



***PARTICIPANT
2022-23 MANUAL***

CONTENT

PAGE NO.

Important Dates	2
Committee/Staff/LOC Contacts	3
Schedule of Events	4
Awards	5
NCAA Elite 90 Award	5
Credentials	5
Filming	6
Accessing Match Videos	7
Grocery Gift Cards	7
Hospitality	7
Hotel Information	8
Locker Rooms	9
Medical	9-13
Participation Awards	14
Preorder of Championship Merchandise	14
Program & Bracket Sheets	14
Safety & Security	15-16
Sports Information & Press Conferences	17
Workouts	17
Health Consent	18
Skin Evaluation Form	19
Transportation from Tulsa Metro Airport	20
Directions from Airport to Hotel	21
Ground Transportation	21
Ground Transportation Map (QLine/Tulsa People Mover)	23
Downtown Tulsa Restaurant List	24-26
Downtown Tulsa Hotels Map	27-28
Team Hotel Parking Options	27-28
BOK Center – Team Parking/Entrance	29
BOK Center – Team Bus Parking	30-31
BOK Center Venue Maps	31-36
Student-Athlete Participation Awards	37
Spec Seats Championship Chair Order Information	38



Team contact information shall be submitted within the *Team Registration Portal*. The below information is required to be submitted from all institutions sponsoring Division I Wrestling:

1. Team contact information for primary (1) Sport Administrator, (1) Head Coach, (3) Assistant Coach(es), up to (2) Medical staff and (1) team personnel.
2. Projected hotel arrival/departure dates.
3. Hotel room block needs per the qualifier formula (doubles vs. kings). All student-athletes will need to be listed under the qualifier section.
4. Names for credentials.

**TEAM REGISTRATION AND ALL REQUESTED FORMS ARE DUE
BY NOON (ET) ON THURSDAY, MARCH 9, 2023**

[2023 DI Wrestling Championship Registration](#)

[Elite 90 Award Nomination](#)

If you have any questions, please contact:

Sadie Foster
Assistant Coordinator, NCAA
Phone 317-917-6468
E-mail sfoster@ncaa.org

NCAA DIVISION I WRESTLING COMMITTEE

Matt Azevedo	Drexel University	moa26@drexel.edu
Bob Burda	Big 12 Conference	bob@big12sports.com
Jennifer Tuscano	University of Pittsburgh	jtuscano@athletics.pitt.edu
Ashley Offermann	California Polytechnical State University	aofferma@calpoly.edu
Matt Valenti	University of Pennsylvania	Mpv2@upenn.edu
Kyle Ruschell	University of Tennessee at Chattanooga	Kyle-ruschell@utc.edu

NCAA DIVISION I WRESTLING - NCAA STAFF

Anthony Holman	Championships and Alliances	aholman@ncaa.org
Sadie Foster	Championships and Alliances	sfoster@ncaa.org

TULSA LOCAL ORGANIZING COMMITTEE

Matt Stockman	Co-Tournament Director	Mattstockman@visittulsa.com
Erika Vickers	Co-Tournament Director	Erika.vickers@okstate.edu
Sarah Kate Rhoades	LCA Facility Liaison/Comp Floor Ops	Srhoades@asmtulsa.com
Meghan Blood	Marketing	Mblood@asmtulsa.com
Gavin Lang	Media/SID Coordination	Gavin.lang@okstate.edu
Sean Maguire	Media/SID Coordination	Sean.maguire@okstate.edu
Aric Warren, PhD.	Athletic Training Services	Aric.warren@okstate.edu
Jason Moore, D.O.	Tournament Physician	Jason.r.moore@okstate.edu
Jon Robins	Drug Testing Coordinator	Jonrobins87@yahoo.com
Jonathan Hoops	Game Management/In-Venue	Jhoops@asmtulsa.com
Jonathan Hoops	Entertainment/Broadcast	Jhoops@asmtulsa.com
Tony Petro	Entertainment/In-Venue/Awards	Tony.petro@okstate.edu
Dave Martin	Entertainment/In-Venue/Awards	Tmariesarconemartin@hotmail.com
Melissa Meridith	Team Services	Melissa.meridith@okstate.edu
Shane Roller	Practice Mats Supervisor	Shane.roller@yahoo.com
Shane Roller	Competition Floor Operations	Shane.roller@yahoo.com
Jane Payne	Merchandise	Janepayne61@gmail.com
	Team Parking	Info@tulsasports.org
Rachel Nogalski	Hospitality	Rachelnogalski@visittulsa.com
Sharon Dunaway	Tickets	Sdunaway@asmtulsa.com
Meghan Doyle Blood	Marketing	Mblood@asmtulsa.com
Michael Tremblay	Security	Mtremblay@asmtulsa.com
Joel Koester	Lodging	Joelkoester@tulsasports.org

SCHEDULE OF EVENTS

All Times Central Time

DATE	TIME	EVENT	LOCATION
Tuesday, March 14	noon – 9 p.m.	Team Registration	Cox Business Convention Center
Tuesday, March 14	2 p.m.	Athletic Training Room Opens	BOK Center
Tuesday, March 14	3 p.m. – 9 p.m.	Competition and Practice Mats Open	BOK Center
Wednesday, March 15	9 a.m. – 5 p.m.	Team Registration	Cox Business Convention Center
Wednesday, March 15	9 a.m. – 5:30 p.m.	Assigned team practice times on competition mats	BOK Center
Wednesday, March 15	3 p.m.	Medical Skin Checks	Athletic Training Area
Wednesday, March 15	4 – 5 p.m.	Physicians & Trainers Meeting	Athletic Training Area
Wednesday, March 15	6 p.m.	Mandatory Coaches/Administrators Meeting	Virtual
Thursday, March 16	7 a.m.	Participant Doors Open Athletic Training Room Opens	BOK Center
Thursday, March 16	7 - 11 a.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Thursday, March 16	7 a.m. – 7 p.m.	Student-Athlete Hospitality	Chair Cart Room
Thursday, March 16	8:45 a.m.	Student-Athletes must be in line for grooming checks and weigh-ins	BOK Center Competition Floor
Thursday, March 16	9 a.m.	Weigh-ins	BOK Center Competition Floor
Thursday, March 16	11:00 a.m.	Session 1	BOK Center
Thursday, March 16	4:30 - 6 p.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Thursday, March 16	6 p.m.	Session 2	BOK Center
Friday, March 17	7 a.m.	Participant Doors Open Athletic Training Room Opens	BOK Center
Friday, March 17	7 - 11 a.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Friday, March 17	8:45 a.m.	Student-athletes must be In line for grooming checks and weigh-ins	BOK Center Competition Floor
Friday, March 17	9 a.m.	Weigh-ins	BOK Center Competition Floor
Friday, March 17	11 a.m.	Session 3	BOK Center
Friday, March 17	5:30 - 7 p.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Friday, March 17	7 p.m.	Session 4	BOK Center
Saturday, March 18	6 a.m.	Participant Doors Open Athletic Training Room Opens	BOK Center
Saturday, March 18	6 - 10 a.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Saturday, March 18	7:45 a.m.	Student-athletes must be in line for grooming checks and weigh-ins	BOK Center Competition Floor
Saturday, March 18	6 a.m. – 7 p.m.	Student-Athlete Hospitality	Loading Dock – Ops Storage Area
Saturday, March 18	8 a.m.	Weigh-ins	BOK Center Competition Floor
Saturday, March 18	10 a.m.	Session 5	BOK Center
Saturday, March 18	4:30 - 6 p.m.	Coaches & Administrators Hospitality	Backstage Catering Area
Saturday, March 18	5 p.m.	All-Americans line up for Parade of All-Americans	BOK Center
Saturday, March 18	5:35 p.m.	Grand March/Parade of All-Americans	BOK Center
Saturday, March 18	6 p.m.	Session 6	BOK Center

AWARDS

Awards in each weight class will be presented after each weight class championship match beginning with the second weight class championship match. The top eight finishers in each weight class will be recognized. The champions in each weight class should also report back to the finals mat for a group champions photograph after all team awards have been presented. Statistical leader awards, as well as team awards, will also be presented. Coaches are reminded to instruct all award winners to wear their official team warm-up to the awards stand. No hats or signs are permissible.

NCAA Academic Recognition Program

The Elite 90 is presented to the student-athlete with the highest cumulative grade-point average participating at the finals site for each of the NCAA's 90 championships. It is a tremendous opportunity to honor the academic accomplishments of the top student-athletes during our championships.

Each institution with at least one student-athlete qualifier for the finals site of any NCAA championship is eligible to submit an Elite 90 nomination. The web page is located at www.ncaa.org, click on student-athlete programs and then recognition and awards. Here you will find the nomination form that is to be used for all the championships along with the deadlines for each. The criteria for award eligibility are included on the nomination form. The link to the website is located at [Elite 90 Submission Forms](#).

If you have any questions concerning this program, please contact elite90@ncaa.org.

CREENTIALS

Each institution will be awarded four (4) coaches' credentials, if requested, regardless of the number of competing student-athletes. Coaches' credentials will be issued only to those coaches listed via the registration portal. Each coach must be a recognized member of the coaching staff authorized by the institution. Each team is also eligible to receive (1) Sport Administrator credential, up to (2) Medical staff credentials and (1) team personnel credential.

Credentials may be used only by eligible competing student-athletes and recognized members of the coaching staff authorized by the respective institution. Only credentialed participating student-athletes and coaches shall be permitted to take part in practice and warmups.

Team Registration:

Pick-up of team credentials can be done at the Cox Business Convention Center (100 Civic Center, Tulsa, OK 74103). As you arrive there will be temporary parking available. Please see the map below for reference. Once you arrive there will signage leading you to where check-in is located.

