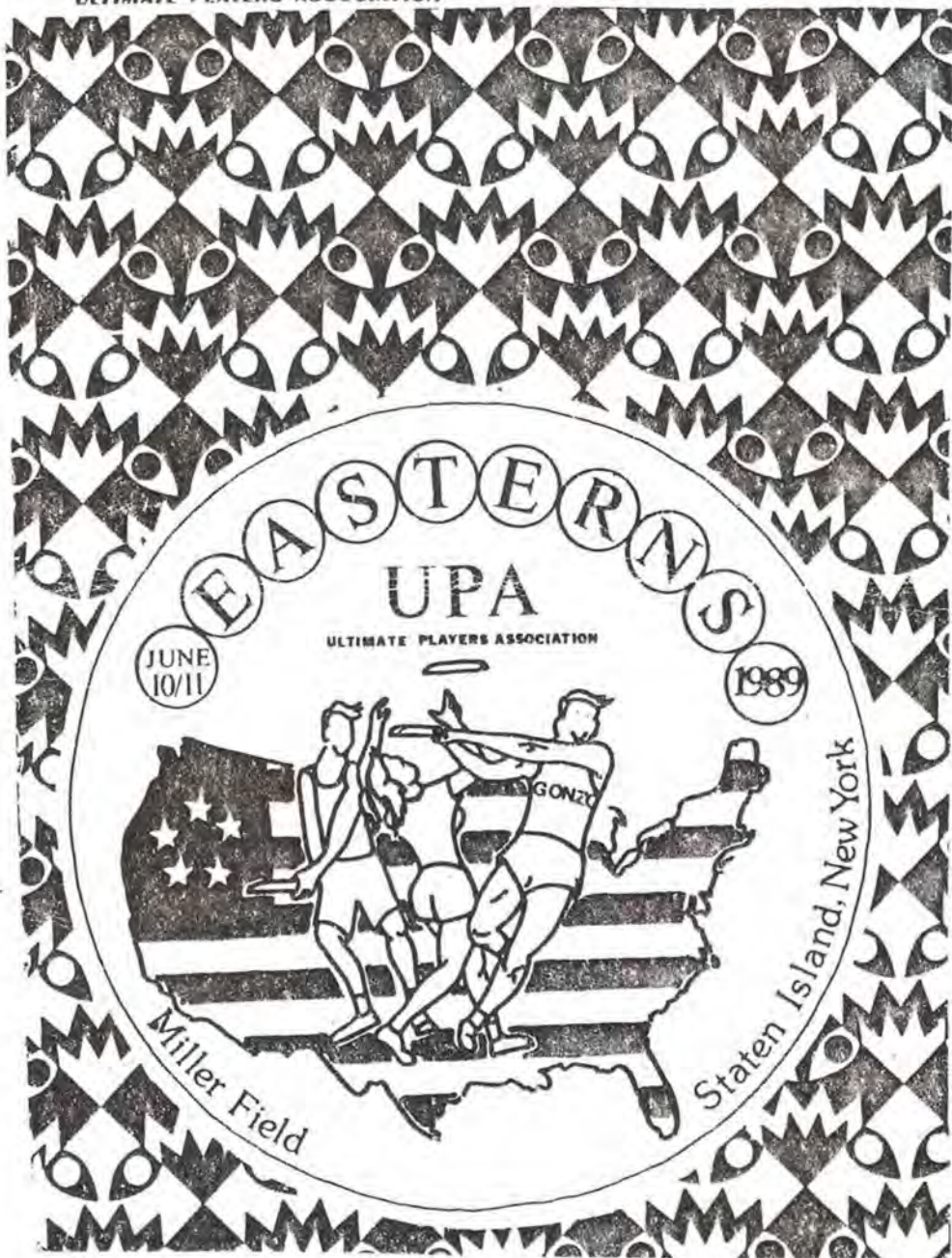




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WELCOME FROM THE EXECUTIVE DIRECTOR

To all Easterns participants and spectators:

Welcome to Miller Field, site of the 1989 Eastern National Championships. This year's Easterns is the fifteenth annual championship, and it is the longest running Ultimate tournament of all. Back in 1975, around 25 college teams got together in the first ever multi-team tournament, initiating this prestigious event. With the decision to hold a National Championship in 1977, using an East vs. West format, the Easterns became the qualifying event for choosing the contender from the east coast. With the acceptance of a five region format for the National Championship Series beginning in 1979 and the subsequent move of the tournament to the fall time, the Easterns has maintained its importance in the annual tournament cycle as the premier tournament of the Spring season for club teams.

