  
7417 NW 8th Ave.  
(352) 332-7500; 1-800-551-8206  
Suites available, 2 pools, showtime TV, restaurant/lounge, handicap rooms available, shuttle available
17. LaQuinta Inn  
920 NW 69th Terr.  
(352) 332-6466; 1-800-531-5900  
Pool, continental breakfast, pets OK, late checkouts arranged, handicap rooms available
18. Paramount Resort and Conference Center  
2900 SW 13th St.  
(352) 377-4000; 1-800-325-3535 Suites available, pool, movies, lounge, restaurant, laundry, late checkout, handicap rooms available, shuttle
19. Red Roof Inn  
I-75 (Exit #384)  
3500 SW 42nd St.  
(352) 336-3311; 1-800-843-7663  
Free coffee, newspaper, heated pool
20. Reitz Union Hotel  
University of Florida Campus  
(352) 392-2151  
Within walking distance to most points of interest on campus
21. Residence Inn by Marriott  
4001 SW 13th St.  
(352) 371-2101; 1-800-331-3131  
Pool, spa, continental breakfast, sport court, full kitchen, living area, security, fireplaces, shuttle upon request
22. Sweetwater Branch Inn Bed & Breakfast  
625 E. University Ave.  
(352) 373-6760  
Restored 1885 Victorian home, each room with private bath

## G A I N E S V I L L E

- Applebee's Neighborhood Grill, 1005 NW 13th St., (352) 335-0150; a variety of popular food items
- The Ballyhoo Grill, 3700 Newberry Rd, (352) 373-0059; a variety of popular food items, specializes in seafood entrees
- Bennigan's, 3208 SW Archer Rd., (352) 373-2800; a variety of popular food items
- Bentos, 3841 SW Archer Rd., (352) 224-5123;
- Bonefish Grill, 3237 SW 35th Blvd , (352) 377-8383; a casual seafood restaurant
- Bono's BBQ, 6760 W. Newberry Rd., (352) 331-3112; real pit BBQ
- Boston Market, 6483 W. Newberry Rd., (352) 331-1519; baked chicken, turkey, ham
- Carraba's Italian Grill, 3021 SW 34th Street, (352) 692-0083 ; Italian Restaurant
- Chili's Grill & Bar, 3530 SW Archer Rd., (352) 373-3010; a variety of popular food items
- Chipotle, 1432 West University Avenue, (352) 372-5330; Burritos and Tacos
- Cracker Barrel, 4001 SW 43<sup>rd</sup> St., (352) 375-2424; home cooked country-style meals
- Crispers, 3102 SW 34<sup>th</sup> Ave., (352) 335-6150; soups, salads, sandwiches
- Emiliano's Café & Bakery, 7 SE 1<sup>st</sup> Ave., (352) 375-7381, Caribbean cuisine in the heart of Gainesville
- Gainesville Ale House and Raw Bar, 3950 SW Archer Rd., (352) 371-0818; popular food items and seafood, casual atmosphere, pool tables, televisions
- Gator's Dockside, 3842 Newberry Road, (352) 338-4445; popular food items with pool tables and televisions.
- Grandy's Restaurant, 3401 W. University Ave., (352) 374-9762; chicken, ribs, country fried steak, and breakfast

## R E S T A U R A N T S

- Harry's Seafood Restaurant Bar & Grill, 110 SW 1st St., (352) 372-1555; a variety of popular food items, including Cajun cooking, seafood, chicken, soups, etc.
- Heavenly Ham, 3755 W. Newberry Rd., (352) 332-0950; homemade, sliced deli meats and breads, build your own salads
- Leonardo's 706, 706 W. University Ave., (352) 378-2001; great Italian food and pizzas; gourmet desserts.
- Macaroni Grill, 6419 W. Newberry Rd. (at Oaks Mall) (352) 331-0638. Upscale European cuisine
- Mark's US Prime, 101 Se 2nd Pl #118, (352) 336-0077; upscale restaurant that specializes in seafood and steak entrees.
- McAlister's Gourmet Deli, 618 NW 60th St., (352) 331-8900; 3262 SW 35th Blvd., (352) 373-6364; great food in a friendly atmosphere
- Moes Southwest Grill, 3443 SW Archer Rd., (352) 384-3700; popular; Mexican food
- Napolitano's, 606 NW 75th St. (Tower Rd., off of Newberry Rd.), (352) 332-6671; great Italian food
- Olive Garden, 3440 SW Archer Rd., (352) 335-5323; a large variety of Italian food
- On The Border, 3100 SW Archer Rd., (352) 374-9664; authentic Mexican meals
- Outback Steakhouse, 3536 SW Archer Rd., (352) 373-9499; specializes in beef entrees and a variety of other specialties
- Perkins Family Restaurant & Bakery, I-75 & Newberry Rd., (352) 331-0388.
- Pomodoro Cafe, 9200 NW 39th Ave, (352) 380-9886; Italian Restaurant
- Quizno's, 3822 Newberry Rd., (352) 379-0102; specialty sandwiches
- Ruby Tuesday's, inside the Oaks Mall, (352) 331-0033; a variety of popular food items

- Schlotsky's Deli, 4720 NW 39th Ave., (352) 372-3354. a variety of high quality deli selections
- Stonewood, 3812 Newberry Rd., 379-5982; specializes in beef and seafood entrees cooked on an oak grill.
- Subway Sandwiches and Salads, 6666 W. Newberry Rd. , (352) 331-4579
- Swamp Restaurant, 1642 W. University Avenue, (352) 377-9267; variety of popular food items
- Texas Roadhouse, 3830 SW Archer Rd., (352) 377-2820; casual dining and a wide selection of steaks
- TGI Friday's, 3598 SW Archer Rd., (352) 336-0033; a variety of popular food items