TEAM REGISTRATION SCHEDULE	
Tuesday, March 14	12 p.m. to 9 p.m. CT
Wednesday, March 15	9 a.m. to 5 p.m. CT



FILMING

The NCAA reserves all commercial and non-commercial rights to the use of still photographs, films and videotapes of its championships. The filming or videotaping of NCAA championships by parties (i.e., participating institutions), and for commercial film purposes may be permitted only with the advance written consent of the NCAA. All commercial film requests should be directed to:

Kristen Jacob Smith
NCAA - Associate Director, Championships and Alliances, Broadcast Services
P.O. Box 6222, Indianapolis, Indiana 46206-6222
Phone: 317-917-6584
Email: kjsmith@ncaa.org

Accessing Video of Matches

Following the Championships, matches can be retrieved through the Optimal Performance Calculator (OPC).

1. Log into your OPC account
2. Click on the NCAA Championships event from the schedule page
3. Click the [Videos] button (you may need to click 'More' first)
4. A new window will open with a camera icon that links to each of your videos
5. Click the camera icon to view the video
6. Right-click and click 'Save link as' to download to your device

GROCERY CARDS

Teams will receive their Reasor's grocery cards at team registration. Each card is valued at \$50.00. Reasor's is a family-owned grocery store chain serving northeast Oklahoma. There are five locations throughout Tulsa, plus several more in surrounding cities. They have all your grocery needs including all national brands and hometown favorites. For more information visit <https://www.reasors.com/>.

HOTEL NAME	DISTANCE FROM MEIJER RIVERTOWN MARKET
Double Tree Hotel & Suites Tulsa Downtown	2.7 miles (6 mins)
Hyatt Regency Tulsa Downtown	2.7 miles (8 mins)

STORE ADDRESS

2429 E 15th St
Tulsa, OK 74104
(918) 748-8332

SERVICE OPTIONS

In-store shopping
Online shopping
Curbside pickup
Delivery

STORE HOURS

Open 24 hours a day / 7 days a week

HOSPITALITY

Coaches & Administrator Hospitality

A Coach/Team Medical/Team Administrator hospitality area is available in the backstage catering area. This hospitality area is available throughout the championships by credential only.

Student-Athlete Hospitality & Lounge

The student-athlete hospitality and lounge are located in the Loading Dock – Ops Storage Area (see 'Event Level Map'). The hours of operation are 7:00 am until 7:00pm on each day of competition.

HOTEL INFORMATION

The NCAA has contracted with the Hyatt Regency Tulsa Downtown and the DoubleTree Tulsa Downtown as the official team hotels for the 2023 NCAA Division I Wrestling Championships. Arrangements have been made to ensure housing accommodations, based on the NCAA allocation formula below, for participants, coaches, and institution's official travel party for the championships.

In making housing arrangements, NCAA rules state once the teams/qualifiers have been determined and assigned to their hotel, the reservations should be confirmed within 48 hours in the names of the institutions; and thereafter, the institutions shall be responsible for the reservations. Participating institutions are responsible for payment for the rooms reserved by the NCAA.

*NOTE: All teams **MUST** use the rooms requested and assigned at the designated property. Failure to use the assigned rooms may result in penalties, including but not limited to forfeiture of per diem and travel reimbursement. By clicking or entering the below link, you will be directed to the registration site.

[2023 DI Wrestling Championship Registration](#)

NUMBER OF QUALIFIERS	NUMBER OF HOTEL ROOMS
1	3
2 – 3	4
4 – 5	5
6 – 7	6
8 – 9	7
10	8

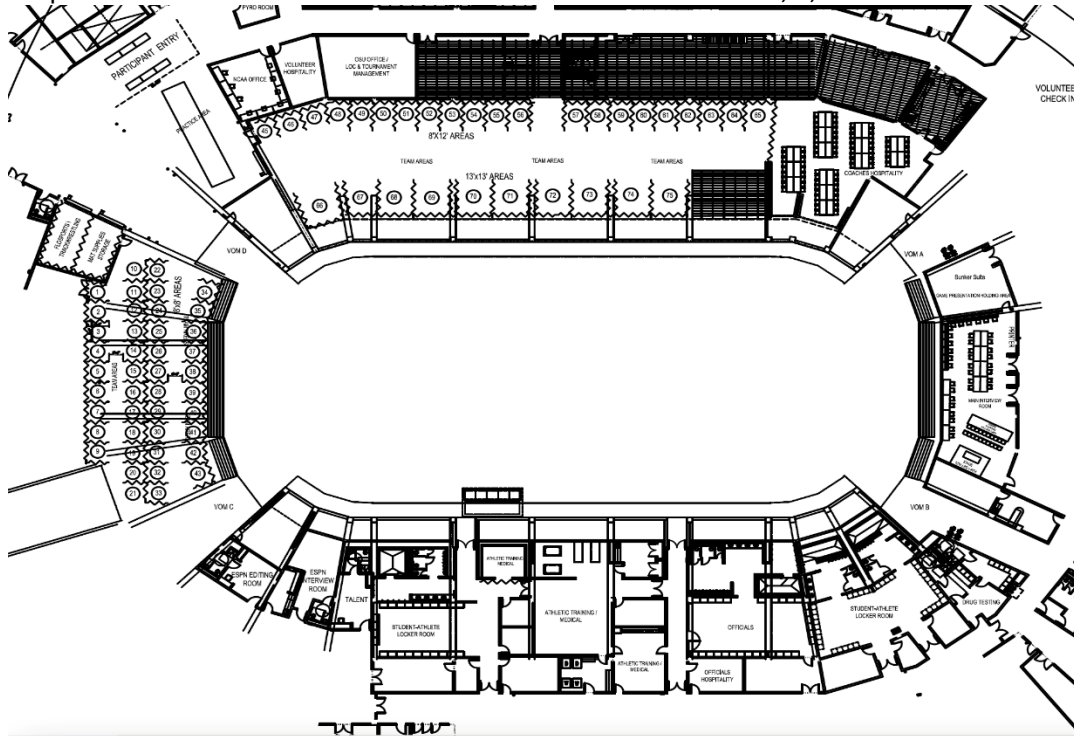
NOTE: One (1) additional room shall be provided, if requested, for a team administrator. The additional room is outside of the qualifier formula and is not guaranteed to be at the same hotel property as the team.

TEAM AREAS at the BOK Center

For the first time, teams will be assigned locations on the event level to set up camp for the championship. Each location will be provided power, a table, and a trash can. A map will be distributed at registration as well as school names being designated on each location.

LOCKER ROOMS

Participant locker rooms will be available inside the Locker Rooms 1, 3, 4 inside the BOK Center.



LOCKER ROOM HOURS OF OPERATION	
Tuesday, March 15	2 p.m. to 9 p.m.
Wednesday, March 16	8 a.m. to 5 p.m.
Thursday, March 17	7 a.m. to 10:30 p.m.
Friday, March 18	7 a.m. to 10:30 p.m.
Saturday, March 19	6 a.m. to 10:30 p.m.

MEDICAL

HIPAA Rules

In accordance with the HIPAA rules and guidelines, each student-athlete competing in the NCAA DI Wrestling Championships may choose, but is not required, to submit the signed HIPAA form. Please refer to the form contained within this document. If the student-athlete chooses to sign the HIPAA form, it must be submitted to Sadie Foster via e-mail at sfoster@ncaa.org or at on-site team registration.

Medical Meeting

There will be a meeting for **ALL** medical personnel (physicians and athletic trainers) to discuss medical procedures and policies. This meeting will be held Wednesday, March 15, at 4 p.m. CT in the Athletic Training Area of BOK. Tournament physician Dr. Jason Moore; lead athletic trainer Aric Warren; and athletic training liaison to the NCAA, Jim Thornton, will make brief remarks. Please plan to attend this short but important meeting.

Medical Credential Information

If an institution's team physician and/or certified athletic trainer plans on attending the championships and desires a medical credential, the institution must request these credentials via the registration portal.

If an institution wants an athletic training student to use one of its medical credentials, then the following action must take place:

- The athletic training student must show a school photo ID.
- The institution's certified athletic trainer/athletic trainer program director must write a letter in advance stating this student is enrolled in an accredited athletic training education program and is deserving of receiving a medical credential.

Please send a letter via email to the attention of Jim Thornton at jthornton@clarion.edu.

Medical credentials will be available at the Cox Convention Center at the Medical Registration Table.

MEDICAL REGISTRATION TABLE SCHEDULE	
Tuesday, March 14	12 p.m. to 9 p.m. CT
Wednesday, March 15	9 a.m. to 5 p.m. CT

Please adhere to the following procedures to obtain medical credentials:

- All athletic trainers and team physicians must pick up their own credential during registration.
- Team physicians must provide photo identification to receive their credential.
- Athletic trainers must display their board of certification card and photo identification to receive their credential.

No medical credential will be provided in the packet distributed to each head coach at registration. Please note that coaches, student-athletes, and team personnel will not be able to enter the BOK Center for competition, medical treatment, or practice until all have registered at the Team Registration.

Athletic Training Area

Throughout the week of the championships, an athletic training room including Street Locker Room #1, on the event level of BOK Center staffed by local organizing committee with treatment and taping tables, ice, hot packs, therapeutic modalities, wound care supplies, and other pertinent medical supplies. All medical/athletic training areas will be available at the following times:

HOURS OF OPERATION	
Tuesday, March 14	2 p.m. to 9 p.m.
Wednesday, March 15	8 a.m. to 5 p.m.
Thursday, March 16	7 a.m. to 10:30 p.m.
Friday, March 17	7 a.m. to 10:30 p.m.
Saturday, March 18	7 a.m. to 10:30 p.m.