No longer just a tournament for teams from the Northeast and Mid-Atlantic regions, we welcome teams this year from Chicago, Los Angeles, Gainesville FL, Atlanta and, our first international contender, Sweden. Congratulations to all the participants for qualifying to compete this weekend. Let's continue to carry on the spirit of "joy of play" and respect for the competition which caused our predecessors fifteen years ago to so fervently spread the sport of Ultimate and sow the seeds of its strong growth today.

Ultimately yours,

Nob

Robert L. Rauch
Executive Director
Ultimate Players Association

1989 UPA EASTERNS MILLER FIELD JUNE 10/11

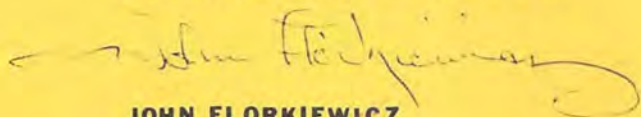
STATEN ISLAND, NEW YORK

WELCOME TO STATEN ISLAND AND THE EASTERNS
THIS IS THE DAY WHEN ALL THE HARD WORK AND
RUNNING AROUND, MAKING THIS TOURNAMENT
POSSIBLE BECOMES A REALITY. IT IS TRULY
EXCITING TO SEE EVERYONE OUT HERE ON THE
FIELDS PLAYING ULTIMATE AT ITS BEST.....
YOUR SUPPORT AND DEDICATION IS WHAT MAKES
IT ALL WORTH WHILE.

I WOULD LIKE TO THANK EVERYONE WHO
HELPED MAKE THIS TOURNAMENT POSSIBLE,
ESPECIALLY: ROBERT "NOB" RAUCH, KATHY PUFAHL
ERIC SIMON, CATHERINE HARTLEY, STICK AND
THE ULTIMATE PLAYERS ASSOCIATION.
SPECIAL THANKS TO THE NATIONAL PARK SERVICE
AT MILLER FIELD, EMS OF NEW YORK, HOLIDAY
INN OF S.I., BMT DELI, ALL SPORT, WAVE STREET
THE SPORTS MASSAGE TEAM, WNEW 102.7 FM
THE PLAYERS AND FRIENDS OF GONZO DISC
AND ALL THE PLAYERS WHO WORKED HARD ALL YEAR
TO BE HERE TODAY. REMEMBER TO PURCHASE DISCS
AND SHIRTS TO HELP WITH THE FINANCIAL COSTS OF
THIS TOURNAMENT.

THANK YOU,

TOURNAMENT DIRECTOR



JOHN FLORKIEWICZ

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SATURDAY - OPEN DIVISION

<u>Pool A</u>	<u>Pool B</u>	<u>Pool C</u>	<u>Pool D</u>
New York	Titanic	Windy City	Yo Mama
Graffiti	Philmore	Loony Tunes	Polo Club
Y'all	Sweden	EarthAtomizers	Slugs
Chain L'tning	Slipped Disc	Bast.Batallion	Z
Just Say No	Toxic Avengers	IlligtmateChar	Locomotion
			Gainesville

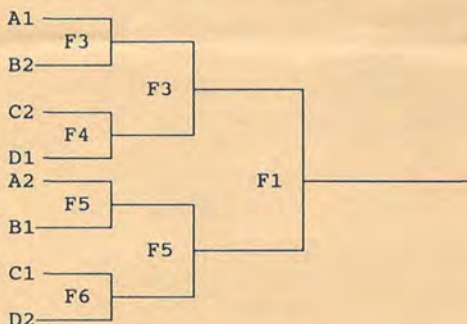
	<u>F4</u>	<u>F5</u>	<u>F9</u>	<u>F10</u>	<u>F14</u>	<u>F15</u>	<u>F6</u>	<u>F7</u>	<u>F8</u>
9 am	A1-A3	A4-A5	B1-B3	B4-B5	C1-C3	C4-C5	D2-D6	D4-D5	D1-D3
11 am	A2-A4	A1-A5	B2-B4	B1-B5	C2-C4	C1-C5	D2-D4	D1-D5	D3-D6*
1 pm	A1-A2	A3-A5	B1-B2	B3-B5	C1-C2	C3-C5	D4-D6	D3-D5	D1-D2
3 pm	A2-A5	A3-A4	B2-B5	B3-B4	C2-C5	C3-C4	D2-D5	D3-D4	D1-D6
5 pm	A1-A4	A2-A3	B1-B4	B2-B3	C1-C4	C2-C3	D1-D4	D2-D3	D5-D6