A Primary Care Sports Medicine Physician will be always on-site for practice and competition. A dermatologist or qualified physician will be on site for skin check sessions. An orthopedic surgeon will be on-site during competition. Various consulting physicians across numerous medical specialties will be on call throughout the duration of the event.

X-Ray equipment and trained technicians will be on-site during sessions only. The x-ray room is located on the event level #EL 06.7. If there are any additional special requests or needs, please contact in advance of the championships.

Dr. Jason Moore	Tournament Physician	580-216-8813	Jason.r.moore@okstate.edu
Aric Warren	Athletic Training Services	405-269-6653	Aric.warren@okstate.edu

Medical skin-Checks/Weigh-Ins

Medical skin checks/weigh-ins will be conducted daily at the BOK Center. Only authorized personnel will be admitted to the medical check/weigh-in area.

Reporting for medical skin check/weigh-ins

All student-athletes wishing to compete are required to report to skin checks/weigh-ins at the designated time, wearing a suitable garment and no weight loss activity taking place. The penalty for failure to report on time and/or not discontinuing any weight-loss activities during medical exams is disqualification. Grooming checks will be performed at the same time as medical skin checks. All participants must have their nails clipped, facial hair must be suitable for a skin check, and hair must be within the rule's guidelines. **Participants not groomed properly will not be allowed to proceed to weigh-ins until the grooming check has been satisfied.**

Please note: the championship will adhere to all rules related to medical exam/weigh ins found in Chapter 9 of the NCAA Wrestling Rules Book, including those related to prohibited weight loss practices, which will be strictly enforced.

MEDICAL SKIN CHECK/WEIGH IN TIMES		
DATE	LINE UP	GROOMING/MEDICAL CHECK-WEIGH-IN
Thursday, March 16	8:45 a.m.	9:00 a.m.
Friday, March 17	8:45 a.m.	9:00 a.m.
Saturday, March 18	7:45 a.m.	8:00 a.m.

Scales

There will be ten (10) official digital scales available in the weigh-in area. The official scales will close 15 minutes prior to the start of medical skin check/weigh-ins each day. Unofficial scales will be available throughout the championships and will be in the locker rooms at the BOK Center.

Mandatory skin-check for pre-existing conditions

There will be a separate skin-check for all those student-athletes with PRE-EXISTING skin conditions. They shall meet at 3 p.m. Wednesday, March 16 in the athletic training area on the event level at BOK Center. If you have a student-athlete with a pre-existing skin condition, it is mandatory that they attend this skin-check. The only acceptable form will be the NCAA Skin Evaluation and Participation Status Form which can be found in the NCAA wrestling rules book.

The tournament physician and a dermatologist will review the pre-existing skin condition and determine whether the student-athlete will be able to participate. It is encouraged that these student-athletes be accompanied by their athletic trainer. The student-athlete, not the athletic trainers or coaches, should keep their forms with them and have them ready to provide to the dermatologist and medical staff of the championships at this meeting and again each morning. This pre-existing skin-check does not exempt any student-athlete from the regularly scheduled skin check and weigh-ins occurring each morning of the competition, but is a mandatory, additional skin check.

The championships' dermatologists, physicians and certified athletic trainers will conduct the exams. All student-athletes will be checked according to their weight. The championships' physician shall report the results of the examination to the chair of the wrestling committee or a designated representative, who shall then be responsible for the administrative enforcement of the medical recommendation, if it involves disqualification from the championships.

Please refer to NCAA Rules found in section 9.1 for all information regarding medical examination/skin checks. "A physician or a certified athletic trainer shall examine all contestants for communicable diseases before all tournaments and meets. It is recommended that this examination be made at the time of weigh-in. The presence of a communicable skin disease (or any other condition that, in the opinion of the examining physician or athletic trainer, makes the participation of that individual inadvisable), shall be full and sufficient reason for disqualification.

If the student-athlete has been diagnosed as having such a condition and is currently being treated by a physician (ideally a dermatologist) who has determined that is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may be considered for competition. However, the student-athlete, coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the medical examination with the approved NCAA Skin Evaluation and Participation Status Form, describing: (1) the diagnosed skin disease or condition; (2) the prescribed treatment and the time necessary for it to take effect; and (3) that the skin disease or condition would not be communicable or harmful to the opponent at the time of competition. Such documentation shall be furnished at the medical examination."

Regardless of institutional documentation per rule 9.11 in the rules book, the final medical determination on whether a student-athlete passes skin checks resides with the host site's physician. Decisions made by the championship physician are final.

If there are any questions regarding identification or proper treatment, please feel free to contact Dr. Moore or Aric Warren at the previously listed telephone numbers.

Injury Information

All participating student-athletes currently receiving modality treatment for an existing injury prior to the 2023 NCAA Division I Wrestling Championships can continue their treatment in the championships athletic training area. No treatment shall be allowed by athletic training students unless accompanied by and in direct supervision of the team's certified athletic trainer.

Evaluation/Treatment of Injuries during the Championships

Any student-athlete injured during competition will be examined by his team's physician and/or athletic trainer. In the absence of a physician or athletic trainer, a championships physician or Certified Athletic Trainer will be available to assist the injured student-athlete in any way possible. If the injury is of an obvious serious nature, the championships physician will complete the mat side evaluation. After completion of an evaluation, the physician or athletic trainer will make recommendations to the student-athlete and head coach regarding the advisability of continued participation. All procedures and resulting decisions will be in accordance with NCAA concussion management protocol and health and safety plan.

Procedure to Medically Disqualify a Student-Athlete during an NCAA Championship

As the event sponsor, the NCAA seeks to ensure that all student-athletes are physically fit to participate in its championships and have valid medical clearance to participate in the competition. The NCAA championships physician, as designated by the host school, has the unchallengeable authority to determine whether a student-athlete with an injury, illness, or other medical condition (e.g., skin infection) may expose others to significantly enhanced risk of harm, and, if so, to disqualify the student-athlete from continued participation.

The student-athlete's team physician can determine whether an individual with an injury or illness should continue to participate or is disqualified. In the absence of a team physician, the NCAA championships physician will examine the student-athlete and has valid medical authority to disqualify him if the student-athlete's injury, illness, or medical condition poses a potentially life-threatening risk to himself.

The chair of the governing sports committee (or a designated representative) shall be responsible for administrative enforcement of the medical judgment if it involves disqualification.

Student-athletes who sustain serious injuries as determined by the examining physician (e.g., significant head trauma, spinal cord injury etc.) will be transferred to one of the medical facilities shown earlier by ambulance. One ambulance will be on site throughout the course of the championships with back-up standing by.

Please note NCAA Rule 6, Section 2: "If a contestant is rendered unconscious, that wrestler shall not be permitted to continue the match after regaining consciousness without approval of a physician. A contestant who receives a temporary injury to the head, neck or spinal column that does not render that contestant unconscious shall not be permitted to continue the match without approval of a physician or certified athletic trainer."

Finally, for medical personnel, please review the [NCAA Sports Medicine Handbook](#) guideline on concussions.

Hospitals and Emergency Services

In the event of an emergency that requires hospitalization, the following hospitals will be used:

Oklahoma State Medical Center
744 W 9th St.
Tulsa, OK 74127

St. Francis Medical Center
6161 S Yale Ave.
Tulsa, OK 74136

Urgent Care

Oklahoma State Medical Center
744 W 9th St.
Tulsa, OK 74127

PARTICIPATION AWARDS

After the championship, Legends will send the head coach an email providing ordering process details, along with a unique Certificate Code (valid for one participation awards per member of your travel party) which can be redeemed only at www.NCAA-Awards.com. To ensure that each participant receives his or her award, a member of your administration must place your team's order, including size information, at www.NCAA-Awards.com using your certificate code. If you would like to purchase additional awards, you will have the opportunity to do so online via personal credit card at the end of the checkout process.

Participation award items will be sent to your institution for distribution to your student-athletes within four to six weeks after your order is placed. If you do not receive information for ordering awards within two weeks of the conclusion of the championship, please contact Lexi Carlton (LCarlton@legends.net), Customer Service (866-945-7267) or Anthony Holman (aholman@ncaa.org).

PREORDER OF CHAMPIONSHIP MERCHANDISE

Event 1, Inc., the official souvenir merchandiser for the NCAA, is offering participating teams and individuals the opportunity to preorder shirts for the 2023 NCAA Division I Wrestling Championships.

Please visit <http://www.event1teamstore.com>. Click on the NCAA icon and then select your division and sport. Complete the order form by selecting the quantities and sizes needed. Credit card information is mandatory to process the order immediately. **University purchase orders cannot be accepted. Please select that this is a team order.**

Please note that institutions placing orders by the deadline will have their orders shipped directly to their campuses the week after competition is complete.

**The deadline for submitting orders is 11:00 p.m. ET, on Friday, March 24, 2023.
Orders submitted after this time will not be accepted.**

As a point of information, these shirts also will be available for sale at your competition site. However, we cannot guarantee that your sizes will be available at the event.

Please contact Whitney Claycamp at Event 1 at whitney.claycamp@hanes.com if you have any questions.

PROGRAM & BRACKET SHEETS

Programs will be provided to coaches at registration. Updated bracket sheets will be available through the Wrestling App as well as hard copies will be placed in the Team Services / Coaches Hospitality area prior to each session.