Cap times for all round-robin games are 1:40 after scheduled starting time. Above, A1 means Pool A, Team 1, below it means Pool A, first place. All games on Saturday are to 15, cap 17 (except Pool D games are to 13/15). All games to 17 or less get two time time-outs per half; games to 18 or more get 3 time-outs per half. One additional time-out in overtime.

SUNDAY

DIVISION I

start time	9:00	11:30	3:30
cap time	11:00	2:30	7:00
points	17/19	19/21	21/25



DIVISION "I-1/2"

start time	11:30	2:00
cap time	1:20	4:10
points	17/19	19/21



WOMEN'S DIVISION

Pool A

Satori
Other Women
Waves
Chicago
WaWa Disc
Kamikaze

Pool B

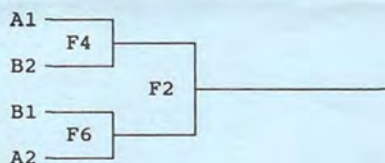
Smithereens
Zephyrs
Ozone
Fusion in a Jar
Thunderdogs
2XS

<u>SATURDAY</u>	<u>F1</u>	<u>F2</u>	<u>F3</u>	<u>F11</u>	<u>F12</u>	<u>F13</u>
9 am	A1-A6	A2-A5		B1-B6	B2-B5	
11 am		A2-A4	A3-A6		B2-B4	B3-B6
1 pm	A1-A2	A3-A5	A6-A4	B1-B2	B3-B5	B6-B4
3 pm	A1-A3		A4-A5	B1-B3		B4-B5
5 pm	A1-A5	A2-A6	A4-A3	B1-B5	B2-B6	B4-B3
<u>SUNDAY</u>	<u>F1</u>	<u>F2</u>	<u>F9</u>	<u>F10</u>	<u>F11</u>	<u>F12</u>
9:30 am	A1-A4	A2-A3	A5-A6	B1-B4	B2-B3	B5-B6

Cap times for all round-robin games are 1:40 after scheduled starting time. Above, A1 means Pool A, Team 1, below it means Pool A, first place. All games on Saturday are to 15, cap 17 (except Pool D games are to 13/15). All games to 17 or less get two time time-outs per half; games to 18 or more get 3 time-outs per half. One additional time-out in overtime.

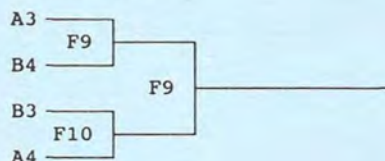
DIVISION I

start time	11:30	2:30
cap time	1:30	5:00
points	17/19	19/21



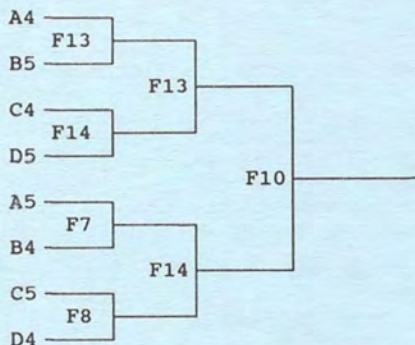
DIVISION II

start time	11:30	1:30
cap time	1:10	3:30
points	15/17	17/19



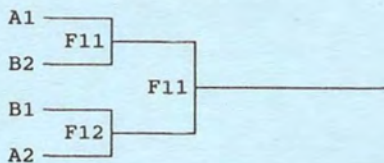
DIVISION II (OPEN)

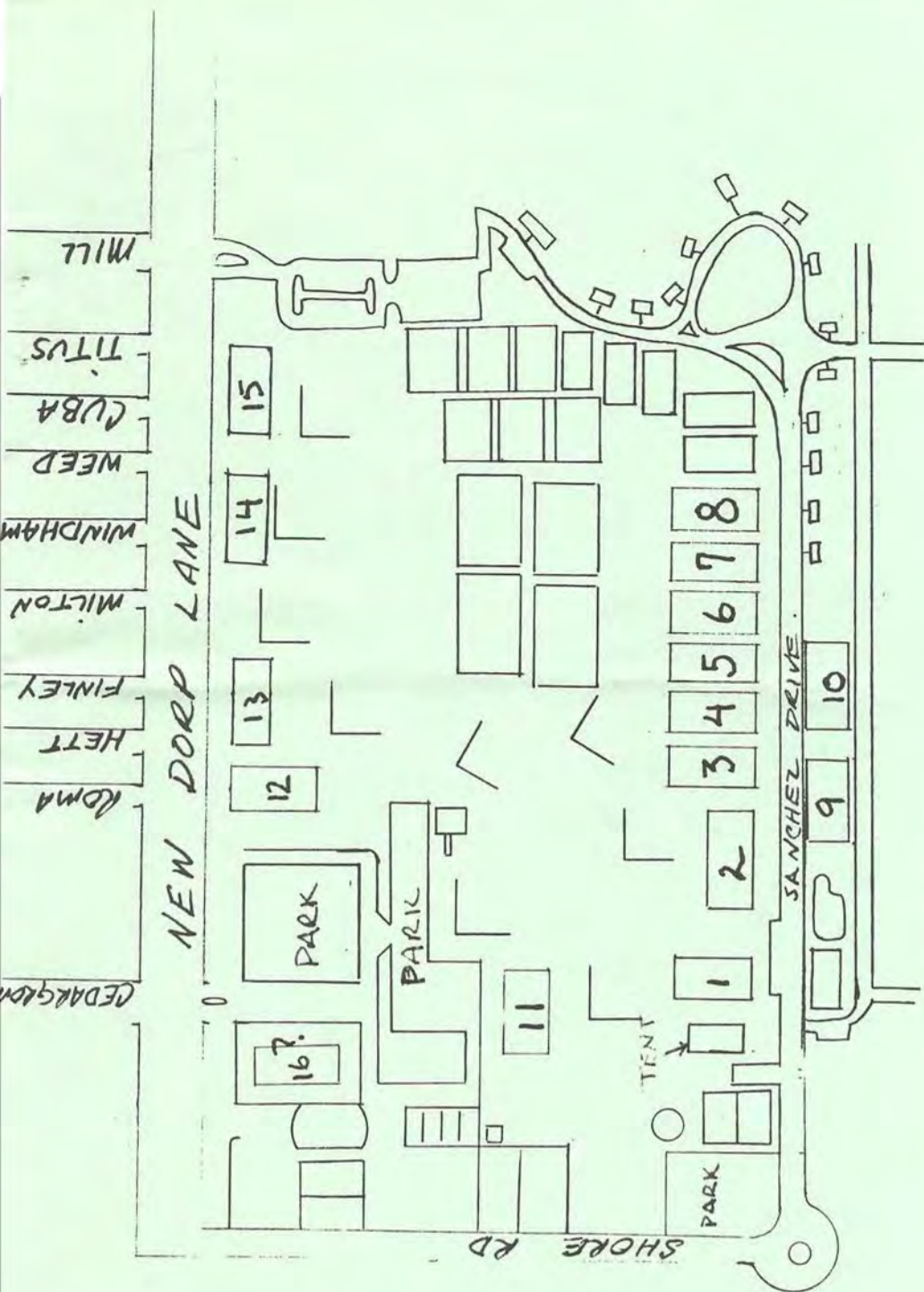
start time	9:00	11:00	1:00
cap time	10:40	12:40	2:40
points	15/17	15/17	15/17



DIVISION III (WOMEN)

start time	11:30	1:30
cap time	1:10	3:10
points	15/17	15/17









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5. BUS TO FIELDS FROM FERRY 117 and 103

THERE ARE PLACES TO GET GOOD FOOD ALL AROUND THE ISLAND. THERE ARE SEVERAL NIGHT CLUBS IN THE AREA OF WAVE STREET. IF YOU NEED ANY ADDITIONAL INFORMATION PLEASE INQUIRE AT THE TENT.