SAFETY & SECURITY

The arena has taken enhanced health and safety measures intended to mitigate the risk of exposure to COVID-19. Currently, there is not an overarching mask mandate for guests entering ASM Venues (BOK Center and Cox Business Convention Center). Hand sanitizer is available to guests throughout our venues. ASM (BOK Center and Cox Business Convention Center) provides an experienced security staff inside its venues, as well as police officers inside and outside the venues to provide security before, during and after events. Due to increased security, all participants, coaches, team administrators, personnel and medical staff entering ASM facilities are subject to search of their person and/or possessions (including bags of normal size which may be allowed entry after search). Enforcement will be without exceptions. NCAA issued credentials are required for every individual to enter ASM Facilities and for access within the venues and must be always worn except for when student-athletes are practicing or competing.

The Emergency Evacuation Plan will go as follows:

NOTIFICATION

- Notification of an onsite emergency will usually come from a guest, colleague, or fire detection system.
- Notification of an offsite emergency that may threaten ASM Venues (BOK Center and Cox Business Convention Center) could come from any of the following sources:
 - Corporate Security Command Center
 - Police/Fire Department
 - Emergency Management Agency
 - Weather radio (National Weather Service)
 - Emergency Alert System (WJR AM-760; WWJ AM-950)
 - Commercial Radio and Television
 - Additional Law Enforcement agencies
 - Off-site venues, Olympia Entertainment and IHI officials
- The Command Center will be notified of emergency situations that have come to the attention of the Tulsa Police Department and/or Fire Department(s).
- Colleagues will notify their manager/supervisor and if necessary, the Command Center whenever they receive information or detect an emergency. The following information will be provided:
 - Type of problem (smoke, fire, water, weather, bomb threat, etc.)
 - Location of problem (outside building, bathroom, office area, lab, etc.)
 - Time reported or detected and name of person providing the information.
 - Apparent injury, damage, or illness.
- The Command Center will be notified of emergency situations that have come to the attention of venue management.
- The Command Center will notify the Emergency Response Team (ERT) and key officials of the situation as indicated in the Plan and Command Center procedures.
- When activated and operational, the Emergency Operations Center (EOC) will notify key officials of the situation. The Primary EOC is in the Command Center.
- As necessary, guests will be provided emergency information and instructions via the P.A. and video display systems.

COMMAND CENTER

The BOK Center Command Center is located on the North side of the facility on the Event Level (Lowest Level of the Arena).

The BOK Center Command Center will provide security and safety services for the arena proper, surrounding buildings, parking garage, practice rink, retail stores, residential, restaurants, as well as the adjacent streets. The design includes the latest technology available to monitor video security systems, such as interior/exterior video monitoring and response to critical life safety functions within the Arena and surrounding buildings. The Command Center is staffed 24 hours a day and will serve as the EOC.

ASM Tulsa has adopted the Incident Command System as its means of ensuring an effective inter-face with responding emergency services; Incident Management positions have been adapted to fit within business operations descriptions. ICS is a management system that sets forth standardized procedures for managing communications, facilities, resources, accountability, and unified command in the event of a coordinated emergency response. Used throughout the United States and is how major incidents are managed by the Tulsa Area Emergency Management Agency (TAEMA), as well as by all other response agencies in Northeastern Oklahoma.

COMMUNICATIONS

The primary method of communications is by portable radio. All radio communications are monitored in the BOK Center Command Center. Redundant communications via landline telephone and cellphones are utilized as well. Any time the Emergency Plan is put into effect all personnel responsible for carrying out the Emergency Plan will turn to designated radio channels: Any time the Emergency Plan is activated, personnel responsible for carrying out the Emergency Plan will turn to the ADMIN radio channel 11. We also utilize a mass messaging service that enables us to deliver emergency information to our employees via text, voicemail, app push, and email within seconds.

Emergency Medical Services Authority	EMSA Radio
Tulsa Fire Department	TFD Radio
Tulsa Police Department	TPD Radio
BOK Center	Security Radio

HARDENED PERIMETER

A 100-foot hardened perimeter has been established around the Arena.

EVACUATION - SHELTER IN PLACE – STAGING - ROUTING

All Public Announcements will direct to evacuation routes. Certified Crowd Managers, Guest Services Attendants, Security Personnel, and Special Event Services personnel will assist in directing to evacuation routes.

All Public Announcements will direct to shelter locations. Certified Crowd Managers, Guest Services Attendants, Security Personnel, and Special Event Services personnel will assist in directing to shelter locations.

VIP's - Teams, NCAA officials, high ranking government officials, etc. evacuate competition area to loading dock to team buses, load everyone and proceed to Cox Business Convention Center, West side exhibit hall loading dock. Guests will be assisted with evacuation or shelter by first responders, security, guest services. Colleagues/employees will evacuate to the American Parking lot at the corner of 2nd Street and Denver Avenue.

North & South bound Denver Avenue, West bound 1st Street, East and West bound 3rd Street, and South bound Frisco will be used for evacuation routes.

SPORTS INFORMATION & PRESS CONFERENCES

Sports information and media relations for the championships will be under the direction of:

Liz Wacienga
Assistant Director, Media Coordination
Phone: 317-917-9976
Email: lwacienga@ncaa.org

Pre-championship press conferences featuring selected student-athletes and coaches will be on Wednesday, March 16 and held at the "Grand Lobby" at the BOK Center, the arena's central concourse and temperature-controlled public space that opens to the street and into the arena. The student-athlete portion of the press conference will begin at 1 p.m. ET and the coaches will follow. Each press conference will be 30 minutes in length. Coaches and student-athletes taking part in the Wednesday press conferences may also be asked to take part in green screen shoots and individual interviews for the television broadcast and in-venue production.

Student-athletes winning their semifinal matches on Friday, March 18 will be immediately escorted by championship personnel to the interview room (DWR Press Room) for a brief press conference. Following the press conference student-athletes must report to the ESPN interview area within BOK Center for video headshots and the NCAA production room for green screen shoots in preparation for the championship match introductions. Coaches are asked to ensure student-athletes wear official school warm-ups for the headshots.

Coaches of the top 3-5 institutions in the team standings will hold a press conference Friday, March 18 at the conclusion of Session IV. The number of coaches participating will be determined by championship personnel.

Student-athletes winning their national championship match Saturday, March 18 will be immediately escorted by championship personnel to the interview room for a brief press conference.

The head coach of the national championship team will participate in a press conference following the conclusion of Session VI competition on Saturday, March 18.

Per the NCAA's policy student-athlete and coach participation in NCAA championship press conferences, broadcast and in-venue presentation interviews is mandatory. All requested coaches and student-athletes are expected to participate as requested by NCAA personnel.

WORKOUTS

The primary workout area / practice mats will be available inside the Loading Dock Area in the BOK Center. A secondary warm-up area will be available near the loading dock. Please refer to the maps in the back of this manual. Exercise equipment and scales will be provided for participants during practice times. Hours for the workout area (practice mats) are as follows:

Tuesday, March 14	Noon to 9:00 p.m. (Competition mats are not available until 3:00 p.m.)
Wednesday, March 15	9:00 a.m. to 5:00 p.m.
Thursday, March 16	7:00 a.m. to 10:30 p.m.
Friday, March 17	7:00 a.m. to 10:30 p.m.
Saturday, March 18	7:00 a.m. to 9:00 p.m.

STUDENT-ATHLETE AUTHORIZATION
CONSENT FOR
DISCLOSURE OF PROTECTED HEALTH INFORMATION

I, _____, hereby authorize _____,
(Name of Student-Athlete) (Name of My Institution)

and its physicians, athletic trainers, and health care personnel to disclose my protected health information and any related information regarding any injury or illness during my training for and participation in intercollegiate athletics to the NCAA, Oklahoma State University and its employees or agents.

I understand that my protected health information will be used by the NCAA and Oklahoma State University for the purpose of handling any media inquiries in conjunction with the 2023 NCAA Division I Wrestling Championships.

I understand that my injury/illness information is protected by federal regulations under either the Health Information Portability and Accountability Act (HIPAA) or the Family Educational Rights and Privacy Act of 1974 (the Buckley Amendment) and may not be disclosed without either my authorization under HIPAA or my consent under the Buckley Amendment. I understand that my signing of this authorization/consent is voluntary and that my institution will not condition any health care treatment or payment, enrollment in a health plan or receipt of any benefits (if applicable) on whether I provide the consent or authorization requested for this disclosure. I also understand that I am not required to sign this authorization/consent to be eligible for participation in NCAA or conference athletics.

I also understand that the NCAA and Oklahoma State University are not covered by the Buckley Amendment or HIPAA and that these regulations will not apply to the NCAA and Oklahoma State University's use or disclosure of my injury/illness information.

This authorization/consent expires 380 days from the date of my signature below, but I have the right to revoke it in writing at any time by sending written notification to the director of athletics at my institution. I understand that a revocation is not effective to the extent action has already been taken in reliance on this authorization/consent.

_____ Printed Name of Student-Athlete	_____ Signature	_____ Date
--	--------------------	---------------

_____ Printed Name of Guardian (If student-athlete is under the age of 18)	_____ Signature	_____ Date
--	--------------------	---------------

National Collegiate Athletic Association

SKIN EVALUATION AND PARTICIPATION STATUS
(Physician Release for Student-Athlete to Participate with Skin Lesion)

Student-Athlete: _____

Date of Exam: ____ / ____ / ____

Institution: _____

Please Mark Location of Lesion(s):

Dual(s)/Tournament: _____

Number of Lesion(s): _____

Cultured: No Yes _____

Diagnosis: _____

Medication(s) used to treat lesion(s): _____

Date Treatment Started: ____ / ____ / ____ Time: _____

Earliest Date student-athlete may return to participation: ____ / ____ / ____

Physician Name (Printed): _____

Physician Signature: _____

(M.D. or D.O.)