GOOD LUCK ON THE FIELDS

HAVE FUN ON THE STREETS

GONZO



News from the Ultimate Players Association

Contact: Mark Danna
Flying Disc Enterprises
(212) 662-0391

FOR IMMEDIATE RELEASE

ULTIMATE FRISBEE EASTERN CHAMPIONSHIPS TO BE HELD ON STATEN ISLAND

NEW YORK, N.Y. -- May 26, 1989 -- Thirty-four Ultimate Frisbee teams from around the country and the world are scheduled to compete in the 15th annual UPA Eastern championships on Staten Island, June 10-11. Sponsored by the Ultimate Players Association (UPA), the Eastern Championships is currently one of the most competitive Ultimate Frisbee events in the world.

Participating teams include World Champions New York Ultimate, National champion runners-up Titanic of Boston, Midwestern regional champions Windy City of Chicago, Los Angeles' Polo Club, and sixteen other qualifying teams representing the length of the Atlantic seaboard from Miami to Massachusetts. In addition, the Swedish National Ultimate team will be making its first-ever appearance in a U.S. tournament, and is expected to advance to at least the semifinals of the Open Division. In the Women's Division, National Champions Lady Godiva and runners-up Smithereens, both of Boston, will face strong challenges from New York, Washington D.C. and Chicago teams.

The Easterns will be held June 10 and 11 at Miller Field at the Staten Island Gateway National Recreation Area. Preliminary rounds will be held 9 a.m.-7 p.m. on Saturday and early Sunday; finals will be played beginning at 2:30 on Sunday.

Ultimate Frisbee is a fast-paced sport played by two seven-person teams on a field similar to a football field. The object of the game is to score goals by passing the Frisbee from teammate to teammate until a pass is caught in the endzone. The action of the game combines the passing and scoring of football, the cutting and guarding of basketball and the non-stop field movement of soccer or lacrosse.

Nationally, the game is played on a regular basis by an estimated 20,000 people on club, college, high school, corporate, community and intermural teams. Since its development in Maplewood, New Jersey twenty years ago, the sport has spread to over 20 countries internationally, and will be featured as a demonstration sport at the World Games in West Germany this summer.

#

The following is excerpted from a study done at Western New Mexico University entitled:

TELEMETERED HEART RATE RESPONSE TO ULTIMATE, A FLYING DISC GAME¹

by Gerald F. Boswell

Abstract

Telemetered heart rate responses during separate intersquad ultimate games were obtained for 10 experienced and semi-experienced male players, averaging 20.2 years of age. Heart rates were recorded every 30 seconds for periods prior to, during, and after each game. The purpose of the study was to determine whether improvements in cardiovascular fitness could be achieved by playing ultimate. Slight modifications in the rules were made so the results would be applicable to high school and college level physical education settings. The average game heart rate for two 15 minute halves of play was 85.7% of maximum heart rate (MHR), or 79.8% of maximum heart rate reserve (MHRR). The average game heart rate during play only was 88% of MHR, or 82.7% of MHRR, with the disc in play for an average of 60.9% of the game. Recorded game heart rates ranged from 49% to 100% of MHR and the rallies lasted from 12 seconds to 2 minutes and 52 seconds. Average game heart rates for all subjects well exceeded the intensity level prescribed by A.S.C.M. for improvement of cardiovascular fitness (60% of MHRR). Of all recorded game heart rates, 94.2% of them were above 60% of MHRR. The results indicate that ultimate is very intermittent, spontaneous, and intense in nature.

Conclusions

An average heart rate of 85.7% of MHR was recorded for the entire 30 minutes of play. For the play-only periods, which account for an average of 18 minutes and 17 seconds per game, an average heart rate of 88% of MHR was recorded. These heart rates represent 79.8% and 82.7% of MHRR, and exceed the average heart rate reserve necessary for improvement in cardiorespiratory fitness by 19.8% and 22.7%, respectively. Of all recorded game heart rates, only 5.8% of them were below the A.S.C.M. threshold for fitness. The results suggest that the game of ultimate, when played under the conditions of this study, is capable of eliciting heart rate responses of sufficient intensity and duration to induce improvements in cardiovascular fitness. In fact, older persons or individuals with a low level of fitness might be cautioned about the degree of strenuousness which may be experienced when playing ultimate.

A one hour long high school physical education class usually consists of about 35 minutes of play or activity. The same is generally true of a 50 minute college class. Since the age of the subjects (average of 20.2 years) and the game length used in this study (35 minutes) closely approximate a situation similar to that of most high school and college level physical education classes, the results imply that playing ultimate in a physical education setting could induce heart rates which are well above the threshold for improvement in cardiovascular fitness.

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