Specialty: _____

Office Address: _____

Contact #: _____

Institution Certified Athletic Trainer Notified: No Yes Signature: _____

Note to Physician: Non-contagious lesions do not require treatment prior to return to participation (e.g. eczema, psoriasis, etc.). Please familiarize yourself with NCAA Wrestling Rules which state: (refer to the NCAA Wrestling Rules and Interpretations publication for complete information)

"9.6.4 ... The presence of a communicable skin disease ... shall be full and sufficient reason for disqualification."

"9.6.5 ... If a student-athlete has been diagnosed as having such a condition, and is currently being treated by a physician (ideally a dermatologist) who has determined that it is safe for that individual to compete without jeopardizing the health of the opponent, the student-athlete may compete. However, the student-athlete or his/her coach or athletic trainer shall provide current written documentation from the treating physician to the medical professional at the medical examination, ..."

"9.6.6 ... Final determination of the participant's ability to compete shall be made by the host site's physician or certified athletic trainer who conducts the medical examination after review of any such documentation and the completion of the exam."

Below are some treatment guidelines that suggest MINIMUM TREATMENT before return to wrestling: (please refer to the NCAA Sports Medicine Handbook for complete information)

Bacterial Infections (Furuncles, Carbuncles, Folliculitis, Impetigo, Cellulitis or Erysipelas, Staphylococcal disease, CA-MRSA): Wrestler must have been without any new skin lesion for 48 hours before the meet or tournament; completed 72 hours of antibiotic therapy and have no moist, exudative or draining lesions at meet or tournament time. Gram stain of exudate from questionable lesions (if available). Active bacterial infections shall not be covered to allow participation.

Herpetic Lesions (Simplex, fever blisters/cold sores, Zoster, Gladiatorum): Skin lesions must be surmounted by a FIRM ADHERENT CRUST at competition time, and have no evidence of secondary bacterial infection. For primary (first episode of Herpes Gladiatorum) infection, the wrestler must have developed no new blisters for 72 hours before the examination; be free of signs and symptoms like fever, malaise, and swollen lymph nodes; and have been on appropriate dosage of systemic antiviral therapy for at least 120 hours before and at the time of the competition. Recurrent outbreaks require a minimum of 120 hours of oral anti-viral treatment, again so long as no new lesions have developed and all lesions are scabbed over. Active herpetic infections shall not be covered to allow participation.

Tinea Lesions (ringworm): Oral or topical treatment for 72 hours on skin and 14 days on scalp. Wrestlers with solitary, or closely clustered, localized lesions will be disqualified if lesions are in a body location that cannot be adequately covered.

Molluscum Contagiosum: Lesions must be curetted or removed before the meet or tournament and covered.

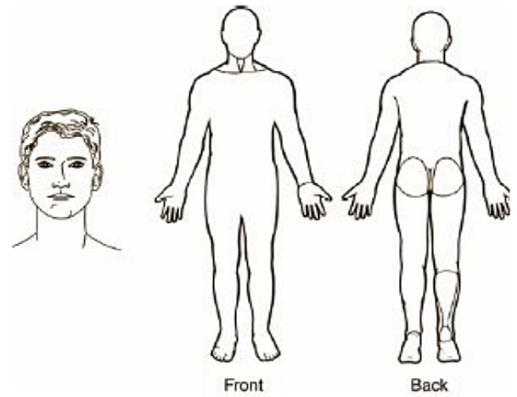
Verrucae: Wrestlers with multiple digitate verrucae of their face will be disqualified if the infected areas cannot be covered with a mask. Solitary or scattered lesions can be curetted away before the meet or tournament. Wrestlers with multiple verrucae plana or verrucae vulgaris must have the lesions adequately covered.

Hidradenitis Suppurativa: Wrestler will be disqualified if extensive or purulent draining lesions are present; covering is not permissible.

Pediculosis: Wrestler must be treated with appropriate pediculicide and re-examined for completeness of response before wrestling.

Scabies: Wrestler must have negative scabies prep at meet or tournament time.

DISCLAIMER: The National Collegiate Athletic Association shall not be liable or responsible, in any way, for any diagnosis or other evaluation made herein, or exam performed in connection therewith, by the above named physician/provider, or for any subsequent action taken, in whole or in part, in reliance upon the accuracy or veracity of the information provided herein.



TRANSPORTATION FROM TULSA INTERNATIONAL AIRPORT

RENTAL CAR SERVICES

Rental car counters are located on the main concourse of the Tulsa International Airport. The following agencies are located at the airport, with vehicles located onsite.

Alamo	833-328-3324
Avis	918-838-5148
Budget	918-836-3761
Dollar	918-838-5236
Enterprise	833-361-2627
Hertz	918-838-1055
National	833-361-2626
Thrifty	877-283-0898

Note: If you are renting from an off-airport rental car agency, shuttle pickup may be at a separate location. Please follow signs for Ground Transportation.

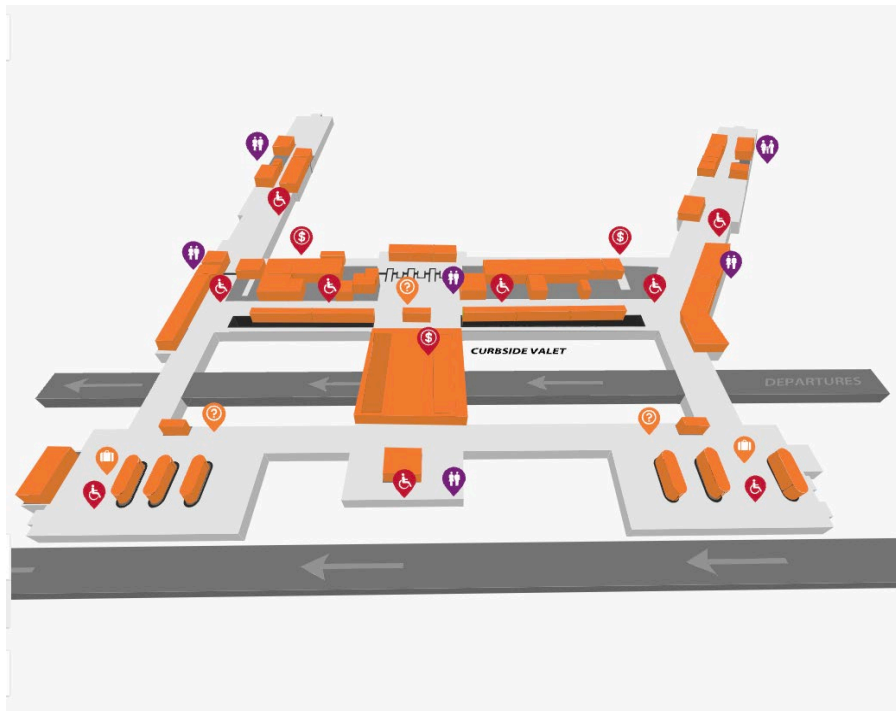
TAXIS & LUXURY SEDANS To make a reservation, contact one of the following companies directly. Handicap accessible vehicles are available upon request. Upon arrival in Tulsa, and once all baggage has been claimed, follow signs to Ground Transportation on same level as baggage claim.

Tulsa Yellow Cab (Taxi Service)	918-582-6161
Tulsa Taxi Cab (Taxi Service)	918-934-0000
918 Shuttle (Bus and Coach)	918-748-8853

RIDESHARE Use Rideshare service apps to book a ride to and from Tulsa International Airport. Passengers can only meet their driver within the designated Rideshare area that is located directly outside baggage claim. Follow signs for Rideshare location.

PREARRANGED Customers with prearranged ground transportation, other than one of Tulsa International Airport's official providers, may meet their driver in designated areas of their terminal's baggage claim. Please be sure to arrange a meeting location with your transportation provider directly in advance of your arrival.

DIRECTIONS FROM AIRPORT TO HOTEL



DOUBLETREE HOTEL & SUITES TULSA DOWNTOWN

616 W 7th Street, Tulsa, OK 74217

Take OK-11 West towards Downtown Tulsa. Follow OK-11 West (Gilcrease Expressway) travel 3.8 miles and watch for signs for Downtown Tulsa/US-75 S/Okmulgee. Use the left two lanes to merge onto US-75 S toward Downtown Tulsa/Okmulgee. Continue on I-444/US-75 S, keep right to stay on I-444, take the 11th St/Houston Ave. Exit. Continue on S Houston Ave to W 7th St. Turn right on W 7th St and destination will be on your right. Self-parking in the garage connected to the hotel.

HYATT REGENCY TULSA DOWNTOWN

100 E 2nd Street, Tulsa, OK 74103

Take OK-11 West towards Downtown Tulsa. Follow OK-11 West (Gilcrease Expressway) travel 3.8 miles and watch for signs for Downtown Tulsa/US-75 S/Okmulgee. Use the left two lanes to merge onto US-75 S toward Downtown Tulsa/Okmulgee. Travel 3.4 miles and use the left lane to take the exit to E 1st St, keep right and follow signs for 1st St/Downtown. Continue onto E 1st St 0.7 miles and turn left on South Boulder Ave, turn left onto W 2nd St. Hotel will be located on your right. Continue on I-444/US-75 S, keep right to stay on I-444, take the 11th St/Houston Ave. Exit. Continue on S Houston Ave to W 7th St. Turn right on W 7th St and destination will be on your right. Self-parking in the garage connected to the hotel or valet at the front entrance.

GROUND TRANSPORTATION

RIDE COMPANIES

Ride App companies Lyft and Uber are available in the City of Tulsa. For more information, please visit their app or website.

- Lyft <https://www.lyft.com>
- Uber <https://www.uber.com>

RENTAL SCOOTERS & BIKES

Rental scooters are located on sidewalks throughout Tulsa. Download or visit the website of one of the following to get started.

- **Bird** - <https://www.bird.co/how/>
- **Lime** - <https://www.li.me/electric-scooter>

This Machine is transforming our Tulsa community by providing a high quality, convenient and affordable electric bicycle transit system that connects people to the places where they live, work, and play. Rental stations are conveniently located throughout Downtown. For more information and help renting visit <https://thismachinetulsa.com/>.

TULSA DOWNTOWN MAP



AMERICAN

Arena Pub & Grill
201 S Denver Ave
(918) 879-1990

Baxter's Interurban Grill
717 S Houston Ave., #100
(918) 585-3134

Boston Avenue Grille & Catering
15 E 5th St., #150
(918) 392-7171

Bourbon Street Café
211 E 2nd St.
(918) 583-5555

Cherry Street Kitchen
111 W 5th St.
(918) 884-3408

Chimera Cafe
212 N Main St.
(918) 779-4303

Coney Island
107 N Boulder Ave.
(918) 587-2821

Deco Lounge
607 S Boston Ave.
(918) 932-8391

Duet Restaurant
108 N Detroit Ave
(918) 398-7201

Dust Bowl Lanes and Lounge
211 South Elgin Ave.
(918) 430-3901

Hunt Club
224 N Main St.
(918) 599-9200

James E. McNellie's Pub
409 E 1st St.
(918) 382-7468

Juniper Restaurant
324 E 3rd St.
(918) 794-1090

Lefty's on Greenwood
10 N Greenwood Ave. Suite A
(918) 794-0017

Lowood
817 E 3rd St.
(918) 960-7349

Made Market
616 W 7th St.
(918) 587-8000

NEFF Brewing
321 S Frankfort Ave.
(918) 367-0640

New Atlas Grill
415 S Boston Ave.
(918) 583-3111

Rabbit Hole Bar and Grill
116 S Elgin Ave.
(539) 664-4232

Red Light Chicken
332 E 1st St.
(918) 986-7733

Ripley's Bar & Grill
112 S Elgin Ave.
(918) 576-6373

Rozay's Wingz
502 E 3rd St #27
(539) 424-5820

Steakfinger House
403 S Boulder Ave.
(918) 584-0454

The Boulder Grill
17 W 7th St.
(918) 585-5898

The Brook Restaurant & Bar
201 E 2nd St., Bldg. 200
(539) 424-1256

The Chalkboard Kitchen + Bar
1324 S Main St.
(918) 582-1964

The Chowhouse
18 E Reconciliation Way,
(918) 588-2469

The Daily Grill
100 E 2nd St.
(918) 295-7748

The Local Bison
522 S Boston Ave Suite 103
(918) 561-6114

The Tavern
201 N Main St
(918) 949-9801

The Vault Restaurant,
620 S Cincinnati Ave.
(918) 948-6761

Wanda J's Next Generation
Restaurant
111 N Greenwood Ave.
(918) 861-4142

ASAIN

JINYA Ramen Bar – Tulsa
416 E 2nd St.
(918) 861-4100

Kai Vietnamese Cuisine
201 W 5th St.
(918) 582-0200

Lone Wolf Banh Mi
203 E Archer St.
(918) 728-7778

Mr. Kim's
119 S Detroit Ave.
(918) 856-6456

Roppongi
601 S Boston Ave.
(918) 221-0818

Yokozuna
309 E 2nd St.
(918) 508-7676

BAKED GOODS & DESSERTS

Antoinette Baking Co.
207 N Main St.
(918) 764-8404

Beatrice Ice Cream Co.
11 E Reconciliation Way Ste. 104

Rose Rock Microcreamery
113 E 5th St.
(918) 396-8001

Cobbler Mom
10 N Greenwood Ave., Suite 105
(918) 561-6599

Dilly Diner
402 E 2nd St.
(918) 938-6382

Goodytwos Toffee Company
427 S Boston Ave., Ste. 100
(918) 637-6422

Hurts Donuts
111 S Detroit Ave.
(918) 574-2211

BBQ

Albert G's Bar-B-Q
421 E 1st St.
(918) 728-3650

Alley Cat Ranch
723 E 2nd St.
(918) 808-7562

RibCrib - BOK Tower

One Williams Center #5, E 2nd St.
(918) 328-0684

CAFES & SANDWICHES

Deco Deli and Catering
415 S Boston Ave.
(918) 938-6858

Dilly Diner
402 E 2nd St.
(918) 938-6382

Fresa All About Cha – Downtown
202 S Cheyenne Ave.
(918) 591-3950

Jimmy John's
20 E 5th St., Ste. 100
(918) 935-3955

Lou's Deli & Oklahoma Spud
412 S Main St.
(918) 587-0631

Shuffles: Board Game Café
207 E Archer St., Unit E
(918) 728-7252

Take 2- A Resonance Café
309 S Main St.
(918) 861-4555

COFFEE & TEA HOUSES

Black Wall Street Liquid Lounge
10 N Greenwood Ave., Ste. 101
(539) 867-2477

DoubleShot Coffee Co
1633 S Boulder Ave.
(918) 280-9243

Foolish Things Coffee Co
1001 S Main St.
(918) 857-2326

Fresa All About Cha – Downtown
202 S Cheyenne Ave.
(918) 591-3950

Gypsy Coffee House
303 MLK Jr. Blvd.
(918) 295-2181

Hodges Bend
823 E 3rd St.
(918) 398-4470

Notion Espresso
321 S Frankfort Ave Suite 3B,
(918) 205-3030

Sona Coffee
306 E 1st St.
(208) 771-2032

Topeca Coffee
100 E 2nd St.
(918) 592-1008

Topeca Coffee
507 S Boston Ave.
(918) 398-8022

Topeca Coffee
110 N Elgin Ave., Ste. 120
(918) 895-0112

Triangle Coffee
314 S Cincinnati Ave
(918) 582-5716

FRENCH-AMERICAN

The French Hen
319 E Archer St.
(918) 492-2596

GREEK & MEDITERRANEAN

Sisserou's Caribbean Restaurant & Catering
107 N Boulder Ave., Unit C
(918) 576-6800

Tabouli's
414 S Main St.
(918) 599-8220

The GOAT Bar and Kitchen
222 S Kenosha Ave.
(918) 574-8461

ITALIAN

Andolini's Pizzeria Sliced Blue Dome
114 S Detroit Ave.
(918) 960-2011

Copaneazi's Pizzeria
522 S Boston Ave., Ste. 104
(918) 392-8008

Domino's Pizza
16 W 4th St.
(918) 582-3030

East Village Bohemian Pizzeria
818 E 3rd St.
(918) 895-6999

Empire Slice House
417 N Main St.
(918) 551-6669

il seme
15 W 5th St.
(539) 525-0265

Ti Amo Ristorante Italiano
Downtown
219 S Cheyenne Ave.

(918) 592-5151

JUICE & HEALTH FOODS

Bulletproof Nutrition
511 S Boston Ave.
(918) 409-2707

fROOT Bowls
6 W 4th St.
(918) 576-6117

Inheritance Juicery – Downtown
108 S Detroit Ave.
(539) 424-5394

MEXICAN

Elote Cafe & Catering
514 S Boston Ave.
(918) 582-1403

MASA
224 N Main St.

Mexicali Border Café
14 W Reconciliation Way
(918) 582-3383

NEW AMERICAN

Juniper Restaurant
324 E 3rd St.
(918) 794-1090

Open Container
502 E 3rd St #39

Prospect Local Bar and Kitchen
121 S Elgin Ave.
(918) 779-4445

The Chalkboard Kitchen + Bar
1324 S Main St.
(918) 582-1964

SEAFOOD & SUSHI

Bourbon Street Café
211 E 2nd St.
(918) 583-5555

Peacemaker Lobster & Crab Co.
313 E 2nd St.
(918) 551-6781

Yokozuna
309 E 2nd St.
(918) 508-7676

STEAKHOUSE & FINE DINING

Amelia's Wood Fired Cuisine
122 N Boston Ave.
(918) 728-2435

Boston Title & Abstract
522 S Boston Ave., Suite B100
(918) 301-0744

Bull In The Alley
11 E Brady St.
(918) 949-9803

Chamber at Tulsa Club Hotel
115 E 5th St.
(918) 582-5760

Duet Restaurant

108 N Detroit Ave.
(918) 398-7201

Juniper Restaurant
324 E 3rd St.
(918) 794-1090

Lowood
817 E 3rd St
(918) 960-7349

The Chalkboard Kitchen + Bar
1324 S Main St.
(918) 582-1964

PRHYME: Downtown Steakhouse
111 N Main St.
(918) 794-7700

PHARMACY

Walgreens
717 S Houston Ave.
(918) 585-1957

CVS

1701 E 15th St
(918) 743-6383

TEAM HOTEL PARKING OPTIONS

DOUBLETREE HOTEL & SUITES TULSA DOWNTOWN

Valet Parking
Not available.

Parking Near Hotel (In/Out Privileges)
— [Parking Garage connected to hotel](#)
Complimentary parking.

Team Bus Parking
Bekki O'Kelley (Event Manager)
E-mail Ginny.O'Kelley@hilton.com
Phone (918) 732 - 3615
Complimentary bus parking. Must provide information prior to arrival to book the spot.



HYATT REGENCY TULSA DOWNTOWN

Valet Parking

\$30 per day (In/Out privileges)

Central Parking (In/Out Privileges) -QR Code provided for NCAA guest. Complimentary.

- Parking Garage connected to the hotel.
[Hyatt Regency Tulsa Downtown - Parking Garage \(parkopedia.com\)](#)

Team Bus Parking

Caroline Jones (Event Manager)/ Kaylin Mitchell (Front Office Manager)

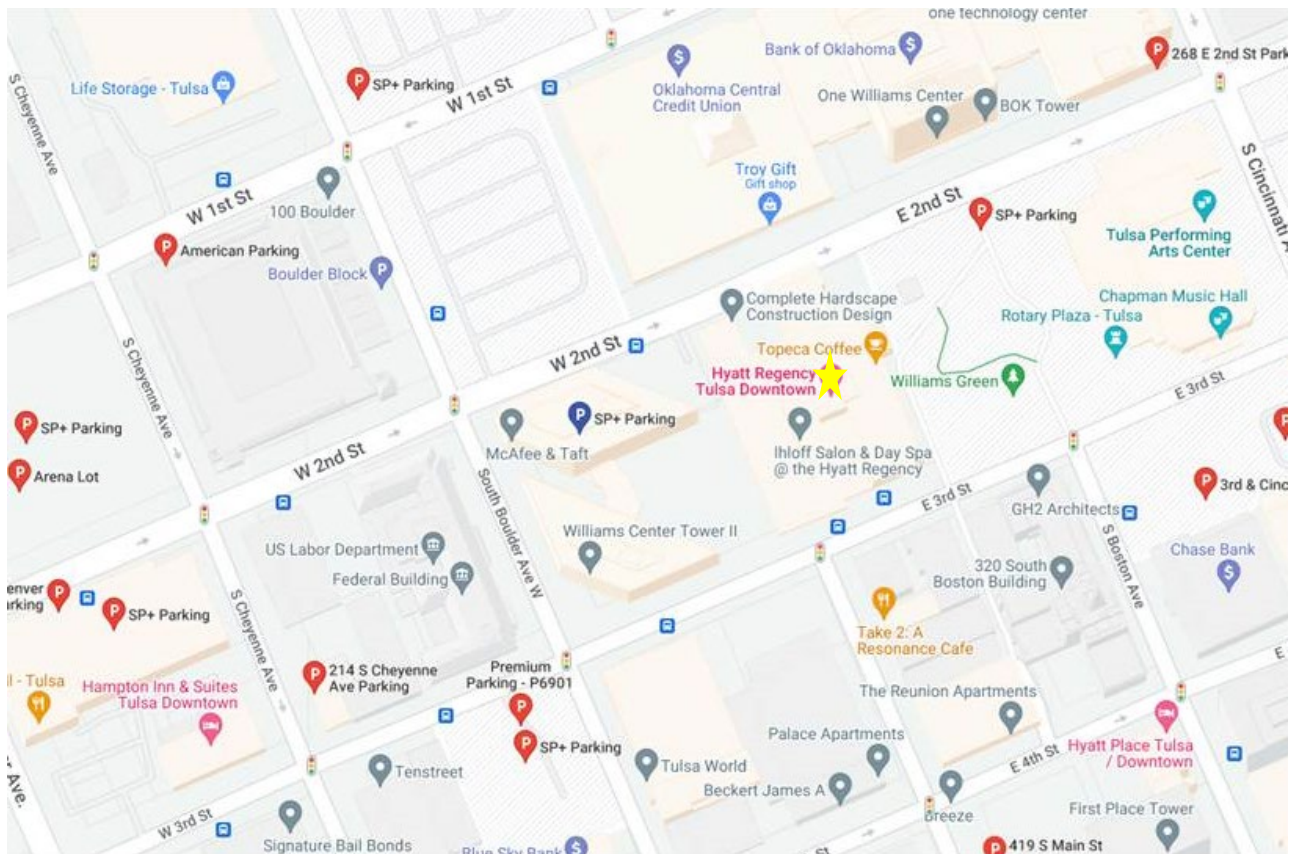
E-mail caroline.jones@hyatt.com

/Tyfani.graves@hyatt.com

Phone (918) 650-2283 ; T (918) 280-8179

Complimentary bus parking (limited availability).

Must be arranged in advance, send in requests with rooming lists.



DOWNTOWN TULSA PARKING

The map below shows an aerial view of points of interest around downtown Tulsa including competition venue, team parking, convention center, and team hotels.



VENUE PARKING

Upon arrival at the venue, the allocated spot for teams is located in the Arena Lot located across the street from BOK Center. The lot, pictured below, sits on one-square city block between S Denver Ave and S Cheyenne Ave, and W 1st St and W 2nd St. Entrance for the lot can be accessed on the 1st St, Cheyenne, and 2nd St entrances.

Overflow for this lot is located in Lot A, one block over off S Boulder Ave. You will have to pay in the overflow lot unless you have a parking permit provided at registration. Signs at the parking lot provide instructions for the plate pay system in place.



BUS PARKING

Teams arriving via bus will drop off in the security compound of BOK Center off 1st St. Then travel to OSU-Tulsa for bus parking. The maps below depict the drive from BOK Center to OSU-Tulsa and the parking lots at OSU-Tulsa. Please use lot A at OSU-Tulsa and park on the far end of the lot.

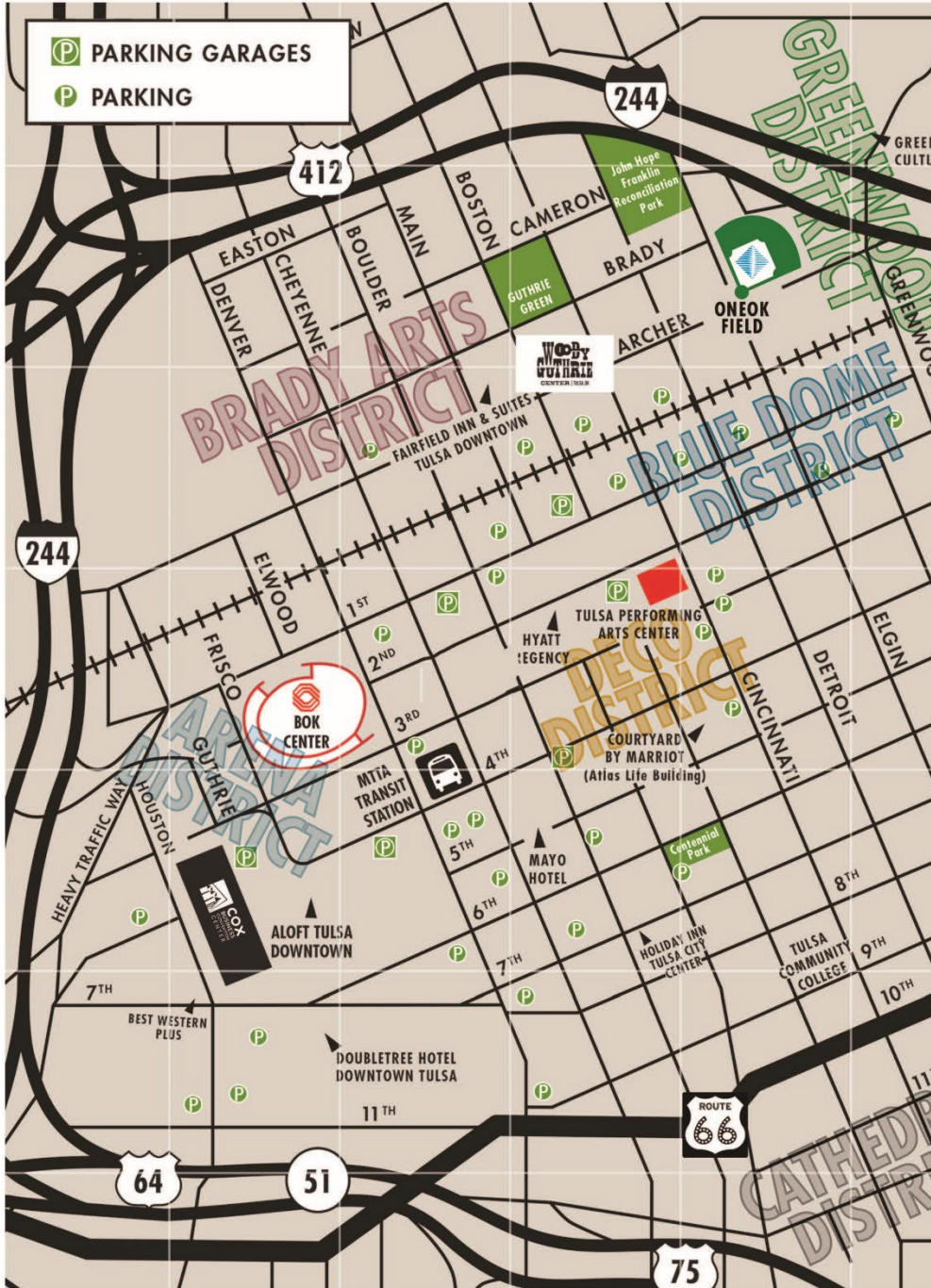


BOK CENTER PARKING OPTIONS



DOWNTOWN TULSA PARKING

2023 NCAA Division 1 Wrestling Championship



Parking

The Tulsa Parking Authority has several public garages that are available for visitors to downtown Tulsa.

Civic Center Parkade
520 W. 3rd St.

100 West Garage
100 West First St.

Main Park Plaza Garage
410 S. Main St.

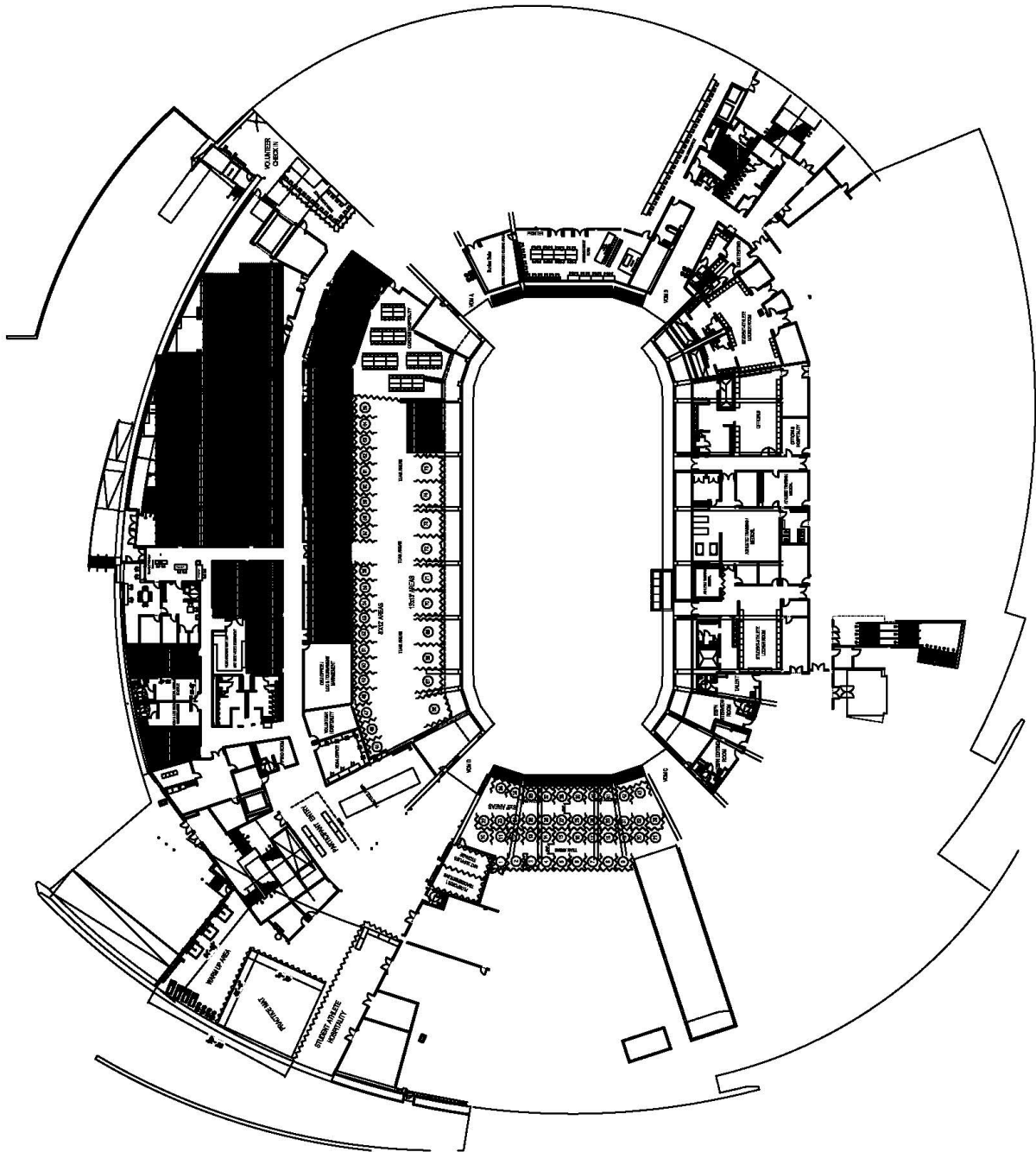
Williams North Garage
11 E 1st St.

Williams South Garage
20 E. 2nd Street

Performing Arts Center
110 E. 2nd St.

BOK Center does not own or operate any parking areas. There are more than 9,000 available parking spots within a ten-minute walk of the arena. All privately-owned lots determine the rate for parking, and City of Tulsa requires an \$8 per car charge for public parking. After 5pm and on weekends, all on-street metered parking is free.

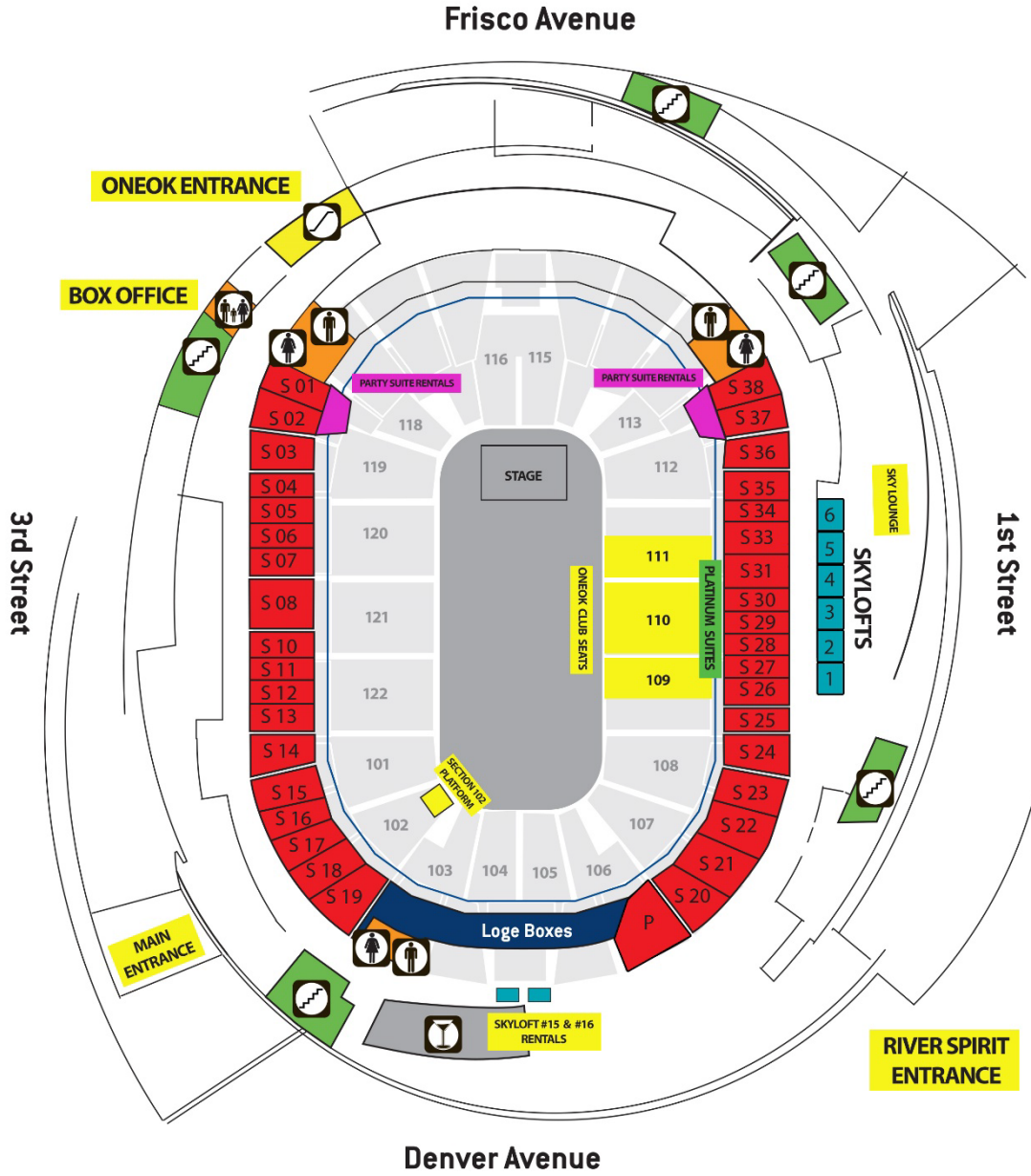
BOK CENTER EVENT LEVEL MAP



BOK CENTER MAIN CONCOURSE LEVEL MAP



BOK CENTER SUITE LEVEL MAP



BOK CENTER UPPER LEVEL MAP

Frisco Avenue



Denver Avenue



NCAA-Awards.com

CONGRATULATIONS ON YOUR TEAMS' SUCCESS!

HOW TO GET YOUR NCAA AWARD



The NCAA provides Legends with the email address of a designated point person for each sport & school. Make sure you have communicated to the NCAA the correct person to receive the email which will include your gift code. Once the email is sent, you will be instructed to the site to place your school's order: www.NCAA-Awards.com

- Enter password: NC@W2023!!
- Choose your Season, Division, Sport from each drop-down menu
- Select your teams' full quantity of gifts and add to cart
- At checkout, enter the gift code sent to you in the email
 - * This payment code can be used once
- Any amount over the designated spend from the NCAA, can be paid for with your credit card

[Click here to view user guide.](#)

Questions?

Email LGM-NCAA-Awards@legends.net
Orders will ship within 3-5 weeks.



AWARDS ORDERS PLACED BY	
FALL	2/1/2023
WINTER	6/1/2023
SPRING	8/1/2023

We encourage you to redeem your gift code immediately. If gift code is not redeemed by the above date, a default gift will be sent.

Place your order at NCAA-Awards.com



Spec Seats, the official bench chair of the NCAA, is providing special exclusive championship chair pricing to NCAA staff, local organizing committee administration and participating travel parties of membership institutions. Please access the site via <https://www.specseats.com/ncaa> and use the passcode **NC@@2023 to order your commemorative chair today.**

